



WELLNESS

POLICY:	533
ADOPTED:	03/06/06
REVISED:	11/22/21

I. Purpose

The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimal local, statute, and federal standards. The district is committed to providing a culture that supports whole child wellness, encouraging the community to maintain lifelong healthy eating habits, physical, social, and emotional wellness.

II. General Statement of Policy

- A. The district recognizes that nutrition promotion and education, healthy eating, physical activity, and other school-based activities that promote wellness are essential components of the educational process and that good health fosters student attendance and learning education.
- B. The district encourages the involvement of students, families, teachers, food service professionals, school health professionals, school board members, school administrators, and the public, in the development, implementation, and periodic review and revisions of the wellness policy through its established ongoing wellness committee that meets regularly throughout the year.
- C. Nutrition education and wellness promotion is supported by district staff through the opportunities to participate in wellness opportunities and model healthy eating and physical activity behaviors.
- D. Nutrition education and wellness promotion is integrated into learning, as appropriate. It is also linked with the school food environment, programs within the educational setting, and nutrition related community services. Nutrition education and wellness promotion is communicated and promoted with consistent messaging throughout the district, as well as to families and the community via posters, district website, newsletters, and other means.
- 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 and federal guideline needs of students; make an effort to accommodate the

cultural diversity of the student body; and provide clean, safe, pleasant settings and adequate time for students to eat.

III. Wellness Goals

A. Nutrition Promotion

1. The school district will encourage and support healthy eating by students and staff 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 and readiness to learn;
 - b. integrated into the curriculum when appropriate and offered in coordination with nutrition trained school food service professionals as applicable; and
 - c. enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as taste testing, surveys, field trips and other appropriate activities.
2. The school district will encourage all students and staff 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. Social and Emotional Learning

1. The district will encourage student understanding of the impact of emotional and social health on overall well-being.
2. The district will 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 will partner with community agencies to assist students and their families to access available health and mental health resources and social services to address healthy eating, physical activity, mental well-being, and related chronic disease prevention.

C. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills

needed to maintain a healthy lifestyle;

4. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate;
 5. Schools shall make outdoor and indoor physical activity facilities available for community use when not being used for school activities in accordance with the district's facility use policy;
 6. Safe bicycling and walking to and from school is promoted and encouraged;
11. Schools will not withhold physical activity as a punishment.

D. Communications with Families

1. The district recognizes that families have a primary and fundamental role in promoting and protecting their student's health and emotional and social well-being. The district will promote educational opportunities for students and families to learn about the impact positive emotional well-being has on one's health.
2. The district will support families' efforts to provide a healthy diet and daily physical activity for their children.
3. The district encourages families to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The district discourages students from bringing food/drink items for birthday celebrations.
5. The district will provide information about physical education and other school-based physical activity opportunities and will support families' efforts to provide their children with opportunities to be physically active outside of school.
6. The district will provide opportunities for parents/guardians to view online what students are purchasing with their lunch money, as well as the nutritional content of foods on the menus, which will enable parents/guardians to encourage their students to make healthy food choices. The school menu will be posted online.

E. Staff Wellness and Health Promotion

1. The Wellness Committee will identify and disseminate wellness resources, and perform other functions that support staff wellness in coordination with human resources staff. Schools will implement strategies to support staff in actively promoting and modeling healthy behaviors, such as: drinking water, healthy eating habits, being physically active, and

demonstrating healthy social and emotional well-being.

2. When feasible, the district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.
3. Professional learning will promote district staff's understanding of the connections between academics and health.

III. Standards and Nutrition Guidelines

A. School Meals

1. All schools within the district will participate in USDA child nutrition programs which may include the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Afterschool Care Snack Service, Fresh Fruit & Vegetable Program (FFVP), Special Milk Program (SMP), and the Summer Food Service Program (SFSP). All programs will meet or exceed all applicable federal, state, and local laws, rules, and regulations.
2. The district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.
3. 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.
3. Menu planning will accommodate the religious, ethnic, and cultural diversity of the student body to the best of its ability.
4. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. Food service personnel will take every measure to ensure that student access to food and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards.
6. The district will make free, safe, and unflavored drinking water available to all students during mealtimes at every site.
7. Food services personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
8. The district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students and families who are eligible for free and reduced-price school meals by using computerized meal accounts, promoting online application completion and encouraging ALL households to complete applications for Educational Benefits. The [negative meal balance procedures](#) is posted on the district's website and

will be communicated to all families at the beginning of each school year.

9. The district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
10. The 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. The school district will make every effort to offer recess before lunch at elementary schools to increase student nutrient intake and reduce food waste. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
11. The district will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.
12. Grab and Go Breakfasts will be provided at all schools for students that arrive after the regular breakfast period.

B. School Food Service Program/Personnel

1. The Food Services Director to be responsible for the school district's nutrition services program, whose duties shall include the creation of nutrition 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 service personnel in schools.
3. The Food Services Director will make efforts to partner with local food producers for opportunities for students to experience local food, nutrition and agriculture.

C. Competitive Foods and Beverages

1. All foods and beverages sold on school grounds to students, outside of reimbursable 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.
2. All competitive foods will meet the [USDA Smart Snacks in School](#) (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. 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 after school (child care) programs must also comply with the

school district's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

D. 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. Classroom celebrations are encouraged to focus on healthy party ideas rather than food. Healthy food choices (in compliance with USDA Smart Snacks nutrition standards) will be encouraged. Caution will be exercised when offering foods and materials that may cause allergic reactions.
 - b. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet USDA Smart Snacks nutrition standards. This information will be posted on the school district's website or otherwise made available to the public. Non-food items will be strongly encouraged.
 - c. Shared classroom food must be pre-approved, unopened, pre-packaged, and store bought from a commercial supplier with a nutrition label and ingredient statement. No home-baked goods are allowed due to state health/safety laws.
2. Rewards and incentives. Schools will not use 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.
3. Fundraising. The district will make available to parents and/or guardians and teachers a list of suggested healthy fundraising ideas. This information will be made available on the school district's website or otherwise made available to the public.

E. Food and Beverage Marketing in Schools

1. School-based marketing will be consistent with nutrition education and health promotion.
2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the USDA Smart Snacks nutrition standards.
3. Schools will restrict food and beverages marketing for food purchased in a la carte snack lines, vending machines, fundraising events, concession stands, and student stores.

V. Wellness Committee Involvement

A. Wellness Coordinator

1. The superintendent will designate a school district official to oversee the district's wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that each school implements this policy.
2. The principal of each school, or a designated school official, will ensure compliance within the school and will report to the Wellness Coordinator.

B. Public Involvement

1. The Wellness Coordinator will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, 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 school 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 school district.
2. The superintendent or designee shall execute administrative procedures that designate district level and site-based staff responsible for policy implementation and compliance of the wellness policy. The designated staff will ensure compliance to the nutrition guidelines of all foods made available and provide an annual report to the superintendent.
3. The school district will post its wellness policy on its website.

B. Monitoring and Reporting

1. Monitoring will be conducted on an annual basis to help review wellness policy compliance, assess progress, and determine areas in need of improvement and/or revision. Measurable outcomes will be determined by the wellness committee.
2. The Food Services Director will ensure compliance in food service

areas and provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available through the school food service program as well as the most recent Minnesota Department of Education review, findings, and updates.

3. The superintendent or designee shall execute administrative procedures that designate district level and site-based staff responsible for policy implementation and compliance of the wellness policy. The designated staff will ensure compliance to the nutrition guidelines of all foods made available and provide an annual report to the superintendent.
4. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual update and summary report of the school district's compliance with the policy to the school board and communicate to district staff, families, and the public through the school website, newsletter, or other means. Documentation will be kept on file on who and how committee members participated in the annual updates.
5. The district will promote the local wellness policy to faculty, staff, parents, and students. A copy of the wellness policy and triennial assessment report will be posted on the district website. The triennial assessment will include an assessment on compliance, the extent to which the wellness policy compares to model wellness policies, and the progress made in achieving goals.

C. Triennial Assessment

1. At least once every three years, the school 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 school district are in compliance with the wellness policy;
 - b. the extent to which the school district's wellness policy compares to model local wellness policies; and
 - c. a description of the progress made in attaining the goals of the school 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 school district's website or otherwise made available to the public.

D. Recordkeeping

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

Legal References: Minn. Stat. § 121A.215 (Local School District Wellness Policy)
42 U.S.C. § 1751 *et seq.* (Healthy and Hunger-Free Kids Act)
42 U.S.C. § 1758b (Local School Wellness Policy)
42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966) 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)

Cross References: Policy 902 - Use of School District Facilities and Equipment

Local Resources: Minnesota Department of Education, www.education.state.mn.us
Minnesota Department of Health, www.health.state.mn.us
Action for Healthy Kids Minnesota, www.actionforhealthykids.org
United States Department of Agriculture, www.fns.usda.gov
Alliance for a Healthier Generation, www.healthiergeneration.org
County Health Departments
Society of Health and Physical Educators (SHAPE), www.shapeamerica.org
United States Department of Agriculture (USDA), www.fns.usda.gov/cn
USDA Smart Snacks in School Regulations, www.fns.usda.gov/smart-snacks