Adopted: June 5, 2006

Revised: July 6, 2026

533 WELLNESS

I. PURPOSE

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.

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 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 district encourages the involvement of students, parents, teachers, food service staff, school health professionals, the school board, school administrators, and the general public in development, implementation, and periodic review and update of the school districts' 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

A. 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.

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.

3. The staff involved in nutrition education will be adequately prepared and participate in regular professional development activities to effectively deliver current nutrition education programs. Preparation and professional development activities will provide evidenced-based knowledge of nutrition and instructional techniques and strategies designed to promote healthy eating.

4. The school cafeteria will serve as a "learning laboratory" to allow students to apply nutrition skills taught in the classroom.

5. Schools will provide nutrition education to foster lifelong habits in healthy eating, and will establish connections between health education and school meal options.

B. Physical Activity

1. The physical education curriculum for grades K-12 will be aligned with established state physical education standards.

2. All students are to engage in the physical education program as required by grade level requirements unless otherwise exempt. When physical education is included in a student's schedule, the following minimum minutes per week are required:
   a. Elementary: 120-150 minutes
   b. Middle School/High School: 225 minutes

3. Physical education for grades K-12 is required to be taught by a licensed teacher who is endorsed to teach physical education.

4. Annual professional development opportunities focused on topics and competencies specifically for physical education teachers will be offered.

5. 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.
   a. Becker Schools encourages students who live within a walkable/bikeable distance to school to do so. The elementary schools provide crossing guards for students walking or biking to school as well as areas for students to park their bikes.

6. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
   a. Elementary schools should provide students with 20 minutes per day of recess play when weather permits.

7. Singling out or assigning students physical activity as a consequence is discouraged. Staff are allowed to use physical activity as a reward when feasible.

C. Communications with Parents

1. The 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. 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. Employee Wellness

1. District employees are encouraged to model healthy eating, physical activity, and mental health by participating in wellness challenges and events offered throughout the year by the District Wellness Committee.

2. Employees are encouraged to purchase school meals and snacks through the Food Service Department, which are balanced, nutritious, and models healthy eating and food choices for students.

IV. STANDARDS AND NUTRITION GUIDELINES

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, regulations, and nutrition standards as can be found at https://www.fns.usda.gov/

2. All schools will provide breakfast through the USDA School Breakfast Program (SBP) and Lunch through the National School Lunch Program (NSLP).

3. Food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that will meet the health and nutrition needs of the students. Students will be encouraged to try new foods through taste testing and encouragement during the serving process.

4. Food service personnel are encouraged to source and serve Minnesota grown and raised foods where practicable.

5. Food service personnel will try and accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.

6. Food service personnel will provide clean, safe, and pleasant settings and adequate time for

students to eat.

7. Students will be provided free access to drinking water during meal times and throughout the school day. Students are also allowed to bring in bottled water from home.

8. 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 that reimbursable school meals meet USDA nutrition standards.

9. All foods prepared and made available in school cafeterias shall comply with the state and local food safety and sanitation regulations. Hazard Analysis Critical Control Points (HACCP) plans and Standard Operating Procedures are utilized to prevent food borne illness in schools. For the safety and security of the food and facility, access to the food preparation areas is limited to food service personnel.

10. 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.

11. Schools will avoid stigmatizing students based on their educational benefit eligibility status (free, reduced, or paid). All students requesting a reimbursable meal will be served as the district provides universal free meals.

12. Applications for Educational Benefits are sent home to all families at the beginning of the school year. The application is also available on the district website and can be completed online or printed and submitted to any school office.

13. Students will be provided access to hand washing or hand sanitizing before they eat meals or snacks.

14. 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.

15. The school district 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 superintendent 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. The designee shall meet the minimum educational requirements as defined by the USDA program requirements.

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. The training provided will meet the minimum number of hours as defined by the Professional Standards in USDA program requirements.

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 Schools (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 and environment that reinforces the development of healthy eating habits. https://www.fns.usda.gov/tn/guide-smart-snacks-school

3. Before and Aftercare (childcare) programs must also comply with the school district's nutrition standards unless they are reimbursable under the USDA school meals program, in which case they must comply with all applicable USDA standards.

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:
    i. Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
    ii. PS/IS Due to the increasing number of food allergies and dietary restrictions among students, the district asks that families not send edible treats to school. However, non-food alternatives such as pencils, stickers, and small toys are welcome. Families should reach out to their child's classroom teacher in advance to discuss appropriate options for special occasion celebrations.
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 the student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas.

E. Food and Beverage Marketing in Schools

1. School-based marketing will be consistent with nutrition education and health promotion.

2. An effort will be made to remove advertising of food and beverages that are not available for sale and/or do not meet Smart Snack nutrition standards in district schools. Food and beverage marketing/promotion should be consistent with Smart Snack nutrition standards.

V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Coordinator

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. The Wellness Coordinator at Becker Public Schools will be the Director of Food Services.

Commented [1]: this is a change as of today, based on feedback from other districts who've had MDE reviews recently.

2. The principal of each school, or 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 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.

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 under district polices.

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.

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 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 the 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 using the Wellness School Assessment Tool (WellSAT) or School Health Index.

3. The triennial assessment report shall be posted on the school district's website or otherwise made available to the public.

D. Recordkeeping

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,
https://www.fns.usda.gov/tn/guide-smart-snacks-school