

Adopted: 7/10/2006

Revised: 4/9/2015

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, vending, beverage contracts, and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
 - a. The school district will offer students drinking water with breakfast and lunch. Students will have ample access to drinking water throughout the school day and are allowed to bring water with them to class in a clear bottle.
 - b. Food and beverages offered will be nutrient-dense, including whole grain products and choice of at least two fruits and two vegetables. Such items will include fresh fruit and vegetables; cooked or canned fruits (in lights or fruit juice); and cooked frozen and low sodium or rinsed canned vegetables.
 - c. Foods and beverages available during a school day restrict the use of trans fat and minimize the use of saturated fat, unsaturated fat, sodium, and sugars as defined by the Dietary Guidelines of Americans.
2. Food and nutrition services personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local guidelines.
3. Food and nutrition services 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. Food and nutrition services will utilize electronic identification and payment systems; provide breakfast meals for K-12 grade students at no charge, regardless of income; promote the availability of school meals to all students.
5. The school district will provide student 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.
 - a. Provide students at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
 - b. Schedule meal periods at appropriate times i.e. lunch should be scheduled between 11:00 AM and 1 PM.
 - c. Dining areas will be clean and spacious with appropriate seating space for all students during the period.
7. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students are provided the opportunity to eat during such activities.
8. School sites will discourage students from sharing foods or beverages given concerns about allergies and other medical restrictions on some children's diets.
9. The planning of a field trip that will occur during the scheduled lunch period will, to the extent possible, collaborate with the food and nutrition personnel to provide students the option of receiving a meal. This is to accommodate free meal children who may not be able to provide a lunch from home.

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 on campus 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.

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;
 - 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 line, vending machines, fundraising campaigns, and concession stands.

3. The school district should minimize the use of 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.
3. Classroom teachers will provide short physical activity breaks between lessons or classes where 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 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 school.

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 and nutrition 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, superintendent, or building principal.
- 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.

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