



Wellness Policy

Montessori For All shall follow USDA and Texas Department of Agriculture nutrition guidelines that advance student health. Montessori For All shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. Montessori For All shall prepare, adopt, and implement a comprehensive wellness plan that encourages students to gain the knowledge and skills necessary to become healthy adults.

Development of Policy

The Principal shall appoint a School Health Advisory Committee (SHAC) to develop, implement, and evaluate guidelines that support a healthy school environment. The Principal shall appoint a parent, a teacher from each campus, the child nutrition program manager, a food service worker, and an administrator to serve as members of the SHAC. These guidelines will be included in the Campus Improvement Plans (CIP) and revised annually. The Principal will develop and enforce campus policies that address the kinds of foods available on campus, sufficient mealtime, nutrition education, and physical education.

Nutritional Guidelines

Montessori For All shall ensure that nutritional guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy.

Implementation of Policy

The SHAC members will regularly review each campus throughout the school year to identify areas for improvement. The SHAC will report their findings to the Principal and develop with him/her a plan for improvement. The SHAC will report to the Education Committee and the Superintendent once per semester the status of compliance by the campuses. For example, in this past year, the SHAC recommended the incorporation of more playground elements and installed monkey bars. As a result of their recommendations, we also launched a fitness elective.

Goals of Policy

Quality School Meals

- Montessori For All will offer food programs that meet student and campus needs. Students and staff are highly encouraged to promote and participate in these programs.
- Any food sold on campus outside of the breakfast and lunch meal program will follow the federal Smart Snacks guidelines.
- School foodservice staff will be qualified according to current professional standards and regularly participate in professional development activities.
- Menus will meet the nutritional standards established by the U.S. Department of Agriculture and the Texas Department of Agriculture, conforming to good menu planning principles and featuring a variety of healthy choices that are tasty, attractive, high quality, and served at the proper temperature.
- Guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and then National School Lunch Act
- School personnel, along with parents, will encourage students to participate in the Child Nutrition Program and to choose and consume the full meal.
- Food safety will be a key part of the food service operation.
- The Managing Director of District Operations in conjunction with food service personnel and the contracted food service provider (currently Diwa Foods) will ensure compliance with the above goals.

Healthful and Happy Eating Experiences

- Adequate time to eat in a pleasant environment will be provided.
- Drinking fountains will be available for students to get water throughout the day and during meal times.

- Hand washing equipment and supplies will be in a convenient place so that students can wash their hands before eating.
- Montessori For All will encourage socialization among students and between students and adults.
- Montessori For All will use an accounting system that protects the identity of students who eat free and reduced price school meals.
- The SHAC will develop and recommend to the administration guidelines on vending machine access and content.

Nutrition Education

- Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- Montessori For All will follow health education curriculum standards and guidelines as stated by the Texas Education Agency. The school health program will be coordinated with nutrition education activities.
- Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and English as applicable.

Physical Education

- The principal shall adopt and implement a comprehensive physical health curriculum consistent with the TEKS developed by school teaching personnel.
- Montessori For All will provide a daily recess period for all students. During this period, students will go outside and engage in either active play organized by a teacher, or unstructured but supervised active play.
- Additionally, a fitness elective will be offered to provide additional opportunities for structured physical education.
- Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.
- The fitness levels of all students in grades 3-8 enrolled in a physical education course or any substitute course or activity will be assessed at least once annually utilizing Fitnessgram®

Promotion of Healthy Living

- The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any other school functions.
 - a. Please refer to the student handbook regarding appropriate snacks and celebratory food. We do not allow soda or energy drinks on campus. Candy is only allowed when it is used in the context of a cultural celebration.
- School staff shall not use food as a reward for student accomplishment. The withholding of food as punishment for students is prohibited.
- Student organizations will only use foods designed for delivery and consumption after school hours as fundraisers.
- Montessori For All will provide nutritional information to students and parents that will encourage safe and nutritious food consumption.
- Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating, physical activity, identity, and the body's ability to function in a healthy way throughout the school setting.
- Healthy eating and physical activity will be promoted to students, parents, teachers, administrators, and the community at enrollment, family nights, teacher professional development trainings, etc.
- Through referrals, mental health issues may be addressed with access to a counselor. In a crisis situation, access is prioritized.

Implementation

The Superintendent shall oversee the district level implementation of this policy and shall oversee the development of administrative procedures for periodically measuring the implementation of the wellness policy. The principal shall oversee the campus level implementation and evaluation of the policy. Ongoing recommendations from the SHAC will be provided on the District and Campus level. The SHAC shall review the policy annually.

Marketing

The school will not market any food or beverages during the school day that are not part of the approved breakfast and lunch program. We do not have vending machines or a concessions area.