

Clara Mohammed School Inc. – Wellness Policy

Policy Preamble

In accordance with the Local School Wellness Policy Implementation rule under the Healthy, Hunger-Free Kids Act of 2010, Clara Mohammed School Inc, (hereto referred to as CMS), establishes the following policy for implementation no later than August 31, 2022.

Policy Leadership

Each school shall designate a site coordinator who shall ensure compliance with the policy. The designated official for oversight of the wellness policy is Mahdi, Muhammad- Food Service Director.

To assist in the creation of a healthy school environment, CMS shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than two times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

CMS shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholder may include:

- Administrator
- School food service representative
- Community member/parent

Nutrition Standards for All Foods

CMS is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meals

CMS is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. The policy should include a link to USDA meal pattern requirements or list individually.
- Withholding food as a punishment shall be strictly prohibited.
- Drinking water is available for students during mealtimes.
- Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional (MCFI).
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, CMS nutrition services shall notify parents of the availability of the breakfast, lunch, and summer food programs.

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Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold and served outside of the school meal programs (competitive foods and beverages), at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools. The policy should include a link to the USDA Smart Snacks standards or list individually.
- CMS adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks). Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Foods Provided but Not Sold

Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.

Nutrition Education

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors by increasing the nutrition signage in cafeteria.

Nutrition Promotion

CMS is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

Physical Activity

CMS shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Outdoor recess shall be offered weather permitting

Physical Education

- CMS elementary students in each grade shall receive at least 45 minutes of physical education per week throughout the school year.
- CMS middle school students in each grade shall receive at least 45 minutes of physical education per week throughout the school year.

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- All physical education classes are taught by licensed teachers.

Other School Based Activities that Promote Wellness

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

Staff Wellness

CMS will implement activities to promote healthy eating and physical activity among school staff, such as distribution of an employee health newsletter to promote healthy behaviors.

Community Engagement

CMS shall work with community partners, including local healthcare professionals & county health department to support district wellness and health fair.

Monitoring and Evaluation

The Wellness Committee shall monitor goals and objectives for CMS and compile an annual report to address the progress of the schools meeting wellness our goals by randomly selecting students to describe or pick a meal based of Ovs.