

Wellness Plan: Morgan Mill ISD

Mission Statement: The mission of Morgan Mill ISD is to promote a healthy lifestyle for students, parents, and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity, and any other school related activities.

Nutrition Education Goals

#1 Schools will educate, encourage and support healthy eating by all students of all ages.

Physical Education Goals

#1 Schools will provide opportunities for students to maintain physical fitness.

#2 Schools will adopt or exceed the state standards for physical activity.

Nutrition Standards

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans.

Other School Related Activities

#1 Schools will create a total school environment that is conducive to being physically active.

Nutrition Education Guidelines

Goal #1 Schools will educate, encourage, and support healthy eating for students of all ages.

Guidelines:

- Schools will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation, and health enhancing nutrition practices.
- Nutrition Education will be encouraged as a part a classroom instruction.
 - Teachers include healthy eating as a part of classroom math instruction.
- The school cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.
 - Teachers eat in the cafeteria with students to model healthy eating habits.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
 - TDA menus are used monthly which showcase healthy eating options and nutrition education.
- Schools will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Child Nutrition Director will visit each classroom once a year to discuss healthy eating options.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Physical Activity Guidelines

Goal #1 Schools will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity lasting 15 minutes or more during the course of the week.
- Schools will implement physical activities from adopted curriculums.
- Schools will encourage classroom teachers to provide short activity breaks between lessons or classes.
- Schools will provide daily recess period after lunch.

Goal #2 Schools will adopt or exceed the state standards for physical activity.

Guidelines

- Policies ensure that state physical education classes have student teacher ratio similar to others.
- Policies ensure state-certified physical education instructors.
- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru sixth grade.
- Schools will provide opportunities for activity through physical education classes, recess, and integration in curriculum.

Nutrition Standards Guidelines

Goal #1 Schools will comply with the current USDA Dietary Guidelines for Americans.

- Fundraiser – Every spring the cheerleaders/drill team participate in the sale of chocolate bars as a fundraiser for their club. The fundraiser lasts a maximum of 6 days.

Other School Based Activities Guidelines

Goal #1 Schools will create a total school environment that is conducive to being physically active.

Guidelines:

- After-school programs will encourage physical activity and promote healthy habits.
- Schools will not deny student participation in recess or other physical activity as a form of discipline or classroom make-up time.