

Revised: February, 2017

533 WELLNESS

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects student's health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. Our 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. Our school environment should promote and protect student's health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Our 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.

III. GUIDELINES

A. Foods and Beverages

1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans and School District Policies:

- a. School Meals: Meals served through the National School Lunch and Breakfast Programs will:
 - be appealing and attractive to children;
 - be served in clean and pleasant settings;
 - meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
 - offer a variety of fruits and vegetables;
 - serve only 1% and fat-free skim milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).

 - b. Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, fundraisers, school stores, etc.) The building principal or his/her designee(s) will assure that all foods and beverages sold individually outside the reimbursable school meal programs meet the following nutrition standards:
 - Beverages
 - Allowed: 1% and Skim Milk (white and flavored), Water, 100% fruit or vegetable juices, unsweetened tea, artificially sweetened juices and artificially sweetened sport drinks.
 - Not allowed: soft drinks containing caloric sweeteners; sports drinks; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners.
 - Foods: A food item sold individually will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters).

 - c. Foods and beverages offered or sold at school-sponsored events outside the school day (7:30 a.m. to 4:00 p.m.) are encouraged to have a variety of healthy food and beverage alternatives. These events include, but are not limited to, athletic events, dances, and performances.
2. Principals and food service personnel in each building will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and school policies.
 3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.

4. 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.
5. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. The school district will make every effort to provide students with a sufficient meal time and lunchroom climate by including:
 - A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
 - a lunchroom environment that is a place where students have adequate space to eat, pleasant surroundings and adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated)
7. Our school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. Our schools should limit celebrations that involve food during the school day to no more than one party per class per quarter. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).
9. To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.
10. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
11. Annandale School District will encourage all children to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
 - Schools will, to the extent possible, operate a healthy School Breakfast Program.

- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

B. School Food Service Program/Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
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 beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. 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.

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.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

1. Our 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. Our school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Our school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Our 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. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. School 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 superintendent's designee, as appropriate.
- C. Our 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 policy on its website, to the extent it maintains a website.

Legal References: 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 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 and
www.actionforhealthykids.org/filelib/toolsforteachers/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf