

MORRIS AREA SCHOOL DISTRICT POLICY #533

ADOPTED – JUNE 2006

REVISED – JAN. 2010, JULY 2011, OCT. 2012, AUG. 2017

REVIEWED – DEC. 2015, APR. 2019, MAY 2022

#533 WELLNESS

I. PURPOSE

The purpose of this policy is to set forth methods that promote student wellness including physical activity, nutrition education, mental health, and overall wellness; 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 learning.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The Morris Area 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 PreK-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 Promotion and Education

- 1. The Morris Area 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 Morris Area School District follows the Minnesota K-12 Academic Standards and Graduation Requirements that state that "... in grades K-8 health instruction must be given each year or by district-determined grade bands. Grades 9-12 instruction must be provided to all students at least once in both areas (health and phys ed.)." K-6 classroom teachers also provide health education to students.
- 3. The Morris Area School District will implement a comprehensive curriculum approach to nutrition in Kindergarten through 12th grade. Nutritional themes will be integrated into lesson plans where appropriate. These nutritional themes include, but are not limited to:

- *Knowledge of the My Plate
- *Sources & Variety of foods
- *Diet and disease
- *Healthy snacks
- *Major nutrients
- *Serving sizes
- *Farm to School

- *Dietary Guidelines for Americans
- *Reading food labels
- *Understanding calories
- *Food safety/sanitation
- *Identifying foods of low nutrient density
- *Healthy heart choices
- *Agriculture to Food Systems

4. The Morris Area School District will encourage 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.
5. The Morris Area 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.

B. Physical Activity

1. The Morris Area 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 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. The Morris Area School District will provide a minimum of 25 minutes of physical education per day for K-6 and 50 minutes every other day for 7-10 grades. Elective courses that involve physical activity will be available to students in grades 11-12. PE teachers are State Certified, Licensed, and have continuing education.
3. Twenty minutes of supervised unstructured active play, commonly referred to as recess is offered daily for all students 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 routinely be taken away 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.
4. School personnel will not use physical activity as a punishment (e.g. running laps, pushups) or withhold physical education class from students as a punishment. School personnel can use and are encouraged to use physical activity as a reward or incentive.
5. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
6. 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.
7. School staff will provide short physical activity breaks between lessons or classes, as appropriate and extended periods of inactivity (periods of two or hours or more) are discouraged for children, especially during the daytime hours.
8. The Morris Area School District will work with community organizations to provide and promote ways for students to safely walk or bike to and from school.
9. The Morris Area School District will encourage parents to support their children's participation in physical activity.

C. Mental Health

1. The Morris Area School District recognizes that mental health is a key component to overall wellness.
2. To make students aware of the importance of their mental health.
3. School Counselors are available to help students in their journey.

D. Communications with Parents

1. The Morris Area School District recognizes that parents and guardians have a primary role in promoting their children's health and well-being.
2. The Morris Area School District will encourage parents' efforts to provide a healthy diet and daily physical activity for children by providing nutrition educational materials to parents. Materials may 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 Morris Area 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 Morris Area 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. Morris Area Community Education is a resource for parents.

IV. STANDARDS AND NUTRITION GUIDELINES

A. School Meals

1. The Morris Area 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. Students will have unlimited access to potable water.
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 Morris Area 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. Families will be provided the Application for Free/Reduced Benefits annually.
8. The Morris Area School District will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
9. The Morris Area School District will 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. This includes breakfast, Second Breakfast, lunch and field trip meals.
10. The Morris Area School District will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.
11. Morris Area School District will offer students locally purchased food products, also known as Farm to School, throughout the school year for all grades and meals. Teachers will be encouraged to take field trips to local producers to link education and food service.

B. School Food Service Program/Personnel

1. The Morris Area 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 per USDA guidelines.

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.
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.
4. School stores will not sell food products unless they meet the current Smart Snack guidelines.

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.
 - c. Milk and Healthy Snack program will be offered by the food service department.
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.
3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas. If food is sold, they must follow Smart Snack guidelines and must be approved by the building principal.
4. Caffeinated beverages will follow the Smart Snack guidelines and will only be offered to students in grades 9-12 and staff.

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.

V. **WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT**

A. Wellness Coordinator

1. The superintendent will be the Wellness Coordinator and 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.

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 Morris Area School District will post its wellness policy on its website, to the extent it maintains a website.

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 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.

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).
4. The wellness committee will suggest updates to the policy per the results of the Triennial Assessment to the school board for approval.

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
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

Healthy and Fun Classroom Snacks



- Fresh Fruit – Apple- cut, banana, orange- cut, clementine, grapes, and berries
- Fruit cups – Mandarin oranges, peaches, pears, pineapple, and applesauce
- Other Fruit – Raisins, Craisins, banana chips , 100 % fruit leathers or snacks
- Fresh Vegetables – Carrots, celery, broccoli, cauliflower, jicama, cucumbers, snow peas, cherry tomatoes, and peppers
 - add a package of dip, peanut butter or hummus
- Crackers that are whole grain, zero trans fat, less than 10% fat and 35% sugar like Triscuits , Goldfish, and baked chips
- Cereal and granola – whole grain are best
 - Trail Mixes, popcorn(plain) and cereal mixes
 - Cereal bars or granola bars
- Cheese sticks, turkey sticks, and yogurt
- Almonds, peanuts, cashews – watch for students with allergies
- Beverages should be water or 100% juice

Celebrations and Parties in the classroom

The Morris Area Elementary School staff abides by State Health Department recommendations and regulations regarding the serving of food in school. The department, which administers the school lunch program in Minnesota, recommends the following:

“This department requires that food which is served in a food establishment as defined in Minnesota Statute 157 shall be obtained from sources which are approved and inspected by either the federal, state or local regulatory authority.”

We therefore, strongly discourage the distribution and service of food items including treats which are prepared in individual homes. This requirement would not however, apply to the distribution of commercially prepared, packaged or individually wrapped food items, such as cookies or other packaged bakery items. This department’s advice is not subject to modification by the individual school administration.

Healthy suggestions: Go-Gurts, cheese & crackers, fruit or vegetable kabobs, smoothies, frozen fruit, 100% fruit popsicles, popcorn, “ants on a log”, trail mix, chex mix, or mini sandwiches.

Non-food suggestions: pencils, bracelets, shoe laces, bouncy balls, mini book or tablet, erasers, book marks, stickers, small plastic animals, sidewalk chalk, let a child bring a pet, or craft kit.