

North Pontotoc Upper Elementary Wellness Policy

I. School Health Council

North Pontotoc Upper Elementary will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
 - be served in clean and pleasant settings;
 - meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - offer a variety of fruits and vegetables;²
 - serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
 - ensure that half of the served grains are whole grain.³
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- We will limit the extra food sales during lunch. No more than 2 extra food sales can be purchased with a reimbursable meal per student, excluding liquids (milk, water, juice, slush, etc)

Free and Reduced-priced Meals. Every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Sharing of Foods and Beverages. Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities will not involve food.

Rewards. Food or beverages will not be used as rewards for academic performance or good behavior and will not be withheld as a punishment.

Celebrations. Celebrations that involve food during the school day will average no more than one party per class per month.

III. Nutrition and Physical Activity Promotion and Food Marketing

Communications with Parents. North Pontotoc Upper Elementary will support parents' efforts to provide a healthy diet and daily physical activity for their children.

North Pontotoc Upper Elementary will provide information about physical education and other school-based physical activity opportunities during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. All students in grades 5-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education for the entire school year. All physical education will be taught by a certified teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

North Pontotoc Upper Elementary discourages extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities During and After School. North Pontotoc Upper Elementary will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Where appropriate, NPMS will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment. Teachers and other school and community personnel will not withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Use of School Facilities Outside of School Hours. Outdoor school spaces and facilities should be available to students, staff, and community members during and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity. School policies concerning safety will apply at all times.