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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 parents 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 will establish goals for nutrition education and promotion; physical education and activity; and will establish connections between nutrition education, school meal programs, schoolyard gardens and related community services to foster lifelong habits of healthy eating and physical activity.
- E. The School Board endorses and the District adheres to the USDA nutrition guidelines to promote student health, and to prevent and reduce childhood obesity, eating disorders and chronic disease.
- F. The District encourages the involvement of students, parents, 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.
- G. The school environment will promote student emotional and social health by providing safe surroundings for student to grow emotionally and socially.
- H. 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.

- I. The District will inform and update the public (including parents, students, and others in the community) about the content and implementation of the District Wellness Policy in accordance with the Administrative Regulations.
- J. The Wellness Coordinator has responsibility to ensure that each school complies with the District Wellness Policy and Administrative Regulations. The District Wellness Policy and Administrative Regulations will be measured periodically on the extent to which schools are in compliance, the progress made in attaining nutrition and physical activity goals, and the extent to which the District Wellness Policy compares to model Wellness Policies. The results of this assessment will be made available to the School Board and the public.

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.
3. The use of foods or beverages as rewards for academic performance or good behavior should 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 beverages as punishment.
4. Students will receive consistent nutrition messages throughout schools, classrooms, cafeteria, and school media.
 - a. Elementary, middle, and high school teachers will integrate nutrition education into core curricula.

- b. Nutrition promotion will include participatory activities (i.e. contests, promotions, farm visits, and experience working in school gardens.)
- c. The nutrition education programming will be linked to school meal programs, school gardens, cafeteria nutrition promotion, and after-school programs.
- d. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- e. Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar.
- f. Staff responsible for nutrition education will participate in relevant professional development (e.g., training on the USDA Guidelines and how to teach them).
- g. Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited.
- h. Nutrition education will be provided to families (i.e. handouts, newsletters, postings on the web-site, presentations, workshops) and will role model healthy choices at school sponsored events. The school menu will be posted online.
- i. 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).
- j. 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

- 1. For students to receive the nationally recommended amount of daily physical activity (i.e. 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class and the school day. Towards that end, the District will assist by:
 - a. encouraging each school site to develop a comprehensive school physical activity program (CSPAP);

- b. having health education and physical education reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television and playing video games;
 - c. having classroom teachers provide short movement breaks between lessons or classes, as appropriate;
 - d. incorporating opportunities for physical activity into other subject lessons (such as math, science and social studies), where appropriate. The District will provide physical activity training for all teachers;
 - e. encouraging teachers to serve as role models by being physically active alongside the students;
 - f. offering extra and co-curricular activities;
 - g. encouraging high school students to use the After-School Activity Center;
 - h. Providing access to indoor and outdoor physical activity facilities through a formal joint or shared-use agreement, our spaces will be open to students, families, and the community outside of school hours.
2. Recess: All elementary school students will have at least 20 minutes a day of supervised recess, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district (this may vary regionally). In the event that recess must be held indoors, staff will ensure adequate physical activity for students. A physical activity alternative will be offered if necessary. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around.
 3. Childcare: Before and after-school childcare will provide and encourage daily periods of moderate to vigorous physical activity for all participants.
 4. Punishment: Teachers and other school and community staff should not use excessive physical activity (i.e. push-ups, running laps) or withhold opportunities for physical activity (i.e. physical education class, recess) as punishment.
 5. Physical Activity Programs: Elementary, middle, and high schools are encouraged to offer extracurricular physical activity programs, such as physical activity programs and interscholastic sports programs. Schools will offer a range of activities that meet the needs of all students, including

students with disabilities, special health-care needs, and students in alternative educational settings, and actively teach cooperation, fair play, and responsible participation. Family and community engagement will be promoted.

6. 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.

C. Physical Education

1. 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.
2. All K-12 students will receive physical education (at least 50 minutes per week for elementary school students, 110 minutes per week during a six week trimester for middle school students, 225 minutes per week for one 12 week trimester for 9th and 10th grade high school students, and physical activity electives will be available to 11th and 12th grade high school students) for the entire school year.
3. 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.
4. Waivers, exemptions, or substitutions for physical education classes will not be granted.
5. Physical education staff will receive professional development on a yearly basis.
6. Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

D. Social and Emotional Wellness

1. 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.
2. The District will coordinate efforts with our community members (i.e. Public Health, Bloomington Police) to promote student wellness through prevention of high-risk behaviors, including but not limited to: e-cigarettes,

alcohol, tobacco, unsafe driving practices and aggressive behaviors. The District encourages an environment where students feel safe to disclose issues of abuse.

3. The District encourages staff to act as role models for emotional and social health and well-being.

E. Communication with Parents

1. The District recognizes that parents and guardians have a primary role in promoting their children's health and well-being. Parents and caregivers provide the primary social environment in which children form attitudes and behaviors regarding eating, physical activity and emotional and social health and well-being.
2. The District will support parents' efforts to provide daily physical activity for their children. Parents will be encouraged to create an environment conducive to an active lifestyle. The 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. Parents create an environment for healthy eating by the foods they select, the type of meals they provide outside the home and how they model good eating habits. The District encourages parents to pack healthy lunches and snacks. For their children to sustain those habits while in school, the District Wellness Committee will provide a healthy food brochure.
4. The District supports parent's efforts to provide emotional and social well-being for their children. To help in this effort, the District Wellness Committee will promote educational opportunities for students and parents to learn about the impact positive emotional well-being has on one's health.
5. Parents will be informed of recommended state and local food safety and sanitation regulations.

