

WELLNESS

I. PURPOSE

The purpose of this policy is to create and sustain a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process, that good health positively impacts student attendance and academic performance, and that healthful eating and physical activity can have a positive impact on student behavior and mood.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. Students in grades pre-Kindergarten-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

III. GUIDELINES

A. Foods and Beverages

1. The current USDA Dietary Guidelines for Americans will be used in planning the availability of all foods and beverages on campus (including concessions served during the school day, and a la carte cafeteria items.) (*See Attachment A - Food and Beverage Guidelines.*)
2. Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals.

5. Access to hand washing or hand sanitizing will be provided in school buildings, before students eat meals or snacks.
6. The school district will provide students with sufficient time to eat after sitting down for school meals and will make every effort to schedule meal periods at appropriate times during the school day. A minimum of 20 minutes will be provided for student lunch.
7. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

B. School Food Service Program/Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school district shall designate the Nutrition Services Director to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available during the school lunch program, to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

C. Nutrition Education and Promotion

1. The school district's wellness committee will assist staff in encouraging and supporting healthy eating by students and engage in nutrition promotion that is:
 - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect health;
 - b. part of health education classes as well as classroom instructions in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
 - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
 - d. classroom education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.
 - e. classroom education will promote fruits, vegetables, whole grain products, low-fat and fat-free products, healthy food preparation methods, and health enhancing nutrition practices.
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte [snack] lines, vending machines, fundraising events, concession stands, and student stores.

3. Schools will promote non-foods and beverages as classroom rewards. At a minimum Smart Snack Guidelines will be followed.

D. Physical Activity

1. Students need opportunities for physical activity and encouragement to fully embrace regular physical activity as a personal behavior. Toward that end, comprehensive school health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television.
2. Opportunities for physical activity will be incorporated into other subject lessons, when appropriate. (*See attached Physical Activity and Education Guidelines.*)
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school district will make an effort to support parents' efforts to provide healthy dietary choices and daily physical activity for their children.
3. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The school district will make available information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.
5. The school district website and school site newsletters may be used to communicate to parents and guardians about the school district's Food and Beverage Guidelines, Nutrition Education Guidelines, and Physical Education and Activity Guidelines.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. The Wellness Committee will ensure compliance within the school's food service areas and will report to the Nutrition Services Director, the building principal, or the superintendent's designee, as appropriate.
- C. The Wellness Committee members shall include parents, students, and representatives from food service and health service, school board members, school administrators, teachers, and members of the public. The Wellness Committee will meet annually to review, and revise the wellness policy.

- D. The school district’s Nutrition Services Director and Health Services Director will provide an annual report to the superintendent and school board regarding progress and updating changes within this policy.
- E. The superintendent or designee will ensure compliance with the wellness policy.
- F. The school district will post this wellness policy on its website, along with each Buildings/Departments progress towards compliance with the policy. The policy will also be added to each Buildings handbook.

Legal References: 42 U.S.C. § 1751 *et seq.* (Richard B. Russell National School Lunch Act)
42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)
P.L. 108-265 (2004) § 204 (Local Wellness Policy)
7 U.S.C. § 5341 (Establishment of Dietary Guidelines)
7 C.F.R. § 210.10 (School Lunch Program Regulations)
7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Local Resources: Minnesota Department of Education, www.education.state.mn.us
Minnesota Department of Health, www.health.state.mn.us
County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org

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Attachment A

Food and Beverages Guidelines

1. Foods and beverages offered over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
2. Foods and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
3. Foods and beverages available during the school day should minimize use of ~~trans and~~ saturated fats in general, sodium and sugar as defined by the USDA Dietary Guidelines for Americans.
4. Food and beverage providers should offer appropriate portion sizes age-appropriate for elementary, middle, and high school students, respectively.
5. If ala carte foods are available, they should include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods to be consistent with the current USDA Dietary Guidelines for Americans. Farm to School food items may be incorporated into the food service program.
6. Nutrition information for products offered in school lunches and ala carte items should be available on the district website and will be posted where possible.
7. Carbonated beverages will not be available for purchase by students during the school day.
8. Beverage vending machines will be available to students as permitted by applicable state and federal laws regarding hours of operation. However, carbonated beverages will not be sold 30 minutes before and 30 minutes after the school day. Teachers’ lounges may be exempt from this requirement.
9. Beverage machines in schools shall contain a minimum average of 75% of selection buttons for juice, water, and isotonic drinks. Carbonated beverages shall be priced at 25 cents more than juice, water, and isotonic drinks.

10. School sites will encourage healthy choices for snacks in the classroom, ~~on field trips, and at school picnics~~ following USDA Smart Snack Guidelines.
11. We will encourage classroom celebrations to be focused on non-food alternatives. Activities such as extra recess, a classroom dance party, cartoon time, game time, guest reader, show and tell, or other activities like these will be encouraged. A list of non-food alternatives for celebrations/rewards will be made available to all teachers.
12. Schools should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items that meet the USDA Smart Snack Guidelines, as well as fundraising to support physical activity events.
13. Food brought into schools to be served to students will be discouraged, but if necessary, it must be commercially prepared food items and be consistent with the USDA Smart Snack Guidelines. The Nutrition Services Department will also offer a healthy classroom catering option. Parents can chose to purchase healthy smart snack approved classroom treats from the school.
14. The school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day.

Attachment B

Nutrition Education Guidelines

1. School programs should ensure that students in pre-kindergarten through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should be well-integrated within a comprehensive school health education program and should align with the Minnesota K-12 academic standards for health, physical education, and nutrition. Topics for instruction should include, but are not limited to the importance of various food groups/food pyramid; caloric, sugar and fat intake; healthy cooking methods; the role of diet in preventing health problems; the recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
3. Staff primarily responsible for nutrition education should be properly trained and regularly participate in professional development activities to effectively delivery quality nutrition education.
4. School district should provide educational information through the use of the school website, and encourage healthy eating and physical activity for families.

Attachment C

Education and Physical Activity Guidelines

1. Students from Pre- kindergarten through grade 8 will receive regular, age-appropriate physical education. Students in grades 9-12 will have required Fitness for Life as a 9th grader, 10th grade Wellness, and an opportunity to select elective courses in both Wellness and Physical Education 11th and 12th grade years.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.
3. The physical education curriculum should be coordinated with the health education curriculum and integrated into other curricular areas where appropriate.
4. Physical education should provide safe and satisfying physical activity for all students, including those with

special needs.

5. Elementary schools should provide daily recess that encourages physical activity, weather permitting.
6. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.