

1st Reading: 3/27/2006

2nd Reading: 4/24/06

Approved: 5/22/06

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
 - *Minimi*
ze 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:

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.

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.

Beverages (excluding vending):

throughout the instructional day.

Concessions:

- Use more whole grain breads (bun, pizza crusts) where available
 - *Replac*
e fried chips with baked chips
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- *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 healthier choices and to increase the price of soda to encourage the sale of water and juice drinks. Likewise, foods in the snack machines will 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 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 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.

6. The school district will provide students 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 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;

by

- 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 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

, but are not limited to:

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|---|--|
| <i>Knowledge of the USDA My Pyramid</i> | <i>Dietary Guidelines for Americans</i> |
| | <i>Sources & Variety of foods</i> |
| | <i>Reading food labels</i> |
| | <i>Diet and disease</i> |
| | <i>Understanding calories</i> |
| <i>safety/sanitation</i> | <i>Healthy snacks</i> |
| <i>Major nutrients</i> | <i>Identifying foods of low nutrient</i> |
| <i>density</i> | <i>Serving</i> |
| <i>sizes</i> | <i>Healthy heart choices</i> |

3. *The Belle Plaine 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.

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, such as 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.

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;
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 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 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.

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 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.

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)

Guidelines) P.L. 108-265 (2004) § 204 (Local Wellness Policy)
7 U.S.C. § 5341 (Establishment of Dietary
Regulations) 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