

Adopted: \_\_\_\_\_

MSBA/MASA Model Policy 533

Orig. 2005

Revised: \_\_\_\_\_

Rev. 2022

## **533 WELLNESS**

### **I. PURPOSE**

*Lewiston-Altura Student Nutrition and Physical Activity (School Wellness Policy)* Lewiston-Altura Public Schools recognize the link between health and academic achievement and the importance of creating a healthy school environment. The purpose of this School Wellness Policy is to articulate the actions we are taking to comply with the USDA regulations following the 2010 Healthy Hunger-Free Kids Act. This policy is designed to help us meet our district goals to support the diet quality, physical fitness, overall health of our students and staff, 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.

*District Mission* – Preparing for Success (which includes success as adults that are able to meet health and wellness goals)

*Food Service Purpose* - Educating to Ensure Healthy, Happy Customers!

*Food Service Commitment* - [https://rst6-livesite.rschoolday.com/sites/lewalt.k12.mn.us/files/FS%20Newsletter%2013-14\\_1.pdf](https://rst6-livesite.rschoolday.com/sites/lewalt.k12.mn.us/files/FS%20Newsletter%2013-14_1.pdf)

### **II. GENERAL STATEMENT OF POLICY**

- A. The school board recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational 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 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.
- 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. ISD 857's adopted board policies are not limited to policy 533. Additionally, policies 430, 534, 601, 707, 708, and 709, relate to student health and wellness per the requirements of this policy. Staff wellness is covered by a separate policy, 430; we know that it is important for staff to model healthy behaviors, so we have a committee devoted to staff wellness.

### **III. WELLNESS GOALS**

A. Nutrition Promotion and Education

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 foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising events, concession stands, and student stores. Health education classes address student nutrition for promoting lifelong healthy choices by teaching students how to use my plate and read food labels among other menu planning activities.

Elementary health education has included grade level education by food service personnel to make healthy meal selections at breakfast and lunch in order to prepare students for choices. Food service staff help make sure that all students in the district meet USDA requirements for meals served prior to leaving the serving line.

ISD 857 is in the process of reviewing new MN K-12 Health standards and will begin implementation of those standards in the 2026-27 school year.

Students in grades 6/7/8 will include yearly health education curriculum which includes nutrition education. Students in grades 9-12 are required to take one health class in high school.

All staff are encouraged to integrate nutrition education to the extent possible in their subjects. For instance, science and agriculture education courses will support nutrition education as it fits in their curriculum. In addition to farm to school, the high school utilizes the on site apple trees as an educational component and additional to meals when fruit is ready in the fall. Additionally, the school ag classes and FFA program run a 2 acre crop plot located on site at the high school as an experiential classroom. Local farmer's and the MN corn Grower's Association plant the field the in spring, and students use the site throughout the fall, prior to picking.

B. Physical Activity

1. 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;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and

3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
4. K-12 students in ISD 857 schools are taught the MN Shape America standards in their PE classes. Classes utilize standards-based assessment and grading to ensure students are learning standards at high levels. ISD 857 PE classes meet the following standards:
  - a. Align with established state physical education standards and taught by MN licensed teachers (health, physical education, and DAPE)
  - b. Undergo a formally established periodic review cycle consistent with other academic subjects
  - c. Foster lifelong habits of physical activity for all students.
  - d. Provide elementary school students with 150 minutes of physical education every week throughout the school year.
  - e. Provide middle students with 225 minutes of physical education for one semester each year.
  - f. Provide high school students with a minimum of 225 minutes of physical education per week for the semester course students are required for graduation. Additional opportunities are available for students to take as elective classes.
  - g. All PE teachers meet Minnesota relicensure standards which include a minimum of 30 continuing education hours per 5-year license renewal in the areas of health and physical education.
  - h. There are no substitutions allowed for physical activity courses. School sports are not credit bearing, so credits are earned for course work in addition to activity participation.
  - i. In coordination with our Community Education program, schools partner with the local community members to offer classes to students, staff and community. Current partnerships including JO Volleyball, Junior Wrestling, morning weightlifting, morning walking, and open gyms for community.
  - j. Lewiston-Altura Activities program offers a wide range of activities throughout the school year. We participate in many MSHSL activities that promote student health and wellness. Activity participants have access to additional speed and agility programming as well as off season athletes that want to participate.
  - k. All elementary schools shall provide at least 20 minutes of recess time daily to all students. Staff are strongly encouraged to use physical activity as a reward whenever feasible. For example, teachers may offer extra recess time to incentivize good behavior. However, physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. For example, students may not be singled out to run extra laps or other physical activities as a behavioral consequence. Additionally, recess, PE, or other physical activities will not be withheld from students as a punishment for any reason.
  - l. Breaks are provided by staff throughout the day. High school students have a minimum of a 4 minute break between classes to transition and move around. Elementary teachers stagger in class and out of class breaks throughout the school day.
  - m. In accordance with policy 801, the school district works with the local community to provide facility access for a variety of events. Pricing is based upon the connection to school activity based upon the assigned program level in the policy.  
<https://meetings.boardbook.org/Public/Book/2341?docTypeId=224756&file=c0847a2e-6b7e-4868-8714-3471a7a3ae73>
  - n. In accordance with policies 707-709, ISD 857 works with families and the community on the Safe Routes to school program and

promotes walking and biking to school. Each fall, students are provided with required education on safe walking and biking to school.

