

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 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. The goal of the Belle Plaine School District is to have foods and beverages made available on campus (including concessions and a la carte cafeteria items) consistent with the current USDA Dietary Guidelines for Americans according to nutrition and portion size standards.
 - 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. The school food service staff will ~~work to~~:
 - Offer fruits and vegetables daily
 - Limit "seconds on entrees and encourage consumption of fruits, vegetables and breads

- Offer a variety of choices daily with an emphasis on healthier options
 - Include more whole grain foods
 - ~~Minimize deep fried foods~~
3. The Belle Plaine School District will adhere to the following specific guidelines for foods and beverages sold or provided separately from the reimbursable school lunch program:

Food:

The goal of the Belle Plaine School District is to encourage the consumption of nutrient dense foods, such as whole grains, fresh fruits, vegetables and dairy products. At any school function healthy food choice options should be available to students. Preference will be given to foods that do not list sugar as the first ingredient and do not have more than 35% of its calories from fat.

Foods with a high sugar content (candies, desserts) or with high fat (~~Fried Foods~~, fatty meats, cheeses) content will be available on a limited basis and will be limited in portion size.

The Belle Plaine School District will limit celebrations that involve food during the school day to no more than one holiday party per class per month. Each party should include no more than one foods or beverage that does not meet nutrition standards for food and beverages sold individually. *(Will verify with building principals that this is a viable and enforceable option.)*

The Belle Plaine School District will encourage healthy choices as a classroom and birthday snacks. A list of healthy snack choices will be made available to all staff and parents *through newsletters and the school website.*

All school meals will follow federal school lunch guidelines as stated at http://teamnnutrition.usda.gov/Resources/dgfactsheet_hsm.html.

Beverages (excluding vending):

Only milk (preferably low-fat), flavored milk, water and beverages containing 100% fruit juice with no added artificial or natural sweeteners may be sold or provided on school grounds both immediately prior to and throughout the instructional day.

Concessions:

Concessions are encouraged to review their food choices on a regular basis. Where possible, healthier options will be added to the menu. Concessions will work to:

- Use more whole grain breads (bun, pizza crusts) where available
- Replace fried chips with baked chips
- Minimize the sale of candy by adjusting offerings and price
- Encourage the sale of water by lowering the price
- Add healthier options such as trail mix

- Lower the fat content by adjusting portion size or type of offering

Vending:

Vending sales of beverages during the instructional day will be limited to water, ~~and 100% fruit juice~~. Students may have water at any time during the day. ~~Juice and sports drinks are available during the noon lunch period.~~ Carbonated beverages are not allowed during the instructional day.

The snack vending machines are turned off during the instructional day (7:00 AM to 3:15 PM), ~~with the exception of a snack/milk combination vending machine.~~

The goal of the district is to ~~decrease the selection of soft drinks and include~~ *encourage* healthier choices and ~~to increase the price of soda to encourage the~~ use of water ~~and juice drinks~~. Likewise, foods in the snack machines will gradually be replaced with healthier options. The selection of candy will be reduced and the price increased to encourage the choice of healthier snacks.

Fundraising:

The Belle Plaine School District will encourage the use of non-food items or foods with nutrition value, such as fresh fruits or nuts, as fund-raising choices. Food sold as a fund-raising activity will not be sold during school hours.

4. Food Service personnel will adhere to all federal, state, and local food safety and security guidelines
5. 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. *The use of non-status identifying PINs will be used for all student meal accounts.*
6. The school district will provide students with access to hand washing 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. Each student will be given adequate time to eat. Lunch periods are scheduled as close to the middle of the school day as possible.
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. The use of foods of minimal nutritional value as learning incentives should not be practiced, and healthy food choices or non-food items will be substituted.

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.
4. A state certified food manager will present at all times when the school kitchen is used to prepare and/or serve food.

