

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.

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 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.
 - 2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
 - 3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
 - 4. The school 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 will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
 - 6. The school 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.
 - 7. The school will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- B. School Food Service Program/Personnel
 - 1. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
 - 2. The school 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'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 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 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.
 3. The school will discourage the 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.
- 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 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 may provide short physical activity breaks between lessons or classes, as appropriate.
- E. Communications with Parents
1. The school 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 will support parents' efforts to provide a healthy diet and daily physical activity for their children.
 3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
 4. The school 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.
- 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 Executive Director or designee, as appropriate.
- C. The school's food service program administrator will provide an annual report to the Executive Director setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.

- D. The Executive Director 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. A committee made up of school staff, parents and community members will meet on a regular basis to review the wellness policy with a full review to occur once every three years.

V. EVALUATION

- A. Per Minnesota Department of Education guidelines, a committee that includes representation from parents, students, physical education and food service staff as well as school administration will be formed to review annually the performance of the school based on established goals of the wellness plan.
- B. On a triannual basis, the wellness committee will evaluate the overall performance of the school against the pre-determined goals established by the committee.

Crosslake Community School Wellness Plan

Purpose:

The purpose of this plan is to meet the requirements for school wellness as established by the USDA under the Healthy, Hunger-Free Kids Act of 2010.

Policy:

This plan aligns with board Policy 533 – Wellness and is intended to meet the guidelines and expectations outlined in that document.

Committee membership:

The following are current members and their roles with the Crosslake Community Schools Wellness Committee:

Open	Administrative Liaison
Lisa Schumacher	PE and Health Teacher
Jodi Schott	Office Manager
Open	Student Liaison
Elysha Novak	Parent Representative
Open	Board Member
Kathy Faust	Coordinator of Food Service
Carrin DeLong	Coordinator of Nursing & Health Services

Policy Review:

On an annual basis, the committee will meet to review the goals and performance of the school as it relates to the established goals.

Schoolwide goals:

1. School Food Service:
 - a. The school will provide safe and healthy meals that comply with all federal, state and local guidelines.
2. Nutrition Education and Promotion:
 - a. All students enrolled at CCS in grades K-8 will receive instruction in proper nutrition through their regular physical education and health curriculum.
3. Physical Activity:
 - a. All CCS students will receive regular instruction in Physical Education on a daily basis in grades K-8. Students in grades 9-12 will be required to meet school-approved programming for physical education and health.
4. Communication with Parents:
 - a. A portion of the annual parent survey will include questions on parent satisfaction with our food and nutrition program.

Triennial Evaluation:

On an annual basis, the Crosslake Community School Board of Directors will receive updated information on the status of policy #533. In addition, the wellness program at CCS will be evaluated every three years based on the following criteria:

1. Student engagement in physical education as measured by local assessments of physical fitness and knowledge and practice of healthy eating habits and lifestyles.
2. Review of school board documentation to monitor on-going reporting to the board on matters of wellness.
3. The wellness committee will meet annually to review the effectiveness and activity relating to the wellness policy.



Health & Wellness Committee Mission and Outreach

"It is the mission of the Crosslake Community School Health and Wellness Committee to promote, establish and maintain an environment that encourages lifelong commitments to physical, social and emotional well-being, supporting our students, faculty, and community through education and initiatives that:

- Encourage habits of wellness
- Increase awareness of factors and resources that contribute to wellbeing
- Inspire and empower individuals to take responsibility for their own health
- Support a sense of community in which the health and overall wellbeing of our students is recognized as an essential element of their success

We recognize that the physical, social, and emotional well-being of our students, faculty and parent body are all crucial elements of a student's academic success and lifelong health and wellness.

To date the following initiatives have and continue to be a priority and continued to be worked on throughout each school year:

- Promote and provide healthy food choices within the school environment
- Social Emotional Learning & Mindfulness for students, their families, and staff
- Playground equipment
- Hydration stations & "ReThink Your Drink" campaign
- Annual American Red Cross blood drive

Over the next three years, the following strategies could possibly be considered for projects and initiatives which can positively influence our students, staff, teachers, administration, as well as community members. With key partnerships such as the EE committee, the Sunshine Committee, and PTO; the CCS Wellness Committee is very excited to further the wellness efforts within our school and throughout our community.

- Farm to School efforts with special emphasis on utilization of the Solarium and connection with the Environmental Education (EE) Committee members and their ongoing projects.
- Food allergy education for staff and for students
- Seizure Smart School trainings for staff, school nurse, and students
- Lunch & Learns or virtual Learning programs with local physicians, health professionals, and other wellness related content experts for the staff and the community.
- Substance Abuse education and prevention to collaborate with Health Education department for students, and local community resources for staff
- Development of grants to enhance community membership and student learning
- Bike Safety and Safe Routes to Schools
- Promotion of health and wellness related community events such as Turkey Trot, Wellness Bingo, and others.

We encourage families, staff and community members to attend our health and wellness committee meetings. Check out the Crosslake Community School website for upcoming meeting times and health and wellness committee information. If you'd like to learn more and get further involved, please contact Health & Wellness Committee Chair Kathy Faust by email to kathyfaust@crosslakekids.org or call at 218.692.5437 Ext. 140.