

533 WELLNESS

I. PURPOSE

The purpose of this policy is to assure 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 and that good health fosters student attendance and education.
- 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. All students in grades K-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. All foods and beverages made available on campus (including concessions and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
- 2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed 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. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day. If possible to schedule, noon recess for elementary students will be prior to 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 an appropriate person 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 in 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 will encourage and support 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 their health;

- b. part of health education classes as well as classroom instruction 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.
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 encourage the use of items other than foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, 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, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
4. The school district will provide opportunities for exercise programs, including weight rooms or walking programs. District residents will be notified of available times.

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 support parents' efforts to provide a healthy diet 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 provide 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 the school day.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. School food service staff, at the school or district level, will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.
- C. The school district's food service program administrator will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.

V. SUMMARY OF RECOMMENDATIONS

- A. Staff
 - Use items other than food and beverages as rewards for academic performance or good behavior. This includes holiday parties and other classroom celebrations.
 - Incorporate good nutrition promotion into elective subjects when appropriate.
 - Set a good example. Model good nutrition habits, such as no pop in classrooms or lunchroom.
 - When planning class projects and/or fund raising, avoid using items with low or no nutritional value.
- B. Parents
 - Set a good example. Model good nutrition and physical activity habits.
 - Pack healthy lunches. Students are not allowed to bring pop and candy into the cafeteria during meal times.
 - Provide opportunities for physical activity with the entire family.
- C. Students
 - Wash your hands before meals.
 - Take time to sit down and eat healthy meals.

- Make healthy food and beverage selections, both in school and out.
- Incorporate physical activity into every day life.

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 and
www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf

MEASUREMENT PLANNING WORKSHEET

GOAL	OBJECTIVES	ACTION STEPS	EVALUATION	DOCUMENTATION	TIMELINE AND COMMUNICATION
<p>All food sold or offered to students during the school day will contribute to a balanced, healthy diet and support healthy eating habits</p>	<p>Increase compliance with the school nutrition guidelines for foods offered in the classroom or for sale in vending machines and fundraisers</p>	<p>Meet with teachers and parents to develop instructions for foods that can be offered</p> <p>Inform students, staff and parents of the nutrition guidelines</p> <p>Ask local vendor to place only foods with nutritional value in the vending machine</p>	<p>The school will track the foods offered for sold during the school day and determine if there have been changes</p> <p>The school will monitor the vending machine for appropriate sales items</p>	<p>Teachers will be given a chart to track the foods offered in the classroom.</p> <p>The school will continue monitoring the vending machines and call the vendor immediately for removal of minimal nutritional value food items</p>	<p>This will be an ongoing process each school year.</p> <p>The school will report the findings to the wellness policy committee, teachers, and school board via the school newsletter.</p>
<p>To provide all students with physical education and instruction and physical activity opportunities during the school day</p>	<p>Ensure elementary students physical activity each day of at least 30 minutes;</p> <p>Encourage middle and high school students to participate in extracurricular activities (students have required physical education/health classes through 10th grade)</p>	<p>School will continue to schedule physical education classes</p> <p>School will provide recess/breaks for all students</p> <p>Teachers will be encouraged to integrate physical activity in a variety of subject areas</p>	<p>School will record the number of minutes students are physically active</p> <p>Physical education classes will continue to be offered to all grade levels</p> <p>Recess/break time will continue to be offered to all students</p>	<p>A physical activity log will be used to track the time each class spends being physically active.</p> <p>Based on the documentation in the logs, the school will measure if the goal of physical activity was met for the school year.</p>	<p>This will be an ongoing process each school year.</p> <p>The school will report the results to the wellness policy committee, teachers, and school board via the school newsletter.</p>