



Molalla River Academy Charter School

Wellness Policy

Molalla River Academy (MRA) is committed to the optimal development of every student. We believe that a positive, safe and health-promoting learning environment is necessary for students to have the opportunity to achieve personal, academic, developmental and social success.

Research has proven that good nutrition and physical activity promote positive outcomes for students. To help ensure our students possess the knowledge and skills necessary to make healthy choices for a lifetime, MRA shall prepare and implement a comprehensive nutrition program consistent with state and federal requirements for districts sponsoring the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP). The program shall reflect the Board's commitment to providing adequate time for instruction that fosters healthy eating through nutrition education and promotion, serving healthy and appealing foods at MRA, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate.

This policy establishes goals and procedures to ensure that:

- Students at MRA have access to healthy foods through the day – both through reimbursable school meals and other foods available through the school campus – in accordance with federal and state nutrition standards;
- Student receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Students engage 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 MRA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits, and;
- MRA establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

Implementation Plan

Molalla River Academy shall develop and maintain a plan to manage and coordinate the implementation of this wellness policy.

The plan will:

1. Delineate roles, responsibilities, actions and timelines specific to each school;
2. Include information about who will be responsible to make what change, by how much, where and when;
3. Include specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, and in food and beverage marketing; and
4. Include specific goals and objectives for nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

In an effort to measure the implementation of this policy, the Board designates the Executive Director as the person who will be responsible for ensuring the school meets the goals outlined in this policy.

Record Keeping

Molalla River Academy will retain the following records to document compliance with the requirements of the wellness policy at Molalla River Academy's office.

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the local wellness policy, including an indication of who is involved in the update and the methods Molalla River Academy uses to make stakeholders aware of their ability to participate;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the local wellness policy has been made available to the public.

Annual Notification of Policy

Molalla River Academy will publish an annual report to share basic information about the wellness policy and to report on the progress of the school in meeting wellness goals. This annual report will be

published around the same time each year. It will include but not be limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of the school's progress on meeting wellness policy goals;
- A summary of the school's events or activities related to the wellness policy;
- Contact information of Molalla River Academy or the school official leading and coordinating the policy; and
- Information on how the public can get involved with the local wellness policy.

Triennial Progress Assessments

At least once every three years, Molalla River Academy will evaluate compliance with the local wellness policy, to assess the implementation of the policy and produce a triennial progress report that will include:

- The extent to which Molalla River Academy is in compliance with the policy;
- The extent to which Molalla River Academy's policy compares to model wellness policy; and
- A description of the progress made in attaining the goals of Molalla River Academy's policy.

Molalla River Academy will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

Molalla River Academy will update or modify the local wellness policy based on the results of the annual progress reports and triennial assessments and/or as MRA's needs change; wellness goals are met; new health science, information and technology emerge; and new federal or state guidance or standards are issued. The local wellness policy will be assessed and updated as indicated at least every three years following the triennial assessment.

Community Involvement, Outreach and Communications

Molalla River Academy will actively communicate ways in which the community can participate in the development, implementation and periodic review and update of the local wellness policy through a variety of means appropriate for Molalla River Academy. Molalla River Academy will also ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Molalla River Academy is communicating important school information with parents.

NUTRITION PROMOTION AND NUTRITION EDUCATION

Nutrition promotion and nutrition education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, by creating food environments that encourage healthy nutrition choices and by encouraging participation in school meal programs.

School Meals

Molalla River Academy participates in U.S. Department of Agriculture (USDA) child nutrition programs, administered through the Oregon Department of Education (ODE) and the National School Lunch Program (NSLP). Molalla River Academy also operates a school garden program. MRA provides:

- Accessible nutrition programs for all students;
- Notification to all families for free or reduced-priced meals;
- Encouragement for eligible families to apply;
- Confidentiality of students and families applying for or receiving free or reduced meals in accordance with the National School Lunch Act;
- Nutrition services operation to meet dietary specifications in accordance with the Healthy, Hunger-Free Kids Act of 2010 and applicable to state laws and regulations;
- Communication to students and parents of current food prices and changes set by the school;
- Procedure are in place to provide families, upon request, information about the ingredients and nutritional value of the foods served;
- Food service equipment and facilities meet application local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety; and
- Students are provided adequate time and space to eat meals in a pleasant and safe environment.

Staff Qualifications and Professional Development

The school nutrition program director (Executive Director), manager (Lunch Coordinator) and staff (Book Keeper) will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These personnel will refer to USDA's Professional Standards for School Nutrition Standards website and/or Oregon Department of Education for trainings.

Water

To promote hydration, free, safe, unflavored, drinking water will be available to all students throughout the school day. Molalla River Academy will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

Molalla River Academy does not sell any food or beverages other than the reimbursable school meal during the school day. If that changes and any is sold, all foods and beverages will meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards.

Celebrations and Rewards

All foods offered on the school campus are encouraged to meet the nutrition standards set by the USDA and the Oregon Smart Snacks Standards. This includes, but is not limited to, celebrations, parties, classroom snacks brought by parents, rewards and incentives.

Fundraising

Foods and beverages that meet or exceed the nutrition standards set by the USDA and the Oregon Smart Snacks Standards may be sold through fundraisers on the school campus during the school day. This includes produce grown by student in the school garden.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Physical activity is included in the daily schedule of every student at MRA. Physical activity includes physical education, music and movement, recess, classroom-based physical activity, and out-of-school time activities. Any and all of the above will not be withheld from a student as punishment for any reason. The school will provide teachers and other school staff ideas of alternative ways to discipline students.

MRA provides students with a physical education curriculum consistent with national and state standards. Physical education instruction at MRA is a sequential, developmentally appropriate curriculum that is designed, implemented and evaluated to help students develop the knowledge, motor skills, social skills, self-management skills, attitudes and confidence needed to adopt and maintain life-long physical activity.

All students will be provided equal opportunity to participate in physical education classes.

All elementary students will receive at least 150 minutes per week of physical activity throughout the school year.

All middle school students will receive at least 225 minutes per week of physical activity throughout the school year.

Employee Wellness

Molalla River Academy encourages staff to pursue a healthy lifestyle that contributes to their improved

health status, improved morale and a greater personal commitment to the school's overall wellness program. Many actions and conditions that *affect* the health of staff may also influence the health and learning of students. The physical and mental health of staff is integral to promoting and protecting the health of students and helps foster their academic success. Molalla River Academy's Employee Wellness Program will promote health, reduce risky behaviors of employees and identify and correct conditions in the workplace that can compromise the health of staff, reduce their levels of productivity, impede student success and contribute to escalating health- related costs such as absenteeism.

Other Activities that Promote Student Wellness

Molalla River Academy will integrate wellness activities throughout the entire school environment.

Activities include but are not limited to:

- Track Club
- Roots of Responsibility Day
- PlaySpace Maintenance
- Garden/Healthy Eating Lessons
- Tri-Annual 5K Fun Runs

END OF POLICY

School Contacts:

Shelley Urban	Executive Director	surben@mra-k8.com
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