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Contact Person: Executive Director of Student Services

POLICY 533 WELLNESS

I. PURPOSE

To set forth methods to promote student wellness and promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity. The District is committed to enhancing the development of lifelong wellness practices in collaboration with parent / caregiver, and community members.

II. GENERAL STATEMENT OF POLICY

- A. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, thrive and be academically successful.
- B. The School Board recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and academic performance.
- C. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- D. The District encourages the involvement of students, parents / caregivers, representatives of the school food authority, teachers, school health staff, the School Board, administrators, other interested persons (such as local public health) and the general public in development, implementation, and periodic review and update of the District's Wellness Policy.
- E. The school environment will promote student emotional and social health by providing safe surroundings for students to grow emotionally and socially.
- F. Qualified food service staff 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. WELLNESS GOALS

A. Nutrition Promotion and Education

1. The District will encourage and support healthy eating by students and engage in nutrition education and promotion that is:
 - a. offered as part of a sequential and comprehensive K-12 program designed to provide students with 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 science 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 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.

B. Physical Education

Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Physical Education will be based on the Minnesota Physical Education Standards Fall 2017 and coordinated with the National Health Education Standards (K-12). Physical Education will be in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

C. Social and Emotional Wellness

The District will encourage student understanding of the impact of emotional and social health on overall well-being based on the Minnesota Social Emotional Competencies Fall 2017.

D. Communication with Parent/caregiver

1. The District recognizes that parents/caregivers have a primary role in promoting their children's health and well-being.
2. The District will support parent/caregiver efforts to provide daily physical activity for their children. Parent/caregiver will be encouraged to create an environment conducive to an active lifestyle.

IV. STANDARDS AND NUTRITION GUIDELINES

A. School Meals

1. The District will provide healthy and safe school meal programs that strictly comply with all federal, state and local statutes and Regulations.
2. Food service staff will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
3. Food service staff will provide a clean and pleasant setting
4. Food service staff will take every measure to ensure that student access to foods and beverages meet or exceeds all federal, state, and local laws, rules, and Regulations and that reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.

B. Access to Drinking Water

Students and staff will have access to free, safe, fresh drinking water at all times throughout the school day. (USDA regulation).

C. School Food Service Program/ Personnel

1. The District shall designate an appropriate person to be responsible for the 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 USDA Guidelines.
2. As part of the District's responsibility to operate a food service program, the District will provide continuing professional development for all food and nutrition service staff.

D. Competitive Foods and Beverages

1. All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers during the school day.
2. All competitive foods will meet the most current USDA Smart Snacks in School nutritional standards, and any applicable state nutrition standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

3. Before and Aftercare (child care) programs must also comply with the District's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

E. Other Foods and Beverages Made Available to Students

1. Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through:
 - a. Celebrations and parties: It is recommended that all food and beverages offered during classroom celebrations will meet USDA Smart Snacks in School nutrition standards. Families and teachers will receive information from the District on foods and non-foods that are appropriate for such celebrations upon request of the wellness coordinator.
 - b. Classroom snacks brought by parent/caregivers. The District will provide to parents/caregivers a list of suggested foods and beverages that meet Smart Snacks nutrition standards.
2. Rewards and incentives. The use of food or beverages as a reward shall follow smart snack guidelines (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverage as punishment.
2. Fundraising. The District will make available to parents or caregivers, and teachers a list of healthy fundraising ideas.

F. Food and Beverage Marketing in Schools

1. School-based marketing will be consistent with nutrition education and health promotion.
 - a. Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy.

V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Coordinator

1. The superintendent will designate a District official to oversee the District's wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure compliance with the Wellness Policy.
3. The principal of each school, or a designated school official will ensure compliance within the school and will report annually to the Wellness Coordinator regarding compliance upon request.

B. Public Involvement

1. The Wellness Coordinator will permit parents/caregivers, students, representatives of the school food authority, teachers of physical education, school health staff, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the Wellness Policy.
2. The Wellness Coordinator will hold meetings from time to time, for the purpose of discussing the development, implementation, and periodic review and update of the Wellness Policy. All meeting dates and times will be posted on the District's website and will be open to the public.

VI. POLICY IMPLEMENTATION AND MONITORING

A. Implementation and Publication

1. After approval by the School Board, the Wellness Policy will be implemented throughout the District
3. The District will post its Wellness Policy on its website, to the extent it maintains a website.

B. Annual Reporting

The Wellness Coordinator will annually inform the public about the content and implementation of the Wellness Policy and make the Policy and any updates to the Policy available to the public.

C. Triennial Assessment

1. At least once every three years, the District will evaluate compliance with the Wellness Policy to assess the implementation of the Policy and create a report that includes the following information:
 - a. The extent to which schools under the jurisdiction of the District are in compliance with the Wellness Policy;
 - b. The extent to which the District's Wellness Policy compare to model local Wellness Policies; and
 - c. A description of the progress made in attaining the goals of the District's Wellness Policy.
 - d. The Wellness Coordinator will be responsible for conducting the triennial assessment.
 - e. The triennial assessment report shall be posted on the District's website or otherwise made available to the public.

D. Recordkeeping

The District will retain records to document compliance with the requirements of the Wellness Policy. The records to be retained include, but are not limited to:

1. The District's written Wellness Policy.
2. Documentation demonstrating compliance with community involvement requirements, to make the local school Wellness Policy and triennial assessment available to the public.
4. Documentation of the triennial assessment of the local school Wellness Policy for each school under the District's jurisdiction efforts to review and update the Wellness Policy (including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the Wellness Committee).

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REGULATION 533 WELLNESS

I. PROCEDURES FOR IMPLEMENTING THE WELLNESS POLICY

The following procedures will be used to implement the components of the Wellness Policy within the District.

II. WELLNESS GOALS

A. Nutrition Promotion and Education

1. Students will receive consistent nutrition messages throughout schools, classrooms, cafeteria, and school media.
2. Elementary, middle, and high school teachers will integrate nutrition education into core curricula.
3. Nutrition promotion will include participatory activities (i.e. contests, promotions, farm visits, and experience working in school gardens.)
4. The nutrition education programming will be linked to school meal programs, school gardens, cafeteria nutrition promotion, and after-school programs.
5. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
6. Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar.
7. Staff responsible for nutrition education will participate in relevant professional development (e.g., training on the USDA Guidelines and how to teach them).
8. Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited.

9. Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. The District discourages staff from eating and drinking out of branded packaging in front of children (e.g., coffee containers with specific company logos).
10. Families will be encouraged to pack lunches and snacks that meet District nutrition standards and will be provided with written guidance on how to accomplish this.

B. Physical Activity

Safe Routes to School (SRTS): In collaboration with local public works, public safety, and/or police departments, the District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

B. Physical Education

All physical education classes (K-12) are taught by licensed teachers who are certified or endorsed to teach physical education at a teacher to student ratio of no greater than 1:40.

C. Social and Emotional Wellness

The District encourages staff to act as role models for emotional and social health and well-being. The District will provide and promote culturally appropriate resources for students and staff to access.

III. STANDARDS AND NUTRITION GUIDELINES

A. School Meals

1. School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast and school lunch. Summer food programs are available at specific area eligible sites.
2. The 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. The District will take steps beyond those required by federal law/regulations to protect the privacy of students who qualify for free and reduced priced meals.

3. Food service staff will provide a clean and pleasant setting.
4. When possible, lunch will follow recess period.
5. The District will provide students access to hand washing/hand-sanitizing facilities before meals and snacks and staff will remind students to make use of them.
6. The District will make every effort to provide students with sufficient time to eat after sitting down (10 minutes to eat breakfast and 20 minutes to eat lunch) for school meals and will schedule meal periods at appropriate times during the school day.
7. The District will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.

B. Food and Beverage Marketing in Schools

Smarter lunchroom techniques will be used in the food service areas in each District building in order to encourage fruit, vegetable, dry beans and pea choices.