

Lake Superior School District Wellness Policy

Adopted: _____

Adapted from MSBA policy 553

Brd. Approved 8/7/2017

Revised: _____

Org. 2005

Rev. 2010

Revised 5/2014

Revised 5/2017

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes, protects and supports student and staff health, well-being, ability to learn and participate, as well as each person's overall health, including 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 student and staff health, well-being, and ability to learn and participate by encouraging healthy eating and physical activity.

C. The school district encourages the involvement of parents, students, representatives of the school food authority, teachers, school health professionals, 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. (this section used MSBA policy language -- more inclusive.)

D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive.

E. All students and staff 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 and staff 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. Will remove “notes” after approval.]

The wellness committee actively reviews and monitors wellness goals with in the current Action Plan. The Action Plan includes steps to better communicate and support policy for increased compliance and student health.

IV. GUIDELINES

A. Foods and Beverages

1. The school district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations. (this is new MSBA language. This language applies with the Healthy Hunger Free Kids act and/or new acts.)

2. 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-priced school meals.

3. The school district will provide students access to handwashing or hand sanitizing before they eat meals or snacks.

4. The school district will make every effort to provide students and staff with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.

5. The school district will encourage tutoring, club, or organizational meetings or activities occurring during mealtimes to allow students to eat during such activities.

6. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.

B. School Food Service Program/ Personnel

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 guidelines. (used new language from MSBA- used to say Healthy Hunger Free Kids Act)

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 working in schools.

C. Nutrition Education and Promotion

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 long term health, including posting nutrition information for meals in the cafeteria and on the menu which is available in each building and on the district website.

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; Nutrition and Wellness.

c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing and field trips. Tools for Schools.

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 lines, vending machines, fundraising events, and student stores.

3. The district encourages the use of alternatives to 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.

D. Competitive Foods and Beverages

1. All foods and beverages sold on school grounds, during school hours,/' 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

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. Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Schools should limit celebrations that involve food during the school day to no more than one party per class per month.

[Note: Healthy party ideas are available from the USDA:

b. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.

<https://foodandhealth.com/blog/wp-content/uploads/2013/08/SchoolSnacksHandout.pdf>

c. District-sponsored child care, preschool, and other programs in operation during the school year are encouraged to comply with the district's nutrition standards.

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 school district will make available to parents and teachers and others (ex. PTA) a list of suggested healthy fundraising ideas.

F. 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.

G. Physical Activity

1. 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 screen time.

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and

3. Classroom teachers will provide short physical activity breaks between lessons and classes, as appropriate.

H. Physical Education

1. Schools will implement a sequential, developmentally appropriate physical education curriculum that helps students acquire the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.

2. The physical education program will follow the state's physical education standards, which are the National Standards for Physical Education; devote at least 50 percent of class time to moderate-to-vigorous physical activity either indoors or outdoors, weather permitting; meet the needs of all students, especially those who are not athletically gifted; actively teach cooperation and fair play; promote participation in physical activity outside of school; and focus on helping students at the high school and middle school levels develop an active lifestyle that will be carried on throughout their lives.

3. Student/teacher ratios in physical education classes will be comparable to those in other curricular areas.

4. Teachers will aim to develop students' self-confidence and maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

V. WELLNESS LEADERSHIP, FAMILY 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(s) responsible for the implementation and oversight of the local school wellness policy.]

1. The superintendent will designate a school district official to oversee the school district's wellness-related activities (Wellness Coordinator).

2. The principal of each school, (or a designated school official) will ensure compliance within the school.

B. Communication with Parents and guardians

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting 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 the school day.

C. 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, at least twice annually, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy and wellness action plan. All meeting dates and times will be posted on the school district's website and will be open to school district employees, parents, students, school board members and interested community members.

VI. IMPLEMENTATION AND MONITORING

A. After approval by the school board, the wellness policy will be implemented throughout the school district. This will be done in the following ways:

1. An overview of the wellness policy will be presented to staff at the annual school year kick off meetings.

2. An overview of the wellness policy will be presented to students in their first Home Room of the year or in their classroom early in the year and periodically throughout the year.

3. The principal of each building will notify, reinforce and include the wellness policy in the building handbook.

B. School food service staff, at the school or district level, will ensure compliance with 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.

C. The school 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.

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.

E. The school district will post this wellness policy on its website.

F. The district wide wellness committee will meet annually at a minimum and as needed.

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 References: 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