

Lake Superior School District Wellness Policy

DRAFT

Adopted: _____

Adapted from MSBA policy 553

Revised: _____

Org. 2005

Rev. 2010

Brd. Approved 7/12/2012

Revised 5/20/14

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

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 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

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