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ARMENIAN MESROBIAN ELEMENTARY & HIGH SCHOOL
ACCREDITED BY THE WESTERN ASSOCIATION OF SCHOOLS AND COLLEGES ACCREDITING COMMISSION FOR SCHOOLS

Armenian Mesrobian School Wellness Policy

Preamble

Armenian Mesrobian School is committed to the optimal development of every student and believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the Armenian Mesrobian School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in Armenian Mesrobian School have access to healthy foods throughout the school day both through reimbursable school meals and other foods available throughout the school campus in accordance with Federal and State nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- The school engages in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Armenian Mesrobian School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Armenian Mesrobian School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff at Armenian Mesrobian School. Specific measurable goals and outcomes are identified within each section below.

School Meals

Armenian Mesrobian School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. Armenian Mesrobian School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). Armenian Mesrobian School is committed to offering school meals through the NSLP program.

- All school meals are accessible to all students.
- Armenian Mesrobian School offers reimbursable school meals that meet USDA nutrition standards.



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- Drinking water is available to all students throughout the school day and throughout every school campus, including during mealtimes.
- Students will be allowed at least 15 minutes for Nutrition break and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Other food available at school

- The foods and beverages sold outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.
 - Armenian Mesrobian School will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout the school, classrooms, and cafeteria. Armenian Mesrobian School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques. The school will implement at least one of the following four Farm to School activities:
 - Local and/or regional products are incorporated into the school meal program;
 - School hosts a school garden;
 - School hosts field trips to local farms; and
 - School utilizes promotions or special events, such as tastings, that highlight local/ regional products.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food advertising and marketing includes, but is not limited to the following:
 - Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
 - Displays, such as on vending machine exteriors.
 - Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards.
 - Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.



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Nutrition Education

- Armenian Mesrobian School aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Nutrition education will be included in the Health curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- Armenian Mesrobian School teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. Armenian Mesrobian School will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Food safety
 - Social influences on healthy eating, including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior
 - Role of athletics/exercise in maintaining/promoting healthy habits

Physical Education

Armenian Mesrobian School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All students will participate in physical education that meets or exceeds state standards.
- Armenian Mesrobian School Elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.
- The Armenian Mesrobian School Middle school students are required to take physical education in one grade level.
- Armenian Mesrobian School High school students are required to take the equivalent of one academic year of physical education.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions as:



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- Waivers, exemptions, or substitutions for physical education classes are not granted (except, of course, injuries, etc.)

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be required or withheld as punishment for any reason.
- All elementary schools will offer at least 20 minutes of recess on all or most days during the year.
- Outdoor recess will be offered when weather is feasible for outdoor play.
- Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff.
- In the event that the school must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
- The School provides short (3-5 minute) breaks to students during and between classroom times.
- The School offers opportunities (e.g., including activity clubs, open gym, intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.

Other Activities that Promote Student Wellness

- Armenian Mesrobian School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Armenian Mesrobian School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.
- Armenian Mesrobian School will continue relationships with its community partners, including our local hospital, in support of this wellness policy implementation.
- Armenian Mesrobian School will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- Armenian Mesrobian School promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, the Armenian Mesrobian School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring/Implementation



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- Armenian Mesrobian School will convene an Armenian Mesrobian School wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness
- The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. Armenian Mesrobian School will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within Armenian Mesrobian School in meeting wellness goals.
- Armenian Mesrobian School will actively notify households/families of the availability of the annual report through the Armenian Mesrobian School newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as Armenian Mesrobian School 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 two years.**

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.