

# **ISD # 316 WELLNESS POLICY**

Congress passed the Child Nutrition and WIC Reauthorization Act of 2004, which requires, by law, that by the first day of the school year in 2006, each school district participating in the National School Lunch Program adopt local school wellness policies that address healthy eating and physical activity.

School districts must set goals for nutrition education, physical activity and other school-based activities designed to promote student wellness. School districts must also establish nutrition standards for all foods that are available on each school campus during the school day, with the objective of promoting student health and reducing childhood obesity. School districts are required to measure the implementation of the wellness policy and to involve a broad group of individuals in its development.

## **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, physical activity and nutrition education.

## **II. GENERAL STATEMENT OF POLICY**

1. 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.
2. The school environment will promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
3. 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.
4. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
5. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
6. 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.

7. In order to send consistent messages to students, all adults in the school environment are encouraged to rolemodel physical activity, healthy eating and healthy behaviors.

### **III. FOODS AND BEVERAGES AVAILABLE ON CAMPUS**

1. Schools will designate personnel who are properly qualified, certified and or credentialed according to professional standards to administer the school food service program and satisfy reporting requirements.
2. Foods and beverages offered will be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
3. Foods and beverages available during the school day will include a variety of healthy choices that are excellent quality, appealing to students, and served at the proper temperature.
  - A variety of fruits and vegetables will be offered.
  - Low fat or Fat-free milk only will be provided.
  - No deep fried foods will be offered.
4. Foods and beverages available during the school day will minimize use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
5. Food and beverage providers will offer appropriate portion sizes for elementary, middle, and senior high school students that meet National School Lunch Program and Breakfast program requirements.
6. Nutrition information for products offered in snack bars, a la carte, vending and school stores, fundraisers and at physical activity events should be readily available if appropriate. All items offered will reinforce the importance of healthy choices. Fundraising efforts will be supportive of healthy eating by emphasizing the sale of healthy food items or of non food items. Refer to Appendix A: Using Fundraising Activities and Rewards that Support Student Health.
7. Drinking water and hand-washing facilities should be conveniently available for students at all times.
8. Soft drinks will not be available to elementary and middle school students.

9. Soft drinks will only be available in high school when breakfast and lunch are not being served and where a full array of milk, juices, water and other products are available.

10. Classroom celebrations, especially in elementary schools, will encourage healthy choices, and portion control. Parents and families will receive guidance from the school on foods that are appropriate for such celebrations and will reinforce the importance of healthy choices. Refer to Appendix A: Using Fundraising Activities and Rewards that Support Student Health and Appendix B: Healthy Celebrations.

11. 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. Refer to Appendix C: Alternatives to Food as Reward.

12. Schools shall work with parents, community members and school staff to maintain/further develop school gardens for the education and fruit/vegetable consumption benefits for students.

#### **IV. PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

1. All physical education classes will be taught by properly credentialed physical education teachers in accordance with compulsory education requirements.

2. The district will encourage all schools to provide students regular physical education. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of at least 75 minutes/week for elementary school students and 150 minutes/week for middle school students) for the entire school year. High school graduation requirements will include 2 semesters of physical education.

3. The physical education curriculum will be nationally recommended guidelines.

- Students shall spend at least 75 percent of physical education class time participating in moderate to vigorous physical activity.
- Starting in the 2012-2013 school year Minnesota school districts must implement national physical educational standards according to National Association for Sport and Physical Education Standards include:

- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Participates regularly in physical activity.
- Achieves and maintains a health-enhancing level of physical fitness.
- Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

4. Elementary should provide daily recess that encourages physical activity.

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.

5. Schools should not use participation or non-participation in physical education classes or recess as a way to punish or discipline students.

- Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment
- Teachers and staff shall use physical activity as a reward in place of food or candy.

6. Schools will encourage integrating physical activity into the classroom.

- For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 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.
- Opportunities for physical activity will be incorporated into other subject lessons (such as science, math and social studies,) where appropriate.
- Physical activity opportunities shall be offered daily during the school day.

7. After school programs should include supervised, age appropriate physical activities that appeal to a variety of interests.

8. Schools should ensure that students have adequate space and equipment to participate in structured physical activity.

9. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

10. The school 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. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

- Schools should encourage parents and students to participate in the safe routes to school program and assist parents in organizing adult supervised groups.
- Parent and student groups may also consider continued assessment of walking and biking access to the schools and apply for funding to improve this access.

11. The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.

## **V. NUTRITION EDUCATION**

1. School programs will ensure that students in pre-kindergarten through grade 12 receive age-appropriate nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education will be well-integrated within a comprehensive school health education program and should include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; healthy cooking methods; the recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.

2. Nutrition concepts will be reinforced by all school personnel, and should be integrated into various subject areas, such as literature, science, social studies and other subjects where appropriate.

3. Nutrition education will include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Staff primarily responsible for nutrition education will be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition education.
5. School districts will provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.

## **VI. IMPLEMENTATION**

1. Submit the wellness policy draft to the Superintendent who will review and submit the draft to the Board of Education for adoption.
2. The Superintendent will identify a wellness advisory committee to include possible representation from:
  - District staff
    - Food service personnel
    - Coach or athletic department
    - Health teacher
    - Physical education teacher
    - Other teachers
    - Administrator
    - School nurse
  - Indian Education
  - Students
  - School Board
  - Parents
  - Community members
3. The Superintendent shall execute administrative procedures that ensure the implementation of and compliance with the district Wellness Policy and Guidelines. These procedures shall include adoption of guidelines, designation of district level and site-based staff responsible for policy implementation and the development of a work plan with district-wide assessment, timeline and evaluation indicators.
4. The wellness advisory committee will:
  - A. Elect a chair to represent the committee.
  - B. Draft a procedure for policy implementation to be reviewed every 3 years.

- C. Identify specific areas of improvement and set recommended standards for food items sold on campus for the campus including but not limited to:
- Food and Nutrition Department
  - Snack bar areas
  - School store
  - Sporting events concessions
  - Vending machines
  - Extra-curricular events involving food items
  - Fundraisers involving food items
  - Classroom celebrations
- D. Identify specific areas of improvement for physical activity and physical education.
- E. Identify specific areas of improvement for nutrition education.

## **VII. ASSESSMENT AND ACCOUNTABILITY (How to measure implementation)**

1. The wellness advisory committee will conduct an annual assessment, decide on specific goals related to the Wellness Policy for the year and utilize an action plan format to accomplish goals. Refer to Appendix D: Greenway School Nutrition Goals and Action Plan.
  - A. The wellness committee shall include (stakeholders) and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.
  - B. The District/ Wellness committee will inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy.
2. The wellness committee will report the annual assessment, goals and progress on goals related to the Wellness Plan to the Board of Education (School Board).

The report will include:

  - A. the extent to which schools under the jurisdiction of the local educational agency are in compliance with the local school wellness policy;
  - B. a description of the progress made in attaining the goals of the local school wellness policy
3. The Wellness committee will review the wellness policy at least every 3 years and recommend changes to the school board.
4. The Wellness committee will measure the implementation of the Wellness Plan by: documenting meeting agendas, minutes and the list of specific goals/progress for each year. This documentation will be kept in the Wellness

Committee Manual. It will be the responsibility of the Wellness coordinator to keep the manual up to date.

**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)

**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)  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
[Centers for Disease Control and Prevention, Making It Happen!](http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/)  
[School Nutrition Success Stories,](http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/pdf/exec.pdf)  
<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/pdf/exec.pdf>  
Connecticut State Department of Education, [www.sde.ct.gov](http://www.sde.ct.gov)