

## DISTRICT WELLNESS POLICY ASSESSMENT (Updated 6/6/2022)

The district has formed a wellness/health advisory committee that meets twice a year. This committee did an assessment of the District Wellness Policy.

Every year all students, Pre K- 12, will demonstrate the ability to use information given through classroom instruction through elementary, middle school, and High School health classes and information provided by our food service provider through published materials and daily discussion. These opportunities will allow students to grow their knowledge to ensure they continue to make healthy choices with nutrition. Health teaching staff have appropriate certification for the instruction of nutrition and essential nutrients.

The school district in conjunction with the food service provider continues to promote participation in school meals through positive promotion of the program, ensuring students are aware of meal offerings through special food trial programs, and days in which new menu items are offered to identify student interest. Below is the website where you can view the food service's nutritional facts on every meal and food option served.

<https://thenutritiongroup.biz>

The district has established through the wellness committee that school employees that provide snacks or treats should follow USDA nutrition standards for school meals. In addition, students should not be awarded candy or other snacks as rewards for academic or behavioral successes. The school district's food service follows all nutrition standards for school meals.

Every year, all Whiteford students, K-12, have the opportunity to participate regularly in supervised physical activities intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Each year, Whiteford will implement other evidence-based programs (ie K-12 Health coordinator) across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages. During snow days students are challenged with additional activities including physical fitness challenges.

This past year (2021) the district has installed water bottle dispensers for students to fill up water bottles as an option to reuse their water bottles but make sure the students have the opportunity to rehydrate throughout the day. In addition the district has eliminated vending machines that served some high sugar drinks (2022).