

Adopted: September 2006

WELLNESS

I. PURPOSE

- A. 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 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 encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school 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-8 will have opportunities, support and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will work to provide students 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

Students' lifelong eating habits are influenced by the types of food and beverages available to them. Schools have a responsibility to help students establish and maintain lifelong healthy eating patterns.

1. We will work to only offer food and beverages at our school that will be consistent with the current USDA Dietary Guidelines for Americans.
2. School Nutrition 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. School Nutrition personnel shall adhere to all federal, state, and local

food safety and security guidelines.

4. The school 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.
5. The school will provide students access to hand washing before they eat meals or snacks.
6. The school 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. The school will encourage sponsored events and programs held outside of the school day to be supportive of the Wellness policy and guidelines. This will also be encouraged with any fundraising activities. The school nutrition director is available to provide information related to the food and beverage guidelines.

B. School Nutrition Program/Personnel

1. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local regulations.
2. The school will designate an appropriate person to be responsible for the school's nutrition program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available to students to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. The school will provide continuing professional development for all school nutrition personnel.

C. Nutrition Education and Promotion

The primary goal of nutrition education is to positively influence students' eating behaviors.

1. The school will ensure that students in K-8 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should include instruction that helps students learn more about the importance of various food groups; caloric sugar and fat intake; healthy cooking

methods; recognition of the role media plays in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.

2. The school will encourage all students to make age appropriate healthy selections of foods and beverages.
3. The school will be discouraged from using food or beverages as a reward or punishment for academic performance or good behavior. Individual Education Plans (IEP) or 504 plans will be exempt from this.
4. The school will provide educational information and encourage healthy eating and physical activity for families. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.
5. Nutrition concepts should be reinforced by all school personnel.

D. Physical Activity

The primary goal for a school's physical activity component is to provide opportunities for every student to: develop the knowledge and skills for specific physical activities; maintain physical fitness; regularly participate in physical activities; and understand the short and long term benefits of a physically active lifestyle.

1. Students in Kindergarten through grade 8 will receive scheduled, developmentally appropriate physical education.
2. Physical Education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.

E. Communications with Parents

It is important that students receive consistent messages throughout school, home, community and media regarding good nutrition and healthy lifestyles.

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's healthy and well being. The school will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.

2. The school will support parents' to provide a healthy diet and daily physical activity for their children.
3. The school will encourage parents to pack healthy lunches, snacks, treats and beverages. Parents will be provided with information that will offer suggestions for healthy snacks and lunches.
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. Schools will be encouraged to offer physical activities for both parents and children.
5. The wellness policy will be made available at the school office and on the school web site for parents review.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school principal, the wellness policy will be implemented throughout the school and reviewed annually.
- B. The principal or designee will ensure compliance with the wellness policy and will provide a report of the school's compliance with the policy to the Wellness Committee as requested.

Legal References: 42 U.S.C. ~ 1751 et seq. (Richard B. Russel National School Act)
 42 U.S.C. ~ 1771 et seq. (Child Nutrition Act of 1996)
 P.L. 108-265 (2004) ~ (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/tools for teams/recom/MN-Healthy%20Foods%20for@20Kids%202008-2004.pdf](http://www.actionforhealthykids.org/filelib/tools%20for%20teams/recom/MN-Healthy%20Foods%20for%20Kids%202008-2004.pdf)