

Menominee Tribal School's Wellness Policy/Plan

Menominee Tribal School (MTS) shall promote school wellness, including good nutrition and physical activity in the school's educational programs, as well as community activities and meal programs that contribute to the development of lifelong wellness practices. MTS recognizes that wellness and healthy eating are important to the physical and academic achievement of all children. This Policy shall be consistent with the Child and Nutrition and WIC Reauthorization Act of 2010 and has been updated to meet the 2016 final rule. Throughout this plan the term 'normal school day' is referenced repeatedly with the definition being 30 minutes before and after the starting time of school.

I. Designated In-District Wellness Plan Leadership and Public/Stakeholder Involvement

The following administrative or supervisory position(s) with MTS have the primary responsibility for the school-wide implementation and oversight of the MTS Wellness Plan:

- Food Service Manager
- MTS Administrator

MTS will also have a Wellness Committee whose primary function will be involvement in the periodic assessment, review and updating of this Wellness Policy. Committee participants will be limited to no more than thirteen and emphasis will include recommending steps to improve school-wide policy knowledge and compliance as well as recommending possible changes or modifications to the plan. At minimum, there will be one annual open meeting scheduled with the option to have other meetings as needs arise. The school administrator or food program coordinator will facilitate the meetings, provide, documented agendas, take minutes and meeting notes, and keep all on file in the school office.

School administration will monitor to ensure that the Wellness Committee be comprised of, at minimum, the following staff and student personnel: one staff member from each instructional unit (K-2nd; 3rd – 5th; 6th – 8th), one health and/or gym teacher, one member of the food staff, and one 7th or 8th grade student representative. Administration will also actively recruit out of school participants including school board members, parents, community health care professionals, and other interested community members. Recruitment will be done through school brochures, "all group" email, school sponsored family nights and other events, FaceBook postings and the MTS school webpage. Committee membership will be reviewed and determined annually and any vacancies that occur throughout the year may be replaced and appointed by the school administrator.

II. Locally Selected Wellness Plan Goals

Nutrition Education Goals

Menominee Tribal School nutrition goals are intended to support and supplement state-mandated curricular elements that relate to health and nutrition, for the purpose of providing students with the knowledge and skills necessary to appreciate the benefits of and make sound decisions related to eating habits and nutrition.

- Support and promote good nutrition in all school-based activities during normal school operating hours;
- Will incorporate weekly nutrition education classes in all classrooms;
- Students will be involved in enjoyable, developmentally appropriate and culturally relevant participatory activities such as the school's sugar camp and maple syrup processing as well as collecting and harvesting wild rice, food promotions and taste testing;
- Links with school meal programs, other school foods, and nutrition-related community services;
- When grant funding is available, all students will be provided with fresh fruit and vegetable snacks three times per week.
- Includes training for teachers and other staff.

Physical Activity Goals

Because physical fitness has a significant impact on a student's ability to learn and to live a healthy life, it is the goal of MTS that every student shall have opportunities to acquire the knowledge and skills to participate in physical activities and appreciate the short and long-term benefits of personal fitness. The goals listed below, which focus on students directly engaging in physical movement and exercise, will support and supplement the school's comprehensive physical education curriculum.

- Supports and promotes an active lifestyle for students and staff;
- Shall adopt and implement a comprehensive health and fitness curriculum, consistent with state standards;
- All students receive physical education instruction [or adaptive P.E by a certified physical education teacher or adaptive physical therapist] by a certified physical education teacher for the entire school year: K-5 :60/week and Gr. 6-8 :50/week
- Encourage afterschool student participation in athletic programming for students
- Promote the use of physical activities for class parties, holidays and school reward incentives: bowling, sledding, fishing, hiking, basketball tourneys, scavenger hunts, card making, seasonal crafting, etc.

