



Wellness Policy

Whole School-Whole Community-Whole Child

Malaika Early Learning Center (MELC) focuses on developing the whole child. MELC is committed to ensuring the optimal development of all students. Our vision is that MELC students are great by the age of eight-Great by 8.

Research shows that good nutrition and physical activity can lead to positive student outcomes. Therefore, MELC participates in programming that supports the positive well-being of everyone.

This policy outlines the efforts to ensure MELC provides opportunities that promote the health and well-being of students, staff and families.

<p>Nutrition Education: Malaika is committed promoting student wellness.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> All meals are in compliance with National School Lunch and School Breakfast Programs. Meal Pattern Tables and Components can be found using this link. <input type="checkbox"/> Monthly menus for breakfast and lunch are provided to families. <input type="checkbox"/> Annually families are notified of Malaika’s participation in the USDA food programs. <input type="checkbox"/> Per our school handbook families are encouraged to provide healthy snacks. <input type="checkbox"/> The cafeteria bulletin board display has nutritional games posted. The display will be refreshed twice annually.
<p>School Meals: Malaika is committed to serving healthy meals daily.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Malaika is a Community Eligible Program site. This allows for all students to receive free meals regardless of their status. This also protects the rights of all students.



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	<ul style="list-style-type: none"> <input type="checkbox"/> All meals are provided from our selected food vendor and served by trained and certified staff. <input type="checkbox"/> Breakfast is provided daily for students in the cafeteria and 20-25 minutes are provided for this meal. <input type="checkbox"/> Lunch is provided daily for students in the cafeteria and 30 minutes is provided for this meal. <input type="checkbox"/> Drinking water is provided daily for all meal times. <input type="checkbox"/> Our selected food vendor ensures that local foods are purchased for preparing foods that are served.
Other Foods & Beverages	<ul style="list-style-type: none"> <input type="checkbox"/> Malaika only offers meals within the National School Lunch and School Breakfast food programs. <input type="checkbox"/> Malaika allows families to provide afternoon snacks for students. Per the school handbook the snacks need to be healthy snacks. Resources such as Smart Snacks and other resources are provided to parents to support healthy choices. <input type="checkbox"/> Malaika has outlined expectations for birthday celebrations in the school handbook. <input type="checkbox"/> Additionally, food is not used as a reward.



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Physical Activity	<ul style="list-style-type: none"> <input type="checkbox"/> Malaika requires at least 30 minutes daily for recess/physical activity for students. <input type="checkbox"/> Teachers promote movement in the classroom using strategies such as Go Noodle. <input type="checkbox"/> Staff and families are also encouraged to engage in physical activity and wellness strategies to support their own health. <input type="checkbox"/> Malaika partners with other organizations such as STYRV365 (tennis) to support physical activity for students, staff and families.
Wellness	<ul style="list-style-type: none"> <input type="checkbox"/> At Malaika the well-being of everyone is important. Staff and families are encouraged to make healthy choices. <input type="checkbox"/> Staff and families are encouraged to provide give input on policies and procedures annually or as needed. <input type="checkbox"/> Malaika offers staff a “Wellness Space” for relaxation and rest when needed. <input type="checkbox"/> Ongoing professional development in health, nutrition and/or wellness will be provided to staff. <input type="checkbox"/> Malaika will continue to consult with the contracted Health & Wellness Specialist to support the well-being of students, families and staff.
Monitoring & Evaluation	<ul style="list-style-type: none"> <input type="checkbox"/> Administration will ensure the compliance of the Wellness Policy. <input type="checkbox"/> Food Service staff will report directly to the administration.



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	<ul style="list-style-type: none">❑ Staff, families and board members will have opportunities to provide input and/or monitor the objectives and goals of the Wellness Policy.❑ Malaika has completed one triennial assessment and will stay in compliance with conducting them as required. As well as posting it for public viewing. Most current results can be accessed using this link.❑ Malaika has and will continue to seek consultation from SFA representatives to revise and develop policies in accordance with the guidelines.❑ Malaika is an equal opportunity employer and complies with all nondiscrimination requirements including the USDA Nondiscrimination Statements and Laws, click here for the statement.
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