

# Pioneer Union Elementary School District

## Local School Wellness Plan

### Policy Alignment Statement

This Local School Wellness Plan is aligned with **Board Policy 5030 – Student Wellness (adopted June 13, 2023)** and applicable federal and state requirements, including 42 USC 1758b and 7 CFR 210.31. This plan operationalizes the Board’s policy by outlining district-level goals, implementation strategies, monitoring responsibilities, and evaluation procedures related to student and staff wellness. The plan is intended to ensure consistent implementation across all school sites and to support continuous improvement of wellness-related practices.

### Preamble

The Pioneer Union Elementary School District is committed to providing a school environment that promotes and protects students’ health, well-being, and ability to learn. Research demonstrates a strong connection between student health and academic success. Establishing healthy eating habits, engaging in regular physical activity, and fostering social-emotional well-being during childhood are critical to lifelong health outcomes.

The district recognizes the importance of family and community involvement and is committed to engaging students, parents/guardians, staff, and community partners in the development, implementation, and evaluation of wellness initiatives.

### I. School Wellness Council

The Superintendent/Principal or designee shall encourage participation from parents/guardians, students, food service employees, physical education teachers, school health professionals, administrators, Board members, and community members in the development, implementation, and periodic review of the district’s wellness plan.

A School Wellness Council or other designated committee may be appointed and may include health educators, curriculum directors, counselors, before- and after-school program staff, and other individuals interested in school health issues. The Superintendent/Principal or designee may designate a Wellness Council Coordinator and make available to the public a list of council members, including names, position titles, and contact information.

The Wellness Council shall advise the district on health-related policies, activities, and programs and may assist with planning, implementation, and evaluation of wellness initiatives.

## **II. Nutrition Standards and Services**

The Pioneer Union Elementary School District receives breakfast, lunch, and supper meals through an agreement with another local educational agency. All meals provided through this arrangement meet applicable federal and state nutrition requirements.

The Superintendent/Principal or designee shall monitor compliance through communication with the providing district and review of menus, production records, and other required documentation, as applicable.

### **School Meal Programs**

All district schools shall participate, to the extent possible, in available federal school nutrition programs, including the National School Lunch Program and School Breakfast Program.

Meals shall:

- Meet or exceed all federal and state nutrition requirements
- Be appealing, age-appropriate, and culturally responsive
- Be served in clean, safe, and pleasant environments
- Include a variety of fruits, vegetables, and whole grains
- Offer only low-fat (1%) and fat-free milk and approved non-dairy alternatives

Efforts shall be made to eliminate stigma associated with free and reduced-price meals through nondiscriminatory serving practices.

### **Foods and Beverages Sold Outside of Meal Programs**

All foods and beverages sold or provided to students during the school day, including those sold through student stores, fundraisers, or other venues, shall meet or exceed applicable federal and state nutrition standards. The district encourages non-food or healthy food fundraising options.

Staff shall avoid using non-nutritious foods as rewards for academic performance or behavior and shall not withhold food as a form of discipline.

### **Water Access**

Free, potable drinking water shall be available to students during meal times and throughout the school day.

### **III. Nutrition Education, Physical Activity, and Wellness Promotion**

#### **Nutrition Education**

Nutrition education shall be research-based, developmentally appropriate, and aligned with state curriculum standards. Instruction may be integrated across subject areas and reinforced through school gardens, taste tests, and other experiential learning opportunities.

#### **Physical Activity**

All students shall be provided opportunities to engage in regular physical activity through physical education, recess, classroom activity breaks, and before- and after-school programs.

Elementary students shall receive daily supervised recess. Physical education instruction shall emphasize moderate to vigorous physical activity and skill development.

#### **Staff Wellness**

The district values staff wellness and shall encourage employees to model healthy behaviors. Worksite wellness opportunities and professional development related to student and staff wellness may be provided as feasible.

#### **School Environment and Marketing**

The district shall maintain a safe, positive school environment and prohibits bullying and harassment, including bullying based on weight or health condition. Marketing and advertising of foods and beverages that do not meet nutrition standards are prohibited during the school day.

### **IV. Community and Family Engagement**

The district shall support families in reinforcing healthy behaviors by providing nutrition and physical activity information through newsletters, websites, meetings, and other communications. Parents/guardians are encouraged to support healthy classroom celebrations, snacks, and fundraisers.

### **V. Assessment, Monitoring, and Accountability**

#### **Implementation Responsibility**

The Superintendent/Principal or designee is responsible for ensuring district and site-level compliance with this Wellness Plan and Board Policy 5030.

## **Triennial Assessment**

At least once every three years, the district shall assess the implementation and effectiveness of the Local School Wellness Policy and Plan. The assessment shall include:

- Compliance with federal and state wellness requirements
- Progress toward district wellness goals
- Comparison of district policy to model wellness policies
- Identification of strengths and areas for improvement

## **Indicators of Effectiveness**

Indicators used to evaluate wellness implementation may include, but are not limited to:

- Alignment of nutrition and physical education curricula with state standards
- Nutritional analysis of school meals and snacks
- Student participation rates in meal programs
- Compliance of foods and beverages sold or provided on campus
- Physical education minutes and student activity levels
- Availability of additional physical activity opportunities
- Participation in wellness-related programs

## **Reporting and Public Notification**

Assessment results shall be presented to the Board of Trustees and made available to the public, including posting on the district website. The district shall annually inform the school community about the content and implementation of the wellness policy and plan.

## **Recordkeeping**

The district shall maintain documentation necessary to demonstrate compliance with wellness policy requirements, including assessment reports and records of community involvement.

## **Adoption and Review**

This Wellness Plan shall be reviewed and updated as necessary to remain aligned with Board Policy 5030 and applicable laws. Formal review shall occur at least once every three years or more frequently as required.

*Adopted by the Pioneer Union Elementary School District Governing Board: February 12, 2026*