

Approved: June 5, 2017

533 WELLNESS

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. The Robbinsdale Area School District is committed to providing a healthy school environment, one that enhances student learning and fosters the development of lifelong wellness practices.

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 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.
- G. Wellness goals will be identified and progress will be monitored through the continuous improvement process.

III. GUIDELINES

The Wellness Guidelines represent recognized best practices in the respective fields. The guidelines will guide the work of the Wellness Committee and will serve as a reference during the school improvement planning process. The guidelines are subject to change and will be informed by new research and other pertinent information as it becomes available.

A. Foods and Beverages

1. All meals on campus will meet or exceed current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010.
2. All food and beverages sold outside of school meal programs will meet the standards established in the USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.
3. Schools will promote classroom snacks that represent healthy choices and appropriate portions per USDA Smart Snacks in School nutrition standards, with a strong emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage.
4. Schools will adhere to non-food birthday celebrations. Non-food celebration ideas will be available on the district Health Services website.
5. Schools will restrict food and beverage marketing to only those foods and beverages that meet Smart Snacks standards.
6. Food service personnel shall adhere to all 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. Schools will provide students adequate time to eat, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
10. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
11. Food and beverage providers will offer appropriate portion sizes for elementary, middle, and high school students respectively.

12. Students will be given the opportunity to provide input on cultural and ethnic favorites.
13. Each school in the district will offer a daily entrée salad with a minimum of three fruits or vegetables in addition to a mix of leafy greens. If dressing is offered, it will be portioned-controlled, not to exceed a 2 oz. serving and will include a low or no-fat dressing option.

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 consistency with current USDA Guidelines for Americans and Smart Snacks standards.
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.
3. Access to the food service operations will be limited to Child Nutrition staff and authorized personnel in order to protect the safety and security of the food and facility.
4. All food products brought into the school for consumption by the student population will be commercially prepared.

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 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 school district will encourage all students to make age-appropriate, healthy selections of food and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte lines, vending machines, fundraising events, concession stands, and student stores.
3. 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.
4. The school cafeteria will be used as a learning laboratory to help students make good decisions about their food choices.
5. The health curriculum, which includes nutrition education, is reviewed periodically by the World's Best Workforce Committee as part of the district's process of continuous improvement.
6. School nutrition services will use a self-assessment to determine ways to improve school meals and the environment. Each school will implement at least one improvement strategy based on self-assessment results.

D. 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 and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television.
2. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
3. The physical education program and the amount of time devoted to it, will be aligned to state and national standards and will include developmentally-appropriate motor skills, social skills and strategies that promote lifetime physical fitness.
4. Daily recess will be provided at the elementary level, prior to the lunch period if possible.
5. The physical education curriculum and instructional program will be reviewed periodically by the World's Best Workforce Committee as part of the district's process of continuous improvement.
6. Physical activity facilities on school grounds will be routinely checked for safety.

7. Physical activity (e.g., running laps, push-ups) will not be used by teachers or other school personnel as a form of discipline. Opportunities for pleasurable physical activity (e.g., recess, physical education class) will not be withheld as a form of discipline.
8. Physical activity will be encouraged and promoted across all school district employees.

E. Communications with Parents

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 will encourage 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.
5. A Wellness Committee, composed of diverse stakeholders from among those listed below, will be formed.
 - a. Administrator
 - b. Health services representative
 - c. Classroom teacher
 - d. Physical education teacher
 - e. Food service representative
 - f. School nurse
 - g. Community member/parent
 - h. Student
 - i. Medical/health care professional
 - j. Other school district personnel
6. The Wellness Committee will participate in the development, implementation, and periodic review and update of the Wellness Policy. The committee will meet three times per year.

F. Other School-Based Activities

1. After-school programs will incorporate physical activity when feasible; if snacks are provided, they will meet Smart Snacks standards.
2. School fundraisers will promote positive health habits through the sale of non-food or nutritious food items.
3. The district will offer at least one family-focused event supporting health promotion (e.g. health fair, nutrition/physical activity open house) per year.

IV. IMPLEMENTATION AND MONITORING

- A. The district will conduct a Wellness Policy assessment every three years, at a minimum. The district's policy will be compared to a model policy. Each school's compliance with the Wellness Policy and its progress toward meeting identified goals will be assessed. Results of the assessment will be on file with the district.
- B. The Wellness Committee will actively inform families and the public about any updates to the policy through the district website, school websites, and School Board meetings.
- C. Food service staff, at the school or district level, will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal, or the Executive Director of Student Services, as appropriate.
- D. 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.
- E. The Executive Director of Student Services will ensure compliance with the Wellness Policy by leading its review, update, and evaluation. The Executive Director will provide an annual report of the school district's implementation of the policy to the School Board.
- F. Each school will conduct a baseline assessment of its health and safety policies and environment, nutrition services, and physical activity programs. The results of the school assessments will be sent to the Wellness Committee in order to establish a comprehensive database of current conditions and longitudinal change.
- G. As part of the annual School Improvement Process, each building will set specific goals for nutrition promotion and education, physical activity, and school-based wellness activities.

- H. Each building will measure implementation and progress toward its specific wellness goals through its continuous school improvement monitoring process.

Legal References: 81 FR 50151 (United States Department of Agriculture)
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 U.S.C. § 210.10 (School Lunch Program Regulations)
7 U.S.C. § 220.8 (School Breakfast Program Regulations)

Resources: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010, www.fns.usda.gov/sites/default/files/dietaryspecs

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

Monitoring for Success: Student Wellness Policy Implementation Monitoring Guide 2008 edition, California School Boards Association

Steps to Implementing Your Local Wellness Policy, Minnesota Department of Education 2007

Local Wellness Policy Checklist, Wisconsin Department of Public Instruction