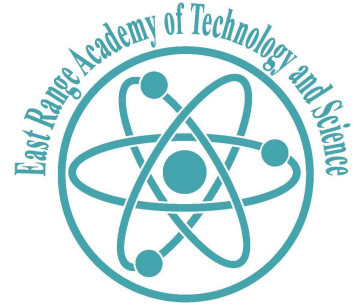


Board Policy
520

Wellness Policy



Adopted: February 2011

Revised: November 2022

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 9-12 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. The school district will provide breakfast through the USDA school breakfast program.
3. 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.
4. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
5. The school district will make every effort to eliminate any social stigma attached to, and prevent the over identification of, students who are eligible for free and reduced-priced school meals.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. The school district will make every effort to provide students with at least 20 minutes to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
10. Water fountains or water filling stations are available in all student common areas.
11. The school district will follow the [Smart Snacks in School standards](#) for all food and beverages sold to students on school campus during the school day.
12. All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines.
13. All fundraisers held during the school day must meet Smart Snacks. There are no exemptions.
14. Beverages containing caffeine will not be sold on the high school campus.

15. Snacks in after school programs are served via the Child and Adult Care Food Program and meet the requirements of that program.
16. All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day.
17. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

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 in school.
4. Meals served through the school district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in [7 CFR 210.10 or 220.8](#), as applicable.
5. The school district is in compliance with all federal and state nutrition standards for all foods served 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. nutrition lessons are integrated into the curriculum and health education program;

- c. 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
 - d. 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. The school district will encourage the appropriate use of rewards for academic performance or good behavior (and as this practice is allowed by a student's individual education plan or behavior intervention plan). They will not rely solely on the use of foods and beverages. Foods and beverages will not be withheld as punishment.
- 4. School district staff members shall be encouraged to model healthy eating and physical activity behaviors.

D. Physical Activity

- 1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward the 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's comprehensive, standards-based physical education curriculum identifies the progression of skill development in grades K-12. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects.
- 5. The physical education curriculum for grades K-12 will be aligned with established state physical education standards.
- 6. Shall provide all students physical education that teaches them the skills needed for lifelong physical fitness while following the MN State Physical Education Standards.

7. All students will participate in 0.5 credits or more of physical education during their high school education.
8. Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
9. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
10. The school district may not allow students to be exempt for required physical education class time or credit.
11. There will be no substitutions allowed for the physical education time requirement.
12. Physical activity opportunities should be provided at the school for families and community members.
13. The school district should develop joint-use agreements in order to provide physical activity opportunities for community members at the school."
14. Physical activity clubs and intramurals shall be available during before and after-school hours.
15. Teachers should provide students with physical activity breaks.
16. The school district desires to provide a comprehensive program promoting healthy eating and physical activity for district students and staff.
17. Teachers may use non-food alternatives as rewards. For example, extra physical activities (ex. basketball) may be provided when time allows.
18. Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason.
19. Physical education or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.

E. Communication 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 wellbeing.

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.
5. Schools will reach out to the family of a child with an unpaid balance to assess whether the child is eligible for free or reduced price meals.
6. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website.

F. Marketing

1. Marketing strategies, such as taste tests and signage in the cafeteria, should be used to promote healthy food and beverages throughout the school district.
2. School-based marketing shall be consistent with Smart Snacks nutrition standards.
3. The advertising of foods and beverages that are not available for sale in district schools will not be advertised on any school property.
4. Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.
5. Advertising of any food or beverage that may not be sold on campus during the school day is prohibited. Advertising of any brand on containers used to serve food or in areas where food is purchased is prohibited.
6. The school district will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the director.
7. It is recommended that district schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with our goals for a healthy school community.

G. Wellness Committee

1. The district wellness committee meets at least four times a year.
2. A letter will be sent to the school community via email, and will be posted in a central area in all school buildings inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review and update of the wellness policy.
3. The Director or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance.
4. The school district shall promote the local wellness policy to faculty, staff, parents, and students. A copy shall be posted on the school district's website.
5. The Wellness Committee shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index.
6. The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.
7. Every two-three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

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 will ensure compliance within the school's food service areas and will report to the director as appropriate.
- C. The school district's food service program administrator will provide an annual report to the director setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The director 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.

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

USDA Smart Snacks in Schools

Action for Healthy Kids Minnesota, www.actionforhealthykids.org and

www.actionforhealthykids.org/filelib/toolsforteachers/recom/MNHealthy%20Foods%20for%20Kids%208-2004.pdf