

533 WELLNESS

I. PURPOSE

The Link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating had been scientifically proven to reduce the risk of mortality and chronic diseases. Schools have a responsibility to help students and staff, establish and maintain lifelong, healthy eating patterns. Well-planned and well-implemented school nutrition programs have been shown to positively influence students' eating habits.

The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum local, state and federal standards.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical and physical activity as a valuable part of daily life. The Pierz Independent School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. The school board recognizes that nutrition promotion, education, physical activity and other school based activities that promote student wellness are essential components of the education process and that good health fosters student attendance and learning.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of parents, students, representatives of the 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.
- 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.

III. WELLNESS GOALS

[the ACT requires that wellness policies include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.]

A. Nutrition Promotion and Education

(Add from what you choose out of the WellSAT Assessment and items from current policy that school has in place)

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
 - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities.
2. Nutrition education topics shall be integrated in the entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
3. The school district should provide high quality nutrition education.
4. 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, and fundraising events.
5. Staff are encouraged to model healthy behaviors; for example, teachers are encouraged to drink water in the classroom.
6. Staff are provided with break and lunch periods, and are not required to eat with students.

B. Physical Activity

1. Physical Activity Opportunities

- a. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health 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
- b. Opportunities for physical activity will be incorporated into other subject lessons where appropriate; and
- c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- d. Schools shall encourage participation in after-school sports, intramurals and other non-competitive physical programs via school bulletins, newsletters and posters. Schools aim to promote physical activity opportunities for all students.
- e. Schools will support and encourage walking and biking to school when appropriate.
- f. The District RN will annually send out physical activity break ideas for the classroom.

2. Staff Behaviors

- a. Teachers and staff are encouraged to participate in exercise breaks during class time.
- b. Teachers and staff are encouraged to share their positive experiences with physical activity.

3. Physical Activity Rewards/Punishments

- a. The school district strongly recommends staff use physical activity as a reward when feasible.
- b. Students shall not be required to engage in physical activity as a punishment. For example, students may not be singled out to run extra laps, or perform other physical activities that the entire class is not engaged in, as a behavioral consequence.

4. Community and Family Involvement

- a. Schools are encouraged to include families and the wider community in school sponsored wellness activities.
- b. Physical activity opportunities should be provided for family and community members at the school; for example use of school facilities, track, tennis courts, etc.

5. Physical Education Instruction

- a. Students in grades K-6 will be provided with at least 60 minutes of physical education instruction per week in addition to at least 100 minutes of unstructured recess or physical activity each week throughout the school year.
- b. Students in grades 7-10 will be provided with at least 225 minutes of physical education instruction per week throughout the school year.

- c. At the high school level juniors and seniors are provided with optional physical education but it is not required
- d. Schools are encouraged to maintain student/teacher ratios for physical education classes similar to those used in other classes when possible.
- e. Physical education for grades K-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
- f. The school district shall provide physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics.

C. Communications with Parents/Guardians

- 1. The school district recognizes that parents and guardians have a primary role in promoting the children's health and well-being
- 2. The school district will support parents' efforts to provide a healthy diet and 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 school.

IV. STANDARDS AND NUTRITION GUIDELINES

[the ACT requires that school districts have standards, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity. For foods and beverages sold to students during the day on school campus, the ACT requires that schools districts also have nutrition guidelines.]

A. School Meals *[The ACT Specifically requires that the wellness policy contain standards and nutrition guidelines for all foods and beverages sold to students during the school day that are consistent with the meal requirements for lunches and after-school snacks and meal requirements for breakfasts]*

- 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
 - a. School meals will meet all current USDA nutrition standards.
 - b. Juice will not be served as a substitute for fruits and vegetables.
- 2. Pioneer Elementary will provide breakfast daily through the USDA School Breakfast Program.
- 3. Food service personnel will make every effort to ensure that student access to foods and beverages meets or exceeds all applicable federal, state and local laws, rules and regulations and that the reimbursable school meals meet

USDA National Lunch Program and School Breakfast program standards.
<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

4. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
5. All school cafeterias will be cashless. All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register.
6. The school district will provide students access to handwashing or hand sanitizing before they eat meals or snacks.
7. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
8. Schools are encouraged to permit all full-day students a daily lunch period of not less than 20 minutes. Personnel will schedule enough time so students do not have to spend too much time waiting in line.
9. The school district will discourage tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
10. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.
11. Nutrition information regarding school meals will be provided to parents/guardians upon request.
12. Applications for free/reduced priced meals will be mailed to all families prior to the beginning of the school year.
13. Schools are encouraged to schedule recess prior to the lunch period if possible.
14. Students and staff will be provided with free drinking water throughout the school day. Water jugs and cups will be present in the cafeteria.

B. School Food Service Program/Personnel

1. As part of the school district's responsibility to operate a food services program, the school district will follow the USDA Professional Standards for State and Local Nutrition Programs to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff. (Note: Food service staff at each level are required to obtain a certain amount of CEU's per year).
2. 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 beverage made available on campus to ensure food and beverage choices are consistent with current USDA guidelines.
3. Food service personnel shall adhere to all applicable federal, state and local food safety and security guidelines.
4. Food service will try to accommodate the religious, ethnic and cultural

diversity of the student body in meal planning.

5. Food service personnel will provide clean, safe, and pleasant setting for students to eat.
6. 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.

C. 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 and beverages sold and/or offered to students during the school day are required to meet or are in compliance with the USDA Smart Snacks Federal Nutrition Standards and any applicable state nutrition standards, at a minimum. Smart Snacks Aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of health eating habits.
3. The complete Smart Snack standards standards and available at <https://www.fns.usda.gov/tn/guide-smart-snacks-schools>
4. Food and beverages served to children while attending before/aftercare on school grounds. *****We do not have before or after care programs - does this need to be included in the policy?
5. Foods and beverages sold to students during extended school day will meet USDA Smart Snacks nutrition standards.
6. No beverages with non-nutritive sweeteners (diet iced tea, diet soda, etc.) will be sold to students during the school day.
7. Foods and beverages containing caffeine (with the exception of naturally occurring caffeine) will not be sold to any student during the school day.
8. All beverages sold in vending machines during the school day or extended school day shall meet district nutrition standards of allowable beverages.

D. Other Foods and Beverages Made Available to Students

- a. Classroom celebrations
 - i. Snacks provided during classroom celebrations in Pierz schools should encourage healthy choices and portion control.
 - ii. Any snack/treats sent from home (that are to be shared with other students) must be store bought. No homemade treats are allowed.
 - iii. The school district will provide parents and staff with a list of allowable party foods that meet Smart Snacks Standards.
- b. 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).
 - c. Schools will not withhold food or beverages as a punishment.
 - d. All fundraisers require administrative approval. Fundraisers will strive to support healthy eating and wellness when possible.
- E. Food and Beverage Marketing in Schools
- a. Schools shall promote health food items including, fruits, vegetables, whole grains and low fat dairy products. Promotions may include posters and signage highlighting healthy items.
 - b. Schools will limit marketing of food and beverages that do not meet the USDA Smart Snack nutrition standards)
 - c. The advertising of foods and beverages that are not available for sale in the district's schools will not be advertised on any school property.
 - d. A review of advertising content of classroom and online material used for teaching should be made prior to selection of materials. Use of materials depicting food brands or logos is discouraged.
 - e. An effort will be made to remove advertising from the cafeterias.
 - f. Schools will attempt to limit advertising of unhealthy products in school publications.
 - g. It is recommended that school avoid participation incentive programs that promote a message inconsistent with our goals for a healthy school community.

V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Coordinator

- a. The district RN will act as the wellness coordinator and wellness committee chair. The wellness coordinator will oversee the school district's wellness-related activities along with the wellness committee. The Wellness Committee and district RN will ensure each school implements the policy.
- b. The district RN will ensure policy compliance throughout all schools.

B. Public Involvement

- 1. The wellness committee meets monthly throughout the school year for the purpose of discussing the development, implementation and periodic review and update of the wellness policy. All meeting times and dates regarding the wellness policy will be posted on the school district's website.
- 2. The Wellness committee meetings are held monthly during school year, every third Thursday of the month.
- 3. Students, parents, staff and/or community members are welcome to join the committee.
- 4. The district RN, along with wellness committee, will oversee the district's wellness policy. The district RN will be responsible for monitoring and evaluating implementation of the policy and reporting status yearly to the

Student Wellness Committee for review.

5. The wellness committee 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 of the wellness policy.

VI. POLICY IMPLEMENTATION AND MONITORING

A. Implementation and Publication

1. After approval by school board, the wellness policy will be implemented throughout the school district.
2. The wellness policy will be posted on the school's website.
<http://www.pierz.k12.mn.us/district-nurse.html>
3. Nutrition information and links to relevant resources in the community should be provided to families through the district website.

B. Annual Reporting

- a. The Wellness Committee will compile an annual report on the district's wellness policy, including content and updates.
- b. The annual report will be posted on the district website
<http://www.pierz.k12.mn.us/district-nurse.html>

C. Triennial Assessment

1. At least once every three years the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
 - a. The wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.
 - b. The extent to which schools under the jurisdiction of the school district are in compliance with the wellness policy.
 - c. The extent to which the school district's wellness policy compares to model local wellness policies; and
 - d. A description of the progress made in attaining the goals of the school district's wellness policy.
2. The wellness committee will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the school district's website. <http://www.pierz.k12.mn.us/district-nurse.html>

D. Record Keeping [*the ACT requires school districts to retain records to document compliance with the requirements of 7 C.F.R S210.30*]

The school district will retain records to document compliance with the requirements of the wellness policy. The records to be retained include, but are

not limited to:

1. The school district's written wellness policy.
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.
3. Documentation of the triennial assessment of the local school wellness policy for each school under the school district's jurisdiction efforts to review and update the wellness policy (including an indication of who is involved in the update and methods the school district uses to make stakeholders aware of their ability to participate on the Wellness Committee).

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 Resources: 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
United States Department of Agriculture, www.fns.usda.gov