C. Communications with Parents

1. The school district recognizes that parents and guardians have a primary role in promoting 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 school.

D. ISD 857 Triennial Goals 2026-2029

1. ISD 857 Staff will complete the school health index assessment to identify needs to use to develop additional goals during the 2025-26 school year.
2. ISD 857 teachers will review the newly established MDE Health Education standards during the 2025-26 school year to provide feedback on the draft of standards before they are finalized in the spring of 2026.
3. ISD 857 health teachers will begin unpacking the MDE Health Education standards on PLC/Standards-based grading and assessment days during the 2026-27 school year.
4. ISD 857 health teachers will begin implementation of the MDE Health Education standards and provide updates to the systems accountability committee regarding implementation by the end of the 2027-28 school year.

#### IV. STANDARDS AND NUTRITION GUIDELINES

***Lewiston-Altura Public Schools will provide breakfast and lunch each day in all schools through the USDA School Breakfast Program and the National School Lunch Program. These meal programs are operated in full compliance with the USDA's regulations (<https://www.fns.usda.gov/school-meals/nutrition-standards>) . In accordance with federal regulations, free drinking water will be available to students in every cafeteria during mealtimes; students are encouraged to have a water bottle with them throughout the day and to only have water in their bottles. Water bottle filling stations with filtered water are available throughout both Lewiston-Altura Elementary and Secondary Schools. Pitchers of water are available at our St. John's Lutheran site during breakfast and lunch. All food and nutrition services staff shall receive annual training consistent with current USDA Professional Standards.***

A. School Meals

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.

2. 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.
3. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
4. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards.
6. Food service personnel shall adhere to all applicable 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 by utilizing a POS system in which each student has a unique identification number. Students and parents are strongly encouraged to put funds into this account for use for additional a la carte items instead of using cash at service counters.
8. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
9. 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.
10. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.
11. Lewiston-Altura Public Schools values our relationships with local farms and producers and strives to build these connections and support our local economy.

We will prioritize including locally grown and locally produced foods in our school meals and will promote these foods with taste tests.

Students will receive education about agriculture and the food system through hands-on learning experiences.

**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 food and beverage choices are consistent with current USDA guidelines.
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. ISD 857 follows the recommendations below which are found at: <https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf>

New and Current Directors .....	<p>Each year, at least 15 hours of annual continuing education/training.</p> <p>Includes topics such as:</p> <ul style="list-style-type: none"> <li>• Administrative practices (including training in application, certification, verification, meal counting, and meal claiming procedures).</li> <li>• Any other appropriate topics as determined by FNS.</li> </ul> <p>This required continuing education/training is in addition to the food safety training required in the first year of employment.</p>
New and Current Managers .....	<p>Each year, at least 12 hours of annual continuing education/training.</p> <p>Includes topics such as:</p> <ul style="list-style-type: none"> <li>• Administrative practices (including training in application, certification, verification, meal counting, and meal claiming procedures).</li> <li>• The identification of reimbursable meals at the point of service.</li> <li>• Nutrition, health and safety standards.</li> <li>• Other topics, as specified by FNS.</li> </ul>
New and Current Staff (other than the director and managers) that work an average of at least 20 hours per week.	<p>Each year, at least 8 hours of annual continuing education/training.</p> <p>Includes topics such as:</p> <ul style="list-style-type: none"> <li>• Free and reduced price eligibility.</li> <li>• Application, certification, and verification procedures.</li> <li>• The identification of reimbursable meals at the point of service.</li> <li>• Nutrition, health and safety standards.</li> <li>• Other topics, as specified by FNS.</li> </ul>

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 will meet the USDA Smart Snacks in School (Smart Snacks) 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 healthy eating habits. Please see the addendum Form 533A which provides detailed Smart Snack descriptions. Smart Snack guidelines are followed from midnight to 30 minutes after the school day for all sites. <https://www.fns.usda.gov/tn/guide-smart-snacks-school>
3. Before and Aftercare (child care) programs must also comply with the school district's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards. Snacks served in aftercare programming will meet Child and Adult Care Food Program requirements.
4. No snacks are provided/sold to students in after school programs with the exception of Cardinal Club Aftercare.

