

Revised: \_\_\_\_\_

## 533 WELLNESS

*[Note: Not later than the first day of the school year beginning after June 30, 2006, all School Districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 (“the Act”) to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, and physical activity to promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the School District is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.]*

### 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 preK-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

*[Note: The Act requires that school districts have nutrition guidelines, selected by the School District, for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.]*

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.
  - a. Food and beverages offered over the course of a school week will be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
  - b. Foods and beverages available during the school day minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary guidelines for Americans.
  - c. All foods and beverages sold individually outside the reimbursable school meal program (including ala carte, vending machines, and fundraising activities) during the school day or through programs for students before or after the school day will meet the following criteria:
    - i. Allowable beverages shall include water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat fluid milk.
    - ii. Beverages that are not allowed include fruit-based drinks that contain less than 50% real fruit juice or soft drinks (including sports drinks) that contain added caloric sweeteners.
    - iii. Foods and beverages available during the school day will minimize the use of trans and saturated fats, sodium, and sugar as defined by the Dietary Guidelines for Americans.
    - iv. Food and beverages will be offered in modest portion sizes age-appropriate for elementary, middle, and high school students.

- v. Access to vending machines will be limited during the hours school lunch is provided.
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.

***[Note: The Act requires that the School District's wellness policy provide an assurance that guidelines for reimbursable school 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.]***

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.
7. The School District will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. Classroom snacks should reinforce the importance of healthy choices. Snacks served during the school day will make a positive contribution to children's diet and health and will emphasize serving whole grains, fruits, vegetables and dairy as the primary snack items. Faculty members are encouraged to communicate this guideline to the parents of their students.
9. When planning a field trip that will occur during the scheduled lunch periods the classroom teacher will, to the extent possible, collaborate with Food Services to provide the student the option of receiving a meal from school.

10. Classroom celebrations should encourage healthy choices and portion control. The celebration should take place during the last hour of the school day so it will not interfere with school meals. When celebrations occur during the scheduled lunch periods, the classroom teacher will, to the extent possible, collaborate with Food Services.
11. Fundraising efforts that involve food or beverages must include healthy alternatives. The District encourages fundraisers that promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events. All fundraising efforts must receive administrative approval.
12. Concessions sales shall contribute to the health and well being of students. To the extent possible, healthy choices will be made available.

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 schools.

C. Nutrition Education and Promotion

***[Note: The Act requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the School District determines is appropriate.]***

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. Food and beverages will not be used as rewards for academic performance or good behavior (unless the practice is allowed by a student's individual education plan or behavior intervention plan), and will not withhold food and beverages as a punishment. Rewards and incentives will be used that do not undermine the health of students and/or reinforce unhealthful eating habits. Non-food rewards and incentives will be used as the first choice to encourage positive behavior.
4. All District staff members should act as role models for good nutrition and physical activity behaviors. The District will establish and maintain a Wellness Committee. The committee will develop, promote and oversee a plan to promote staff health and wellness.

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. Physical activity will not be used as punishment during the school day. School staff should not use participation or non-participation in physical education classes or recess as a way to punish or discipline students. The

scheduling of activities such as tutoring, team or club meetings/activities during recess or physical education class times is discouraged.

5. Interscholastic sports, intramural sports, or elective classes such as marching band shall not be used as a substitution for physical education classes.
6. Students will be encouraged to walk or bike to and from school.

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

*[Note: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more persons within the School District or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.]*

- 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.

**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](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) and  
[www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf)