

**PELICAN RAPIDS PUBLIC SCHOOL**  
**WELLNESS POLICY**  
**Adopted: May 8, 2006**  
**Revised: December 2014**

**Notes:** **Bullet items are policy guidelines which have been implemented since the policy was adopted in 2006.**  
**Those in italics are proposed items.**

**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 District 548 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

- 1. The goal of the Pelican Rapids School District is to have foods and beverages made available on campus (including concessions and a la carte cafeteria items) consistent with the current USDA Dietary Guidelines and in accordance with Smart Snacks for Americans according to nutrition and portion size standards.
- 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. The school food service staff will work to:
  - Offer Breakfast to all students that meets or exceeds USDA dietary and Smart Snacks guidelines
  - Attractively offer at least two fruits and two vegetables daily

- Offer a variety of choices with an emphasis on healthier options ( High School offers salad bar as a daily food choice)
  - Serves only whole grain foods
  - Have eliminated deep-fried foods
  - There is no added salt or pepper to food served
  - There are no added fats to food served
3. The Pelican Rapids Public School will adhere to the following specific guidelines for foods and beverages sold or provided separately from the reimbursable school lunch program; there is not a school store at Viking Elementary School or at the Pelican Rapids High School.

Food:

The goal of the Pelican Rapids Public School is to serve and support the consumption of nutrient dense foods, such as whole grains, fresh fruits, vegetables and dairy products. At any school function healthy food choice options should be available to students and staff. Preference will be given to foods that do not list sugar as the first ingredient and do not have more than 35% of its calories from fat (excluding foods with high nutritional value such as nuts, seeds and cheese).

Foods with high sugar content (**candies and desserts**) or with high fat (**fatty meats and cheeses**) content will be available on a limited basis. *The USDA's My Food Guide Plate and Smart Snacks will be used as a guide for portion size.*

The Pelican Rapids Public School will limit celebrations that involve food during the school day to no more than one party per class per month. *Each party should include no more than one food that does not meet nutrition standards for food and beverages sold individually.*

- *The district will encourage and support a healthy snack alternative be offered at each classroom party*

The Pelican Rapids Public School will encourage healthy choices as classroom snacks. A list of healthy snack choices will be made available to all staff and parents.

- **The elementary teacher discussed healthily snacks with parents at pre-conferences**
- **Teachers praise students when the student brings a healthy classroom snack**
- **The elementary school plans to prepare a list of healthy snacks as a handout at pre-conferences**
- **Viking Elementary has been awarded the Fresh Fruit & Vegetable Grant for the 2008-09, 2009-10, 2011-2012 school years and has applied for the 2014-2015 school year. This grant provides fresh fruit and vegetable snacks for all elementary students and staff which replace the typical high sugar, high fat, high sodium snacks which students brought from home. The grant also provides funding for curriculum which emphasizes the importance of fruits and vegetables in our daily diet. Students have been exposed to a variety of fruits and vegetables and have carried the message home to their parents and siblings.**

Beverages:

Only low fat milk and low fat flavored milk, water and beverages containing 100% fruit juices with no added artificial or natural sweeteners may be sold or provided on school grounds both immediately prior to and throughout the instructional day.

Vending:

There are no vending machines in the elementary school.

- **All vending machines have been removed from the elementary school**

The High School offers a variety of beverages, such as water, milk, 100% juice and sports drinks.

- **The high school has removed all soda from vending machines and offers only water juice and sport drinks in the vending machine available to students. These machines remain in the school for use by students leaving the building for school sponsored activities for which they leave on a bus immediately after or before the school day ends.**

Vending sales of candy will not be permitted. Candy is defined as any processed food item that has: 1) sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, syrup) listed as one of the first two ingredients and 2) sugar is more than 25 percent of the item by weight.

- **All student snack vending machines have been removed from both schools**

#### Concessions:

Concessions are encouraged to review their food choices on a regular basis. Whenever possible, healthier options will be added to the menu. Prices will be adjusted to encourage the sale of healthier foods and beverages.

- **Concessions have added a vegetable, fruit, sport drinks, green teas and waters to their sales**

#### Fundraising:

The Pelican Rapids Public School will encourage the use of non-food items or foods with high nutrition value, such as fresh fruit and are adhering to the Smart Snack guidelines as fund-raising choices. Fundraising food orders may be taken but not delivered during school lunch hours.

4. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
5. 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.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
  - **Hand sanitizing stations have been installed for both lunchrooms and are being used by students and staff**
7. 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. The minimum eating time will be 10 minutes for breakfast and 15 minutes for lunch in the elementary. The goal for the High School will be 20 minutes for lunch. Lunch periods are scheduled as close to the middle of the school day as possible.
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
  - **Noon organizational meetings are working lunch meeting to allow student to eat during the meeting.**

9. The use of foods of minimal nutritional value as learning incentives should not be practiced, and healthy food choices or non-food items will be substituted.
  - **Accelerated Reading Program uses healthy snacks or non food items as rewards**
  - **Movies, activity/play and/or popcorn parties are used as rewards**
  - **After school (school lunch approved) snacks are provided for students in grades K-6 who are attending tutoring, day care, and targeted services.**

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 during the school breakfast and lunch programs to ensure food and beverage choices are consistent with the current USDA Guidelines for Americans and in adherence with the Smart Snacks Guidelines.
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.
4. A state certified food manager will be present at all times when the school kitchen is used to prepare and/or serve food.
  - **Only food prepared in the food service kitchen is allowed in that area**
  - **Food service utensils and equipment are not used outside the food service kitchen**
  - **The concessions have purchased their own refrigerator and therefore they do not use the school district facility refrigerators or freezers.**
  - **Exception: The elementary school serves afterschool prepackaged food, by specifically trained adults, programs supported by Targeted Services and afterschool day care programming, which qualifies for a secured kitchen area.**

C. Nutrition Education and Promotion

1. The Pelican Rapids Public School 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 Pelican Rapids Public School follows the Minnesota K-12 Academic Standards and Graduation Requirements *that summarize:* "grades K-8 health instruction must be given each year or by district-determined grade bands. Grades 9-12 instruction must be provided to all students at least once in both areas (health and phys ed)." **Currently,**

*grades 11-12, offer elective physical education courses and grades 7-10 require 112 minutes of physical education weekly. Elementary students receive 60 minutes of physical education weekly.*

3. The Pelican Rapids Public School will implement a comprehensive curriculum approach to nutrition in Kindergarten through 12<sup>th</sup> grade, annually. All instructional staff will be encouraged to integrate nutritional themes into lesson plans where appropriate. These nutritional themes include, but are not limited to:

Knowledge of the Food Guide Pyramid  
Sources & Variety of foods  
Diet and disease  
Healthy snacks  
Major nutrients  
Serving sizes

Dietary Guidelines for Americans  
Reading food labels  
Understanding calories  
Food safety/sanitation  
identifying foods of low nutrient density  
Healthy heart choices

- *Pelican Rapids Pubic School continues to research and implement varying K-12 curriculum and materials regarding nutrition and fitness*

4. The Pelican Rapids Public School will encourage the use of nutrition-related posters, cartoons, printed educational materials and multi-media educational materials to promote and educate students on healthy eating choices.
  - **Nutrition-related posters have been posted in the both lunchrooms and are updated throughout the year.**
  - **High School Kitchen Staff write daily nutritional questions on the kitchen white board menu.**
5. The Pelican Rapids Public School will teach healthful strategies to all students to be able to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through fundraising events, concession stands, and student stores.
6. *The Pelican Rapids Public School **will not** use food 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 the **Pelican Rapids Public School System will not withhold food or beverages as punishment.***

#### D. Physical Activity

1. The Pelican Rapids Public School recognizes that 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. In the Pelican Rapids School District, students receive Health and Physical Education in grades 7 through 10. Physical Education is offered as an elective in grades 11 and 12.
2. *Elementary students receive 30 minutes of physical education every other day. Students receive 45 minutes of physical activity most days.* Extended periods of inactivity (periods of two hours or more) are discouraged for children, especially during the daytime hours.

3. Supervised unstructured active play, commonly referred to as recess is offered daily for all students Pre-K–6. Recess is in addition to a student’s physical education class and not substituted for physical education class. Recess and other physical activity shall not routinely be taken away, on a regular basis, as a form of discipline unless doing so is directly related to a student's behavior during recess. Proper and safe recess equipment and safe playing areas are designated for recess at the K-6 elementary school level.
4. School personnel will not use physical activity as a punishment (e.g. running laps, pushups) or withhold physical education class, physical activity or recess, routinely, from students as a punishment.
5. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
6. The District will encourage instructional staff to begin fitness or activity logging to assist students in interpreting their personal attainments and compare them to Healthy Zone FITNESSGRAM 10.0 recommendations.
7. K-6 Classroom teachers will provide short physical activity breaks either before, after or between lessons or classes, for a total of 10-15 minutes, as appropriate.
8. The Pelican Rapids Public School will encourage parents to support their children’s participation in physical activity.

E. Communicating with Parents

1. The Pelican Rapids Public School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well-being.
2. The Pelican Rapids Public School will encourage parents’ efforts to provide a healthy diet and daily physical activity for children by providing nutrition educational materials to parents. Materials may be provided in the form of handouts, postings on the district website, articles and information provided in school newsletters and any other appropriate means available for reaching parents.
  - ***The district continues to explore the use of the Pelican Rapids Press, the district website and local Channel 2 as means of providing nutritional information to parents and the community.***
3. The Pelican Rapids Public School will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value. A copy of the nutritional guidelines developed in this policy will be made available to parents on the district website and in a printed format.
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.
  - ***Viking Elementary School will provide students with a monthly fitness calendar.***
5. The school district will provide information about children’s emotional and mental health well-being.
  - ***Viking Elementary School, currently, has a mental health resource person available 3 days a week within the school and the resource person also works with families regarding regular scheduled home***

*visits. Pelican Rapids High School has a guidance counselor whom is available 4 days a week or 40 hours. Additionally, there is a mental health resource person that is available for the high school student body.*

#### **IV. IMPLEMENTATION AND MONITORING**

- A. After approval by the school board, the wellness policy will be implemented throughout the school district, annually, in October of every new school year. The Wellness committee will meet annually in September to assist in implementation and review of the policy.
- B. School food service staff, at the high school or district level, will ensure compliance within the school's food service areas and will report to the superintendent or superintendent's designee, as appropriate.
- C. The school district's food service program administrator will report annually to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available through the reimbursable school lunch (and breakfast) program 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. Pelican Rapids Public School Wellness Policy will accessible through the school website and it will be published in the local paper, annually.

**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)  
Lake County Services Cooperative, [www.lcsc.org](http://www.lcsc.org)

# DISTRICT WELLNESS POLICY COMMITTEE

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**Meeting Held May 25, 2010**

**Present May 25, 2010:**

Glenn Moerke  
Sheila Flatau  
Kathy Torkildson  
Sheri O'Brien  
Trudy Gorton  
Colleen Duerr  
Coleen Guhl  
Kathy Bergren  
Steph Graham  
Merilee Ottoson

- The policy was reviewed the policy and made changes as necessary.
- Kathy will retype the policies with changes and send to committee members for approval.
- The revised policy will be presented to the school board for approval at the June regular meeting
- Sheri O'Brien and Cheri Lynnes volunteered to head the policy committee in the future