

6/1/06

District Wellness Policy

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. To this end the district will:

- Provide a sound curricular program of nutrition education and physical education;
- Provide access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- Ensure continuous improvement of all school wellness practices represented by the coordinated school health model.

Procedures

1. A Coordinated School Health Council will be formed to represent all eight areas of the consolidated school health model. The Council will meet three times a year and is charged with the implementation, monitoring, and continued improvement of the district wellness standards (see below). The Council may also function as an advisory board for the coordinated school health stakeholders.
2. Each school will conduct a baseline assessment of the school's health and safety policies and environment, nutrition services, and physical activity programs using the School Health Index. The results of the school assessments will be received by the Coordinated School Health Council in order to establish a comprehensive data base of current conditions and longitudinal change. The assessments will be repeated every three years to ensure compliance with the policy and to foster a system of continuous improvement.
3. Each school will establish yearly wellness goals based on their self-assessment. Yearly wellness goals will be reported as a part of the annual school improvement plan.
4. Staff responsible for the areas outlined within this policy, at the school or district level, will ensure compliance and will report to the Coordinated School Health Council as appropriate.

Wellness Standards

The Wellness Standards represent recognized best practices in the respective fields and something to which we aspire. The standards will guide the work of the Coordinated School Health Council and will serve as a reference during the school improvement planning process. The standards are subject to change and will be informed by new research and other pertinent information as it becomes available.

Nutrition/Wellness Education Standards

1. The nutrition education program is aligned to the national standards and includes developmentally appropriate strategies that promote lifelong healthy eating practices.
2. Healthy eating practices are promoted across all curricular areas, programs and services.
3. The school cafeteria is used as a learning laboratory to help students make good decisions about their food choices.
4. Strategies for improving a child's nutritional health and wellness are shared with families.
5. The health curriculum (including nutrition education) and instructional program is reviewed periodically by the System Accountability Committee through the district's process of continuous improvement.

Physical Activity Standards

1. The physical education program is aligned to the national standards and includes developmentally appropriate motor skills, social skills and strategies that promote lifetime physical fitness.
2. Physical activity is encouraged across all curricular areas, programs and services throughout the school day.
3. Daily recess is provided at the elementary level, prior to the lunch period if possible.*

4. The physical education curriculum and instructional program is reviewed periodically by the System Accountability Committee through the district's process of continuous improvement.
5. Physical activity facilities on school grounds are routinely checked for safety.
6. Strategies for incorporating additional physical activity into the child's daily schedule are shared with families.
7. Physical activity (e.g., running laps, push-ups) is not used by teachers or other school personnel as a form of discipline; Opportunities for pleasurable physical activity (e.g., recess, physical education class) are not routinely withheld as a form of discipline.

*Current research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.

Other School Based Activities Standards

1. After-school programs incorporate physical activity when feasible; if snacks are provided they strive to achieve nutritionally sound choices.
2. School fundraisers promote positive health habits through the sale of non-food and nutritious food items.

Nutrition Standards for All Foods on Campus

1. The majority of food and beverages offered by the school over the course of a school week are nutrient-dense, provide a variety of healthy choices, promote a balanced diet and include whole grain products and fiber-rich fruits and vegetables.
2. The weekly nutrient analysis of the school meals is compliant with the USDA nutrition standards.
3. Foods and beverages available during the school day (including vending, ala carte, and school stores) include a variety of healthy choices that are of high quality, appealing to students, and served at the proper temperature.
4. Food and beverage providers offer modest portion sizes that are appropriate for elementary, middle, and high school students respectively..
5. Schools will promote classroom snacks for celebrations that represent healthy choices and appropriate portions.*

6. Students will be given the opportunity to provide input on cultural and ethnic favorites.
7. Food/beverages sold outside of the federal school meal program (vending, school stores, and ala carte) will strive to meet the USDA 2005 Dietary Guidelines for Americans including:
 - 35 percent or fewer of its total calories from fat (or 7 grams or less) and having 2 grams of trans fat or less
 - Sugar is not listed as the first ingredient
 - Encouraging the consumption of a variety of foods which include fresh fruits and vegetables and foods through signage, pricing and placement.

*A list of healthy options will be provided annually to families and staff.

Eating Environment Standards

1. Students are provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.*
2. Food is not used as a reward or a punishment for student behavior, unless it is detailed in a student's Individualized Education Plan (IEP). Students who are served an alternate lunch due to an in-school suspension (ISS) are provided a nutritionally balanced meal containing an appropriate amount of caloric benefit.

*Recommendation by the National Association of State Boards of Education

Food Safety/Food Security Standards

1. All food products available on campus comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
2. Access to the food service operations is limited to the Child Nutrition staff and authorized personnel in order to protect the safety and security of the food and the facility.
3. All food products brought into the school for consumption by the student population are commercially prepared.