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. 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.
4. 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.
5. Food service staff will provide a clean and pleasant settings and under appropriate supervision. Rules for safe behavior will be consistently enforced.
6. When possible, lunch will follow recess period.
7. All foods and beverages made available on campus (including concessions and a la carte cafeteria items) will be consistent with the current USDA Nutrition Standards.
8. 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.
9. Food service staff shall adhere to all federal, state, and local food safety and security Regulations.
10. 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.
11. 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.
12. The District will discourage students from leaving the school premises during breakfast and lunchtime hours.
13. The District will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.

B. Access to Drinking Water

1. Students and staff will have access to free, safe, fresh drinking water at all times throughout the school day. Supervisory staff will facilitate access to water in the cafeteria.
2. Water will be promoted as a substitute for sugar-sweetened beverages (SSBs). The District prohibits the selling of food and beverages containing caffeine and non-nutritive sweeteners in the elementary and middle school.
3. Staff will be encouraged to model drinking water consumption.

C. School Food Service Program/Staff

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 annually for all food and nutrition service staff in accordance with USDA Professional Standards.
3. All menus will be reviewed by a dietician when possible. When this is not feasible, sample USDA menus or USDA software for menu review may be used.
4. Information on the nutritional content and ingredients of meals will be found on the District website. Parents and students will be informed that information is available and information shall be kept up-to-date.
5. Participation in school meal programs will be promoted. Parents will be notified by letter of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals.
6. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom or cafeteria.
7. Foods served as part of the Before and Aftercare (childcare) programs run by the school must meet USDA standards if they are reimbursable under a school meals program. Otherwise they must meet the nutrition standards for competitive foods.

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. USDA Smart Snacks standards prohibit the sale of food and beverages containing caffeine in elementary and middle school.
4. 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. Non-birthday celebrations and parties. All food and beverages offered during classroom celebrations will meet or exceed USDA Smart Snacks in School nutrition standards. Families and teachers will receive information from the District on foods that are appropriate for such celebrations. Non-food celebrations will be promoted.
 - b. Classroom snacks brought by parents. Parents/Guardians are encouraged to send healthy snacks with their child that meet USDA Smart Snacks in School nutrition standards. The District will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.
2. Birthday celebrations. Food and beverages will not be part of student birthday recognition events. Families and teachers will receive information from the District a list of non-food recognition ideas.
3. Rewards and incentives. The use of food or beverages as a reward should 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 a punishment.

4. Fundraising. Fundraising events that occur during the school day and are consumed during the school day will meet or exceed USDA Smart Snacks in School nutrition standards. Fundraising activities that promote physical activity are encouraged. The District will make available to parents 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. As such, the following guidelines apply:
 - 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.
 - b. Smarter lunchroom techniques will be used to encourage fruit, vegetable, dry beans and pea choices.
2. Examples of marketing techniques include the following:
 - a. Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container.
 - b. Displays, such as on vending machine exteriors.
 - c. Corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials.
 - d. Corporate brand, logo, name, or trademark on school equipment, message boards, scoreboards, or uniforms.
 - e. Advertisements in school publications or school mailings.
 - f. Sponsorship of school activities, fundraisers, or sports teams.
 - g. Broadcasts on school radio stations or in-school television, such as Channel One.
 - h. Free samples or coupons displaying advertising of a product.

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 and will provide an annual report of the District's implementation, compliance with the Policy and progress towards wellness goals to the school community

including the School Board, superintendent, administration, staff, students and parents.

2. The principal of each school, or a designated school official will develop an annual action plan to implement District Wellness Policy, ensure compliance within the school and will report annually to the Wellness Coordinator regarding compliance.

B. Public Involvement

1. The Wellness Coordinator will permit parents, 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 monthly meetings 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 and an on-going wellness committee with community-wide representation will be maintained.
2. The District will post its Wellness Policy on its website, to the extent it maintains a website.

B. Annual Reporting

1. 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. The report shall be posted on the District website and provide the following information
 - a. The extent to which each school is in compliance with the Wellness Policy.
 - b. The progress made in attaining the goals of the Policy.
 - c. Triennial assessment finds.
 - d. The web address of the Wellness Policy.
 - e. Contact details for committee leadership and information on how to join the committee.

2. 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.
3. The 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.
4. The District Wellness Committee will meet, at a minimum, bi-annually, review and revise the District Wellness Policy and Regulations content every 3 years, taking into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues and provide Policy and Regulation recommendations to district leadership.

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.
2. The Wellness Coordinator will be responsible for conducting the triennial assessment.
3. 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, including requirements to make the local school Wellness Policy and triennial assessment available to the public.

3. 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).