D. 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.
  - 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://www.fns.usda.gov/tn/guide-smart-snacks-school>
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 individual education plan or behavior intervention plan) and will

not withhold food or beverages as punishment. Here is a list of alternatives to food for staff and parents planning rewards/incentives:

<https://healthyshasta.org/wp-content/uploads/EatHealthy/Alternatives to Food as Reward.pdf>

3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas - <https://www.actionforhealthykids.org/activity/healthy-fundraising/> . No exemptions to the Smart Snack guidelines will be allowed by school activities for fundraising. Foods and beverages sold during fundraisers are not intended for consumption at school or are otherwise exempt by your State agency from Smart Snack policy.
4. Vending Machines and School Stores. There are no school stores or vending machines in any ISD 857 school site or sponsor sites.
5. Caffeinated beverages will not be available or sold to students during the school.

E. Food and Beverage Marketing in Schools

1. School-based marketing will be consistent with nutrition education and health promotion.
2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.
3. Lewiston-Altura Public Schools recognize that children are targeted with many types of commercial marketing, including food and beverages. We aim to provide a commercial-free zone in our school buildings. Food and beverage logos and branding other than USDA are not permitted on any type of equipment or school property, including vending machines; display racks; scoreboards; textbooks, or educational materials (unless required for educational purposes. The only exception is food and beverage logos and branding that appear on the package of a product that meets USDA meal or Smart Snack standards.
4. Healthy choices are prominently displayed. Main entrees are the focus, followed by arrangement of fruits and vegetables prior to any other foods as students come through lines. Marketing posters are posted throughout the kitchen reminding students of healthy alternatives.

**V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT**

A. Wellness Coordinator – School Nurse

1. The superintendent will designate a school district official to oversee the school district’s wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that each school implements the policy.
2. The principal of each school, or a designated school official, will ensure compliance within the school and will report to the Wellness Coordinator regarding compliance matters upon request.

B. Public Involvement

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, from time to time, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be posted on the school district's website and will be open to the public. ISD 857 will be utilizing four committees to bring information to the board; the main committee overseeing the school wellness policy will be our system's accountability committee made up of community members, parents, students, and staff. They will receive additional information from the staff wellness committee, the school health and safety committee, and the student activity - Health Occupations Students of America. When wellness goals are addressed, PE/Health teachers, Wellness Coordinator, and Food Service director will be invited to the committee meetings.
3. Meal participation is encouraged through the following activities:
  - annual surveys of students and families to learn about their food preferences, including cultural and ethnic favorites.
  - taste tests of new recipes to gather feedback before adding them to the menu.
  - display of unflavored milk and fresh produce in the cafeteria line to encourage students to select them as part of their school meal.
  - scheduling the day to include at least 20 minutes of seated time for students to eat lunch in the cafeteria.
  - opening the cafeteria to students 20 minutes before the first bell so that students who arrive early will have at least 10 minutes to sit and eat breakfast.
  - not schedule tutoring, club, or organizational meetings during the lunch period. If there is a lunchtime meeting, students are given time to first get their school lunch and consume it during the meeting.

## **VI. POLICY IMPLEMENTATION AND MONITORING**

### **A. Implementation and Publication**

1. After approval by the school board, the wellness policy will be implemented throughout the school district.
2. The school district will post its wellness policy on its website, to the extent it maintains a website. <https://www.lewalt.k12.mn.us/page/6064>
3. The system's accountability committee meets three times per year in September, February and May. The district health and safety committee meets quarterly. The staff wellness committee meets monthly. In the school board meeting directly after committee meetings, board reps update the board on progress of the committees and any approvals are sent to the board. Community members interested in participating in school wellness planning can reach out to the Wellness coordinator, Superintendent, or systems accountability committee.

### **B. Annual Reporting**

The Wellness Coordinator will annually inform the public about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public through systems accountability updates, board updates, and updates to the district wellness website.

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 extent to which schools under the jurisdiction of the school district are in compliance with the wellness policy;
  - b. the extent to which the school district's wellness policy compares to model local wellness policies; and
  - c. a description of the progress made in attaining the goals of the school district's wellness policy.
2. The Wellness Coordinator will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the school district's website or otherwise made available to the public.
4. Results of the most recent triennial assessment demonstrated the following: Out of a policy scores of 124, the district assessed policy score was 29 out of 124 prior to policy revision.

D. Recordkeeping

***[Note: The Act requires school districts to retain records to document compliance with the requirements of 7 Code of Federal Regulations section 210.30.]***

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. System's accountability agendas and minutes are maintained by the school district.
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). Documentation will include an overview of progress towards meeting the district goals identified above.
4. School Health Index and WellSAT results for 2026 are posted on the district wellness website.

**Legal References:** Minn. Stat. § 121A.215 (Local School District Wellness Policy; Website)  
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)  
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](http://www.education.state.mn.us)  
Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)  
County Health Departments  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov)