

Wellness Policy Implementation Plan

Actions	Steps and Goals	By Whom and When
<p>1. Students in the School Food Authority 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.</p>	<ul style="list-style-type: none"> <li>a. All meals operating under federal meal programs will meet or exceed federal and state guidelines.</li> <li>b. All foods and beverages sold on campus, during the school day, to students (including fundraisers) will meet or exceed federal and state guidelines.</li> <li>c. Celebrations occurring on campus, during the school day involving food “offered” for free will meet or exceed federal and state guidelines.</li> </ul>	<p>Food Service Director            Food Vendor            Teachers/Fundraiser coordinators            Principal</p> <p>All competitive foods will be approved at least 2 weeks prior to event occurring on campus.</p> <p>All meals served as part of the reimbursable meal program will be in compliance prior to the start of the school year.</p> <p><b>*Progress Update 4/19/22</b></p> <p><b>Unity Middle College operates a compliant served meal program that meets federal and state guidelines. We do not offer/sell foods on campus during school hours but are aware of the smart snack policies in place if foods are offered during celebrations or events. Next year, we will be offering both breakfast and lunch as required by Universal Meals.</b></p>

<p>2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.</p>	<ul style="list-style-type: none"> <li>a. The SFA aims to teach, model, encourage, and support healthy eating by students.</li> <li>b. Nutrition education and promotion will be designed to provide students with the knowledge and skills necessary to promote and protect their health;</li> <li>c. Will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities.</li> <li>d. Will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.</li> <li>e. Will emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).</li> <li>f. Will include nutrition education training for teachers and other staff.</li> </ul>	<p>Principal Teachers</p> <p>Nutrition education will be vetted prior to being implemented into instruction on an as-needed basis by school staff.</p> <p><b>*Progress Update 4/19/2022</b></p> <p><b>Unity Middle College offers a wide variety of fruit and vegetables with every meal and has nutritional posters with facts, tips, and recipes ideas hung throughout the cafeteria space. Our students cover nutrition education and health/wellness during PE classes. We will continue to expand our nutrition education and health promotion by participating in the National School Breakfast Week and National School Lunch Week next year.</b></p>
<p>3. Students have opportunities to be physically active before, during, and after school.</p>	<ul style="list-style-type: none"> <li>a. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason.</li> <li>b. The SFA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.</li> <li>c. All students will be provided equal opportunity to participate in physical education classes.</li> <li>d. Outdoor recess will be offered when weather</li> </ul>	<p>Health/PE teachers Principal</p> <p>Physical Activity/Education will be incorporated into the school day on a regular basis. Curriculum will be created by Health/PE teachers when lesson plans are created for the school year.</p> <p><b>*Progress Update 4/19/2022</b></p> <p><b>Unity Middle College students have access to physical activity before and after school, such as basketball courts, track &amp; field, etc.</b></p>

	<p>is feasible for outdoor play.</p> <p>e. In the event that the school or SFA must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.</p> <p>f. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.</p>	<p><b>High School does not provide recess during school hours; therefore, students are encouraged to participate in after-school sports and extracurriculars to promote physical activity. Our Health/PE course curriculum aligns with the national and state standards for physical education.</b></p>
<p>4. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.</p>	<p>a. Staff are encouraged to model healthy behaviors on campus, such as limiting soda or candy consumption in front of students.</p> <p>b. By participating in physical activity throughout the day, if possible.</p> <p>c. By promoting healthy habits to the students through curriculum.</p> <p>d. By promoting the school meal program.</p>	<p>Teachers School Administrators and Staff</p> <p>Healthy Habits are encouraged to be displayed throughout the school year.</p> <p><b>*Progress Update 4/19/2022</b></p> <p><b>Unity Middle College staff are encouraged to model healthy behaviors by consuming fruits and vegetables and limited things like sodas or processed snacks throughout the day. Staff does not reward with food or candy during lessons and encourages students to participate in the school meal program. Staff promote physical activity by coaching afterschool sports and engaging in after-school physical activity on campus.</b></p>

<p>5. The community is engaged in supporting the work of the SFA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.</p>	<ul style="list-style-type: none"> <li>a. The SFA will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.</li> <li>b. The SFA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.</li> <li>c. SWC will communicate to the families at the school(s) and the community how others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that SFA.</li> </ul>	<p>Community partners Wellness Committee Families of Students Enrolled</p> <p>Families will be notified of the wellness policy each year at the beginning of the year.</p> <p>Assessment results of the policy will be communicated to families as assessments are conducted.</p> <p><b>*Progress Update 4/19/22</b></p> <p><b>Unity Middle College advertises the updated Wellness Policy, Student Health Index report, and WellSAT 3.0 report on the school website, which is accessible to all. Unity Middle College has a Wellness Committee that holds a monthly meeting to review current wellness policy goals. All meeting agendas and meeting notes are posted publicly so that families, staff, and community members can stay up to date on the changes and improvement within the meal program. Menus that outline each day's meal components are shared to families on a monthly basis. Meal service resources such as meal applications, EBT and PEBT resources, etc. are shared out to families at the beginning of the year, as well as accessible via the school website all year around.</b></p>
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<p>6. The SFA establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.</p>	<ul style="list-style-type: none"> <li>d. School wellness committee (SWC) will meet at least twice per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this SFA-level wellness policy.</li> <li>e. SWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as SFA 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.</li> <li>f. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.</li> </ul>	<p>Wellness committee</p> <p>Triennial Assessment will occur every 3 years.</p> <p>Meetings will occur once in the fall (by December) and another in the spring (by May) of each school year.</p> <p><b>*Progress Update __4/19/22__</b>  <b>Unity Middle College created a SWC the spring of 2022 that meets monthly to review goals and oversee the school's health and safety protocols outlined in the Wellness Policy. The Wellness Policy is assessed and updated every three years with our Triennial Assessment.</b></p>
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