

533 - Wellness

I. PURPOSE

The purpose of this policy is to ensure a school environment that provides healthy foods and teaches students to make food choices and develop exercise habits that will promote and protect their health, well-being, and ability to learn.

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. Foods and beverages offered for reimbursable meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations apply to schools. To the extent possible, reduced fat or sugar products, whole grain products and fiber-rich fruits and vegetables will be used to provide students a variety of choices to maintain a balanced diet.

2. Food and beverage providers at any district site are encouraged to provide a variety of nutritious choices consistent with the current USDA Dietary Guidelines for Americans. Portion sizes should be age-appropriate for elementary, middle, and high school students, respectively. This includes products offered in snack bars, activity concession stands, a la carte, and vending machines.
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 and others handling food 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 overt identification of, students who are eligible for free and reduced-price school meals.
6. Drinking water and hand-washing facilities should be conveniently available for students at all times. Students will be encouraged to wash hands prior to eating.
7. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals (10 minutes for breakfast and 20 minutes for lunch).
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. Vending machines will not be available during the school day for elementary and / or middle school students. District employee lounges may be exempt from this requirement.
10. Beginning with the 2006-2007 school year, the District Wellness Committee will develop guidelines for the food and beverage choices in all vending machines. The guidelines developed will consider having only healthy options available during school hours.
11. Classroom snacks and celebrations should reinforce the importance of healthy choices and portion control.
12. The district will encourage school sponsored events and programs, including fundraising activities, to be supportive of the wellness policy and guidelines.

B. School Food Service Program/Personnel and Cafeteria Monitors

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. Cafeteria monitors will assist students, as needed, with opening containers and packages and encourage them to eat their food items.

C. Wellness 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. Nutritional information will be made available to the extent possible.
3. Schools will be discouraged from using 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. Wellness education will include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.

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.

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
3. Classroom teachers are strongly encouraged to provide short physical activity breaks between lessons or classes.
4. Physical education staff will implement a consistent way to monitor physical fitness levels for all students K-12.
5. Opportunities for physical activity for students, before and after school, should be considered and implemented for a variety of ability levels.

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 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.
3. The school district will work with our building PTO's in considering healthy alternatives to fundraising.
4. The Wellness policy will be made available at each school building and on the district website for parent review.
5. The district's Wellness Committee will communicate with parents through newsletters and the district web page at a minimum of two times per year to provide updates.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. A school district Wellness committee will be formed and will include the Food Service Coordinator, one principal, building staff, parents, students, and medical/health/fitness professionals. This committee will meet at a minimum of two times per school year.
- C. The Food Service Coordinator will ensure compliance within the school's Food Service Department and will report to the Director of Business Affairs.
- D. The Activities Director, in partnership with the Director of Business Affairs, will ensure compliance of the policy as it relates to food and beverage vending and concessions.

- E. The school district's wellness committee members will ensure compliance with the wellness policy and will provide an annual report to the superintendent and/or school board, as requested. The committee will also highlight activities or programs that occur related to nutrition education and promotion, physical activity opportunities and communication with parents.

Policy 533 - Wellness

Adopted: May 22, 2006

School Board

INDEPENDENT SCHOOL DISTRICT 659

Northfield, Minnesota

Legal References: Minn. Stat. § 121A.215 (Local School District Wellness Policy)
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