

MURRAY CITY SCHOOL DISTRICT

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EFFECTIVE:	6/14/2006
REVISION:	4/12/2018
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Statement of.....

Policy and Responsibility

SUBJECT: WELLNESS POLICY

All Murray schools permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and tri-annual update of this district wellness policy.

Nutrition Education

All Murray schools will teach, model, encourage and support healthy eating habits by all students. Schools will provide comprehensive nutrition education and engage in nutrition promotion that is consistent with state standards for health education.

Nutrition Promotion

All Murray schools will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. All food and beverage marketing and advertising will be consistent with USDA Smart Snacks nutrition standards.

Establishing Nutrition Standards for All Foods Available on School Campus During the School Day; School Foods Services

School Meals

All Murray schools are committed to serving healthy meals to children and ensuring that meals are consistent with state standards and USDA Smart Snacks nutrition standards.

All Murray schools participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).

Competitive Foods and Beverages

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold or provided to students on the school campus during the school day will be consistent with USDA Smart Snacks nutrition standards (i.e., in classroom parties, classroom snack brought by parents, vending machines, etc.).

Physical Activity and Education

All Murray schools will provide regular physical activity and physical education opportunities to all K-12 students that will provide them with the knowledge and skills to lead a physically active lifestyle.

Physical Education

Schools will provide students with physical education and physical activity promotion that is consistent with state standards for health education.

Recess (Elementary)

All elementary schools will offer 20 minutes of recess, in addition to the lunch recess, on all days during the school year, preferably outdoors; indoors on "Red Air" days and those with inclement weather.

Other School-Based Activities Designed to Promote Student Wellness

All Murray schools are encouraged to promote health and wellness beyond the classroom, when applicable and feasible.

Community Health Promotion, Family Engagement, and Education

All Murray schools are encouraged to promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year.

Before and After School Activities

All Murray schools are encouraged to offer opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods.

School Wellness Committee- Committee Role and Membership

The District will convene a representative district wellness committee (DWC) that meets annually to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy.

The designated officials of DWC: (Title and contact information)

- Oversight and Compliance: David Trujillo, Food Service Supervisor, dtrujillo@murrayschools.org; Rock Boyer, Support Services Director, rboyer@murrayschools.org
- Facilitator: Emmalee Boyland, SLCo Health Educator, ekprice@slco.org, 385-468-5341

The name(s), title(s), and contact information of individuals on DWC:

1. Emmalee Boyland – Health Educator – Health Dept. ekprice@slco.org
2. Jennifer Covington – Superintendent – MSD jcovington@murrayschools.org
3. Rock Boyer – Director Of Support Services – MSD rboyer@murrayschools.org
4. David Trujillo – CNP Program Coordinator – Sodexo/MSD dtrujillo@murrayschools.org
5. Missy Hamilton – Director of Elementary Teaching & Learning – MSD mhamilton@murrayschools.org
6. Robin Williams – Director of Secondary Teaching & Learning – MSD rwilliams@murrayschools.org
7. Shanda EchoHawk – School Nurse – MSD sechohawk@murrayschools.org

Each school's Leadership Team will be responsible for review and compliance of this policy.

Policy Monitoring and Evaluation

This wellness policy can be found at: http://www.murrayschools.org/Policies/IN_340_WELLNESS_POLICY.pdf

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices, Room # 212 and/or on the District's central computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy and its availability to the public;
- Documentation of efforts to review and update the policy;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the policy and its availability to the public;
- Documentation of DWC meetings/minutes/etc.; and
- Nutrition education information on school meals/snacks/etc.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the policy compares to model school wellness policies; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is:

- Rock Boyer, Director of Support Services (rboyer@murrayschools.org)
- David Trujillo, CNP Program Coordinator (dtrujillo@murrayschools.org).

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**