C. Nutrition Education and Promotion

1. The Belle Plaine 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. Classroom education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.
 - e. Classroom education will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products and healthy food preparation methods.
2. The Belle Plaine School District follows the Minnesota K-12 Academic Standards and Graduation Requirements for health, physical education and nutrition. All instructional staff will be encouraged to integrate nutritional themes into lesson plans where appropriate. These nutritional themes include, but are not limited to:

Knowledge of the USDA My Pyramid
Sources & Variety of foods

Dietary Guidelines for Americans
Reading food labels

Diet and disease
Healthy snacks
Major nutrients
Serving sizes

Understanding calories
Food safety/sanitation
Identifying foods of low nutrient density
Healthy heart choices

3. The Belle Plaine School District will ~~encourage~~ *provide* the use of nutrition-related posters, cartoons, printed educational materials and multi-media educational materials throughout the school campus to promote and educate students on healthy eating choices.
4. The Belle Plaine 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 through a la carte [snack] lines, vending machines, fundraising events, concession stands, and student stores.
5. The Belle Plaine School District will not use food 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~~ *and will not withhold food or beverages (including food served through school meals) as a punishment. If an individual student's Individualized Education Plan (IEP) outlines the use of food for behavior modification, a teacher may use food as a reward for that student. But, food shall be used as a last alternative for behavioral modification as part of an IEP, and teachers should minimize classroom use and provide healthy food when available. Teachers shall use physical activity as a reward for academic performance or good behavior, as appropriate.*

D. Physical Activity

1. The Belle Plaine School District recognizes that 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~~. *Physical Education & Health teachers will develop and implement curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition and health according to NASPE standards.*
2. Supervised unstructured active play, commonly referred to as recess, is offered daily for all students pre-K-6. Recess is in addition to a student's physical education class and not substituted for physical education class. Recess and other physical activity shall not be taken away on a regular basis as a form of discipline unless doing so is directly related to a student's behavior during recess. Proper equipment and a safe area are designated for recess.
3. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.

4. Physical Education staff will be encouraged to begin fitness or activity logging to assist students in interpreting their personal attainments and compare them to national physical activity recommendations.
5. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
6. Students will be given age-appropriate opportunities for physical activity before and after school by making available the weight/exercise room and the gym as appropriate.
7. The Belle Plaine School District will encourage parents/*guardians* to support their children's participation in physical activity.

E. Communications with Parents

1. The Belle Plaine 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 Belle Plaine School District will support parents' efforts to provide a healthy diet and daily physical activity for their children by providing nutrition educational materials to parents. Materials ~~may~~ *will* be provided in the form of handouts, postings on the district website, articles and information provided in school newsletters, and any other appropriate means available for reaching parents.
3. The Belle Plaine School District will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value. A copy of the nutritional guidelines developed in this policy will be made available to parents on the district website and in a printed format.
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.
5. *The school district will post and update the wellness policy on the school district's website.*

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district. The Wellness committee will meet ~~periodically~~ at least annually to assist in implementation and review of the policy.
- B. No language in this policy will override a student's individual educational plan (IEP) or individual behavior plan (IBP).

- C. School food service staff, at the high 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.
- D. The 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 through the reimbursable school lunch (and breakfast) program on campus.
- E. The superintendent ~~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.~~ *or designee will annually report on the progress made in attaining the desired outcomes of the local school wellness policy.*

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/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf

Recommendations to the School Board:

Eliminate deep fried foods from all menus.

Allow chocolate milk at noon meal only (regular milk only at breakfast and Kindergarten snack time). District will conduct survey next fall with parents by building level regarding the availability of flavored milks as part of the school meal.

Eliminate all diet soft drinks from vending machines and replace with water.

All vending machines other than water machines will be off during the regular school day. (From midnight until 3:15 p.m. each day)

Starting with the junior and senior high school cafeteria, caloric content of the menu options for the day and for the ala carte items will be posted as part of the lunch line.

School district will continue efforts to develop more established farm to school relationships in the future.

School district will encourage walking or biking to school as a good form of exercise for students.