- Promotes physical activity and provides additional opportunities for students to be actively engaged in physical activity during the day as well as special programs or events. Examples include, but are not limited to:
 - 3- minute 'brain breaks' periodically throughout the day
 - Yoga and mindfulness activities during morning meeting session
 - Chair exercises, dancing and body stretch breaks
 - 'Movement break sticks' – 1-minute activities that are written on tongue depressors, one is picked for each break.
- Provides daily recess period(s) for students, featuring time for unstructured but supervised active play
- Provide professional development training and opportunities for staff – yoga, mindfulness, meditation
- Exceptions will be made to meet IEP goals and students with medical excuses.

Nutrition Promotion Goals

By establishing nutrition promotion goals, the school will provide resources and opportunities for students, staff and others that will help students to recognize, develop, and practice healthy eating habits within the school environment, at home, and/or in other community settings. The school will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food guidance System published jointly by the U.S. Department of Agriculture. In addition, Menominee Tribal School will establish procedures to control food sales that compete with the school's non-profit food service in compliance with the Child Nutrition Act.

- Weekly health classes will provide activities that promote student involvement of making posters and snack menus that promote healthy, nutritious foods.
- Promote field trips that include Farm-2- School locations that enrich student understanding of healthy, fresh, local foods: pumpkin patch, dairy farm, apple orchard, fishing;

Goals for Other School-Based Activities that Promote Student Wellness

In establishing the following goals for other school-based activities that promote student wellness within this Wellness Plan, the school attempts to recognize that activities and initiatives can be integrated across a variety of school-related settings. Activities can extend beyond the school's food service program and are intended to engage and encourage physical activities that involve families and other community partnerships.

- Promote and encourage staff involvement in health initiatives provided through the Tribal Clinic: annual health screenings and individual health planning; weight-loss challenges; physical fitness classes
- Encourage families to participate in school sponsored physical activities: Color Run, Powwows, walk to school, community awareness walks, etc.

III. Standards and Nutrition Guidelines for Foods and Beverages Available to Students

Foods sold to Students at School

The following nutrition standards and guidelines apply to foods and beverages offered for sale to students on school premises before the start of the school day, during the official school day, and within 30 minutes after the official school day.

- Reimbursable meals and snacks, (lunch, breakfast, afterschool snacks) will meet the statutory and regulatory nutrition standards established for such meals and snacks.
- Foods and beverages sold to students during the official school day that are not included as part of the school meal program shall meet at least the USDA's minimum. For further clarification and guidance please refer to Appendix A, Smart Snacks in School and Competitive Foods nutrition standards.
- Fundraising is an essential component of student activities that supports quality programs at MTS; therefore, fundraising is encouraged. During all food-related fundraisers, MTS promotes healthy nutritional choices for our students/families/community. Fundraising events that involve physical activity and increase overall wellness are highly encouraged. Suggested fundraising activities that do not promote the use of food may include but are not limited to: car washes, lawn cleanup including raking and shoveling, pet walking and/or dog washing, pledges for walk-a thons, singing telegrams, and raffles including 50/50 raffles of donated items. This plan allows school administration or food coordinator to approve up to two exempt fundraisers per student organization per year involving the sale of food or beverage items that do not meet any minimum nutrition guidelines. Any approved exempt fundraisers may not exceed two weeks and NO sales will be allowed during any school meal program.
- Administration approved food orders that are delivered to the school building that are not intended to be consumed on school premises (ex. frozen food fundraisers) are not subject to any specific nutrition standards or location restrictions.

Foods Provided or Distributed, but Not Sold to Students

The following guidelines apply to food and beverages that are provided or distributed (NOT sold) to students on school premises during official school day hours.

- Beverages: Any beverage that is not listed or does not meet the guidelines included below should not be served or distributed during the official school day without receiving permission from school administration. (Note: No-calorie or low calorie beverage options are not an option for K-8 students)

Plain water

Unflavored low-fat milk

Flavored or unflavored fat free milk or milk alternatives

100% fruit/ vegetable juice,

100% fruit/vegetable juice diluted with carbonated or noncarbonated water

- Portion size limits are:

Water – no portion size limit

Milk / Juice:

8 oz for K-5 students

12 oz for Gr. 6-8 students

- Classroom Celebrations, Receptions, and Special Occasions, as previously included in this plan, should promote healthy options whenever possible. A listing of healthy snack options (Appendix B) will be provided to staff and parents. Occasional celebrations, such as birthdays and holidays, whose food includes items that do not meet healthy snack or food meal standards are allowable in moderation unless otherwise directed by school administration or the food service coordinator. Healthy snack suggestions may include but are not limited to the following items and should be served after student lunch hours:

Fresh fruit or fruit cups

Trail / Cereal mixes (no candy)

Fresh veggies & low fat dip

Yogurt

Dried fruits

Pretzels

String cheese, cubes

Popcorn

Whole grain crackers

Low-fat muffins

Other low fat crackers

- Other Meetings and Events that occur during normal school hours that involve students and/or staff that do not fall under previous mentioned sections shall follow the school's nutritional guidelines for food, snack and beverages sold in the school during the normal school hours unless previously approved by the school administrator or food program coordinator.

- Food that a student may bring from home is not affected by this wellness policy, but it is encouraged that families provide their children's food items with healthy, nutritional items.

IV. Marketing of Food and Beverages

No school official, employee or agent shall prospectively authorize or allow the marketing (advertising or promoting) of foods or beverages on school grounds during the normal school day that do not meet the minimum federal nutritional standards for foods and beverages that are sold to students outside of the school meal programs. Examples of this include posters, cups, food trays, coolers, etc. Allowable exclusions:

- Materials used for educational purposes within a classroom
- Existing scoreboards and other equipment
- The display of a general brand that is considered healthy
- Materials that are displayed for approved fundraisers
- Personal items such as clothing, lunch boxes, backpacks, water bottles, etc.

V. Assessing the Wellness Policy and it's Implementation

The primary means of measuring the implementation of the school's compliance with this Wellness Plan is through a formal assessment that will occur at least once every three years. The assessment will be completed under the direction of school administrator or food program coordinator. A report will be generated and provided to all stakeholders and will address at least all of the following areas:

1. The extent to which MTS is in compliance with the Wellness Policy;
2. A narrative of the progress made in attaining the goals using quantitatively and/or qualitatively collected data to the extent that is practical and appropriate;
3. The extent to which the MTS Wellness Policy compares to one or more model local school wellness plans/policies
4. A statement of any recommended changes to the MTS Wellness Policy, or a statement that no specific changes are recommended, will be provided to wellness committee members and then to school administration for final approval.

The final report as well as any other periodic assessment reports shall be presented to the School Board.

As further means of evaluating the implementation of this Wellness Policy, including the school's compliance the school administrator or food service coordinator will:

1. Identify the data and other records that will be used to reasonably document and evaluate the progress that is being made with the specific goals, nutritional standards, and other requirements included the Wellness Policy.
2. Communicate expectations to school personnel related to tracking school level data that will be needed to effectively assess the policy/plan.
3. Periodically meet with school-based personnel to serve as a support resource regarding the plan implementation and to review the school's compliance and progress to date.

VI. Reports and Other Communications Related to MTS Wellness Policy

The primary means of keeping families, community members and the general public informed of the Wellness Policy/Plan will be through the Menominee Tribal School public website. In addition to uploading the most current plan a 'Wellness Corner' will be included that will provide readers with wellness related school activities, healthy nutritional information, school wellness personnel contact information, upcoming meetings, and plan evaluation summary report(s).

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866)632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington D.C. 20250-9410
2. Fax: (202)690-7442; or

3. Email: program.intake@usda.gov

This institution is an equal opportunity provider

Adoption date: January 11, 2018

Wellness Committee Members: Jeanette Perez, School Board; Nan Corn, Grandparent; Ashley Soik, Carol McDougal, Thomas May, Camay Lyons, Mike Clark, Teachers: Penny Murphy, Food Service; Sue Thunder, Finance; Diane Herzfeldt, Food Service Coordinator

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

Appendix A

Nutrition Standards for Foods

- **Any food sold in schools during approved normal operating school day hours must:**
 - Be a 'whole grain-rich product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of calcium, potassium, vitamin D or dietary fiber (July 2016 foods may no longer qualify under the 10% DV criteria)

- **Foods must also meet several nutrient requirements during normal school day hours:**
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories

 - Sodium limits:
 - Snack items: ≤ 230 mg (July 2016 this decreases to ≤ 200 mg)
 - Entrée items: ≤ 480 mg

 - Fat limits:
 - Total fat: $\leq 35\%$ of calories
 - Saturated fat: $\leq 10\%$ of calories
 - Trans fat: 0 grams

 - Sugar limits:
 - $\leq 35\%$ of weight from total sugars in foods

Smart Snacks in School

Alternative Healthy Food Options

Appendix B

Tribal School will promote and encourage the use of alternative healthy food options that meet the Smart Snacks in School Standards/Guidelines.

Dairy / Meat Products

	Portion or oz	Cals	Fat %	Sat. Fat %	Trans Fat %	Sugar %	Sodium mg
Mozzarella String Cheese	1	90	55.6	35	0	0	90
Cheddar Cheese Cubes	1	90	66.7	45	0	0	
Mild Cheddar cheese stick	1	90	66.7	45	0	0	
Low fat Crazy cone	2.3oz	120	12.5	7.5	0	33	40
Vanilla Mighty mini sandwich	2.5oz	120	25	7.5	0	33	40
Reduced Fat Chocolate Cone	2.2oz	148	20.3	9.1	0	27	71
Reduced Fat Vanilla Cone	2.2oz	148	20.3	9.1	0	27	200
Nuts, Seeds % Meats							
Roasted peanuts	1 half portion	79	74	11.4	0	0	65
Roasted pumpkin seeds	1	160	75	14.1	0	0	95
Roasted sunflower seeds	1	170	76.5	7.9	0	7	85
Roasted salted Almonds	1	170	82.4	53	0	2	60
Roasted salted cashews	1	160	75	14.1	0	3	125
Roasted salted pistachios	0	80	68.8	11.3	0	5	
Turkey Jerky	1 half portion	50	10	0	0	0	115
Pastries / Grains							
Honey Wheat mini bagels	1	60	0	0	0	13	90
Whole grain mini cinnamon roll	1.5	140	25	0	0	26	150

Whole grain baked bread sticks	1.5	120	16.7	7.5	0	7	180
whole grain reduced fat banana muffin	1.9	160	25	5.6	0	35	180
whole grain reduced fat blueberry muffin	1.9	150	26.7	6	0	35	
whole grain reduced fat choc/chip muffin	1.9	160	28.1	8.4	0	35	170
Snacks							
Baked Chips							115
BBQ potato chips	1	110	22.7	0	0	11	190
Original potato chips	1	100	15	0	0	8	125
Sour cream and onion chips	1	130	23	3.5	0	9	160
Doritos Reduce fat cool ranch	1	130	34.5	6.9	0	3	105
Doritos Reduce fat nacho cheese	1	130	35	3.5	0	0	200
tostitos Reduce fat tortilla chips	1	120	33	3.8	0	0	110
Rold gold heartzels pretzels	1	80	12	0	0	0	140
Smartfood White cheddar popcorn	1	70	28	0	0	0	135
Chex mix Hot n spicy	1	110	22.7	4.1	0	7	190
Chex mix cheddar	1	110	22.7	4.1	0	15	180
Kelloggs Special K cracker chips	1	0.87	90	16	0	0	190
Honey BBQ cracker chips	1	0.87	90	16	0	0	190
Wholegrain goldfish crackers	1	100	30	9	0	0	110
Giant goldfish grahams chocolate	1	110	27	8	0	22	120
Giant goldfish grahams cinnamon	1	120	29	7.5	0	20	110
Giant goldfish grahams vanilla	1	120	29	7.5	0	23	110