



## School District Policy

Orig. 2012, Rev. 2017

*Adopted November 21, 2017*

### **533 WELLNESS**

#### **I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity. The District is committed to providing a school culture that supports whole child wellness by encouraging students to maintain lifelong healthy eating habits, physical, social, and emotional health.

#### **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, and nutritious 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 provide a clean and safe environment with adequate time for students to eat.

### **III. NUTRITION GUIDELINES**

1. All foods and beverages made available on campus (including concessions and a la carte cafeteria items) will be consistent with the current federal, state and local laws, rules and regulations. The District will ensure that foods and beverages sold, offered, served or made available on school grounds during the school day (which begins at midnight before the start of the school day and ends one-half hour after the end of the school day) but outside of the school meals programs (including but not limited to school stores, fundraising, classroom celebrations/ parties/ snacks, concessions, beverage contracts and vending machines) meet the USDA Child Nutrition and Smart Snack standards.
2. In addition, any food or beverage marketing within the District must meet the Smart Snack standards. Marketing and advertising of foods and beverages that do not meet the requirements as outlined in the Smart Snack Guidelines, through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, incentive programs, or other means will be prohibited during the regular school day.
3. Food service personnel will provide students access to foods and beverages that meet or exceed all federal, state, and local laws and guidelines. The meal components of reimbursable meals will adhere to, meet or exceed the applicable federal, state, and local laws, rules and regulations. USDA Child Nutrition Standards apply to all foods and beverages available at each school during the school day. This includes the National School Lunch Program, National School Breakfast Program, After School Snack Program, Special Milk Program, Child and Adult Care Feeding Program, Summer Food Service Program as well as food sold a la carte.
4. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines. Qualified Nutrition Services personnel will provide students with access to a variety of affordable and nutritious foods that meet the health and nutrition needs of students while trying to accommodate the religious, ethnic and cultural diversity of the student body in meal planning. All school nutrition program directors, managers

and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

5. Applications for free and reduced-priced meals are sent home with all families at the beginning of the school year and are available on the district website. 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.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. Meals served to students shall be presented with sufficient time for eating and socialization at the table. It shall be the responsibility of the school staff to foster healthy eating habits and respect for fellow students.
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. The District will provide drinking water where school meals are served, during meal times.
10. The District will make accommodations for the special dietary needs of students as mandated by the Americans with Disabilities Act, 1990 and Individuals with Disability Education Act and per USDA regulations.

#### **IV. WELLNESS GOALS**

##### **A. Nutrition Education and Promotion**

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. 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. engaging, 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 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 not use 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.
4. Due to concerns about food safety, food allergies and nutrition; food and beverages will not be part of classroom celebrations and student birthday recognition events. Classroom celebrations will be focused on activities, rather than food. A list of activities and non-food examples will be posted on the district website.

**B. Physical Activity & Education**

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, physical education curriculum and health education (K-12) will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle.
2. Through district curriculum, the district will provide adequate opportunities to all students (K-12) to be physically active during the school day to contribute toward the recommended goal of 60 minutes of physical activity each day.
3. Opportunities for physical activity will be incorporated into other subject lessons and between classes, where appropriate.
4. Understanding the importance of physical activity in a child's ability to focus and learn in the classroom, school personnel are encouraged to use physical activity as a reward for good behavior.
  - a. School personnel will not withhold participation in recess or physical activity as a punishment for lack of work completions, unless mutually agreed upon by the parent/guardian
  - b. School personnel will not use physical activity as a punishment

(running laps, push-ups, etc.)

5. Active transport to school programs will be promoted through partnerships with local government and community-based agencies (Safe Routes to School Program, Walking Bus, etc.)
6. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
7. The district will support and promote physical activities for students and families through a broad range of before and after school activities, intramurals, summer activities, community education offerings, co-curricular activities and physical education offerings.
8. The district will support the use of facilities for physical activities by students, staff and the community outside normal school day, consistent with the Facilities Use Guidelines.

C. 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 lunches and snacks that meet or exceed the dietary guidelines 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 school.

**V. IMPLEMENTATION AND MONITORING**

- A. After approval by the school board, this 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 provide audit reports to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.

- C. The superintendent or designee will oversee the school district wellness-related activities. Building principals will report compliance with this Policy to the superintendent who will provide an annual report of the school district's compliance with the policy to the school board.
- D. The school district will post this Policy on its website.
- E. The school district has established a Wellness Committee which is intended to represent all school levels and include (to the extent possible) parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators and the general public to participate in the development, implementation and review of this Policy. The Wellness Committee is responsible for defining goals that set direction and provide the means to measure progress. Wellness goals include:

1. Maximize school district resources and assets to provide nutritional food offerings that meet or exceed state and national standards.
2. Promote good nutrition through education and healthy food choices among our students and staff.
3. Increase the participation in exercise and physical activity of our students, our staff and our community.
4. Reduce our own environmental footprint and that of the people in our community who use our services.

Specific actions and an annual assessment will be made available on the school district website.

- F. The Wellness Committee will support monitoring and evaluation of this Policy, and will make recommendations regarding this Policy to the Superintendent. At least once every three years, the committee will assess the implementation of this policy, including:
  - 1) the extent to which schools in the district are in compliance with this policy;
  - 2) the extent to which this policy compares to model local school wellness policies; and
  - 3) a description of the progress made in attaining the goals of this policy.

A report of this triennial assessment will be given to the school board in addition to being posted on the district website.

The school board will make appropriate modifications or updates to the policy

based on the triannual assessment.

## **VI. TRAINING AND EDUCATION**

A. Staff will be provided appropriate training and ongoing staff development regarding best practice as it relates to physical and health education, and the incorporation of physical activity and nutrition during the school day.

B. Nutrition, health and physical education information and opportunities will be provided to parents and families through a variety of formats.

## **VII. RECORDKEEPING**

A. The school district will retain records to document compliance with the requirements of this Policy. The records to be retained include, but are not limited to:

- a. This Policy.
- b. Documentation demonstrating compliance with community involvement requirements, including requirements to make this Policy and triannual assessments available to the public.
- c. Documentation of the triannual assessment of this Policy for each school under the school district's jurisdiction, efforts to review and update this Policy (including indication of who is involved in the update and methods the school district uses to make stakeholders aware of their ability to participate on the Wellness Committee).

**Legal References:** Minn. Stat. § 121A.215 (Local School District Wellness Policy)  
42 U.S.C. § 1751 *et seq.* (Health and Hungry Free Kids Act)  
42 U.S.C. § 1758b (Local School Wellness Policy)  
42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)  
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](http://www.education.state.mn.us)  
Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)  
County Health Departments  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov)