

From
Wellness
Committee

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Suggestions by PartnerSHIP 2/25/20

MSBA/MASA Model Policy 533
Orig. 2005
Rev. 2017

533 WELLNESS

[Note: All school districts that participate in the National School Lunch and School Breakfast Programs are required by the Healthy, Hunger-Free Act of 2010 (Act) to have a wellness policy that includes standards and nutrition guidelines for foods and beverages made available to students on campus during the school day, as well as specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote students wellness. The Act requires the involvement of parents, students, representatives of the school authority, teachers of physical education, school health professionals, the school board, school administrators, and the public in the development, implementation, and periodic review and update of the wellness policy. The Act also requires a plan for measuring implementation of the policy and reporting wellness policy content and implementation issues to the public, as well as designation of at least one person charged with responsibility for the implementation and oversight of the wellness policy to ensure the school district is in compliance with the policy.]

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 minimum local, state and federal guidelines.

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II. GENERAL STATEMENT OF POLICY

- A. 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 education process and that good health fosters student attendance and learning.
- B. The school environment should promote students' health, well-being and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of parents, students, representatives of the school board, school administrators and the general public in the development, implementation and periodic review and update of the school district's wellness policy.

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- 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 – 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 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

[Note: The Act requires that wellness policies include goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.]

A. Nutrition Promotion and Education

1. The school district 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 students 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 school 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 Activity/Physical Education (PA/PE)

1. Students needs 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 need to maintain a healthy lifestyle and reduce sedentary activities, such as watching television and non- active video game play.

2. Physical Education (PE) is standards based, using state developed standards and incorporates adequate PE/PA specific space and equipment that conforms to all applicable safety standards. It's offered daily for elementary students and as many minutes as the schedule allows for middle school students.
3. K-12 PE is in compliance with specialized IEP or 504 plans for students with disabilities, special healthcare needs and in alternative educational settings. Elementary schools do not substitute recess for PE.
4. PE is composed of at least 50% of the time spent in moderate to vigorous PA and not to be withheld or used as punishment.
5. PE is taught by certified staff with curriculum written for each grade that is sequential, provides an opportunity to learn, practice and be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, physical fitness and PA benefits.
6. Elementary school students have a 15-minute supervised recess break daily, preferably outdoors and after lunch; moderate to vigorous PA is encouraged verbally with specific areas designated for team play activities and via adequate equipment and outdoor/indoor space.
7. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
8. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
9. Schools shall make outdoor and indoor PA facilities available for community use when not being used for school activities. Scholl safety policies apply at all times.
10. Safe bicycling and walking to and from school are promoted and encouraged.

C. Communications with Parents

1. The school district recognizes that parents and guardians have a primary role in promoting their children's health and well-being.
2. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
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.

D. 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 Smart Snacks nutrition standards.

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IV. **STANDARDS AND NUTRITION GUIDELINES**

[NOTE: The Act requires that school districts have standards, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity. For foods and beverages sold to students during the school day on campus, the Act requires that school districts also have nutrition guidelines.]

A. School Meals

[Note: The Act specifically requires that the wellness policy contain standards and nutrition guidelines for all foods and beverages sold to students during the school day that are consistent with the meal requirements for lunches and afterschool school snacks set forth in 7 C.F.R. & 210.10 and the meal requirements for breakfast set forth in 7 C.F.R. & 220.8.]

1. The school district will provide healthy and safe school meal programs, breakfast and lunch, that comply with all applicable federal, state and local laws, rules and regulations.

2. 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. Food service personnel will try to accommodate the religious, ethnic and cultural diversity of the student body in meal planning.
4. Food service personnel will provide clean, safe and pleasant settings and adequate time (15 to 20 minutes) for students to eat.
5. Food service personnel will take very measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state and local laws, rules and regulations and that reimbursable school meals meet USDA and [MY PLATE Smart Snack](#) nutrition standards.
6. Food service personnel shall adhere to all applicable federal, state and local food safety and security guidelines.
7. 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.
8. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
9. 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.
10. The school district will discourage tutoring, club or organizational meetings or activities during meal times unless students may eat during such activities.
11. The school district utilizes a closed campus to encourage healthy eating.
- [12.](#) The school district will work toward reducing the use of foods/beverages as a reward.
- [12.13.](#) [Free drinking water is available for self-service in the cafeteria](#)
- [13.14.](#) The school district recognizes the importance of school based agricultural and implements farm to school initiatives when possible.

B. School Food Service Program/Personnel

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1. 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 on campus to ensure food and beverage choices are consistent with current USDA and [MY PLATE Smart Snack](#) guidelines.
2. 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.

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 a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers.
2. All competitive foods will meet the USDA and [MY PLATE Smart Snack](#) 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 Aftercare (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.

V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Coordinator

[Note: The Act requires that local school wellness policies identify the position of the local education agency or school official responsible for the implementation and oversight of the local wellness policy.]

1. The superintendent will designate the school official named as the Food Service Director to oversee the school district's wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that each school implements the policy.

2. The principal of each school or designated school official will ensure the compliance within the school and will report to the Wellness Coordinator regarding compliance matters upon request.

B. Public Involvement

[Note: The Act requires a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public are provided an opportunity to participate in the development, implementation and periodic review and update of the local school wellness policy.]

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 three to four times per year (best practice is four times), for the purposes of discussing the development, implementation and periodic review and update of the wellness policy. All meetings dates and times will be posted on the school district's website and will open to the public.

VI. **POLICY IMPLEMENTATION AND MONITORING**

A. Implementation and Publication

[Note: The Act requires a description of the plan for measuring the implementation of the local school wellness policy.]

1. After approval by the school board, the wellness policy will be implemented throughout the school district.
2. The school district will post its wellness policy on its website, to the extent it maintains a website.

[Note: Per MN Statute 121A.215, when available, a school district must post its current local school wellness policy on its website.]

B. Annual Reporting

[Note: The Act requires that school districts inform the public about the content and implementation of the local wellness policy and make the policy and any updates to the policy available to the public on an annual basis.]

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 through the use of the school district's website and/or student handbook.

C. Triennial Assessment

[Note: The Act requires a triennial assessment of the schools' compliance with the wellness policy. The Act also requires school districts to inform the public about progress toward meeting the goals of the wellness policy by make the triennial assessment available to the public in an accessible and easily understood manner.]

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 wellness policies;
 - 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 in partnership with the Wellness Committee.
3. The triennial assessment report shall be posted on the school district's website or otherwise be made available to the public.

D. Recordkeeping

[Note: The Act requires school districts to retain records to document compliance with the requirements of 7 C.F.R. & 210.30.]

- A. 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 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 the ability to participate on the Wellness Committee.)

Designated School Wellness Leaders:

~~Marni Neubauer. Kindergarten Teacher. mneubaue@pelicanrapids.k12.mn.us~~

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Trudy Gorton. -District Food Service Coordinator. tgorton@pelicanrapids.k12.mn.us

Jessica Kulsrud. Lead Food Service High School Provider jkulsrud@pelicanrapids.k12.mn.us

School Wellness Committee Members:

~~Marni Neubauer. Kindergarten Teacher. mneubaue@pelicanrapids.k12.mn.us~~

Wendy Hoadley. Assistant Activities Director whoadley@pelicanrapids.k12.mn.us

Cherie Lynnes. PreK-12 Nurse. clynnes@@pelicanrapids.k12.mn.us

Teresa Schlieman. 7-9 Science Teacher. tschliem@@pelicanrapids.k12.mn.us

Shari VerDorn. Administrative Assistant. sverdorn@@pelicanrapids.k12.mn.us

Denise Evenson. 7-12 PE/Health Teacher. dfevenso@pelicanrapids.k12.mn.us

Sheri O'Brien. K-6 PE/K-12 DAPE Teacher. sobrien@pelicanrapids.k12.mn.us

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)

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
- United States Department of Agriculture, www.fns.usda.gov