

INDEPENDENT SCHOOL DISTRICT #877 POLICY

Buffalo-Hanover-Montrose

INDEX TITLE Students SERIES NO. 500

POLICY TITLE Wellness CODE NO. 533

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, personal wellness 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 policies.
- D. Children need access to healthy foods, and opportunities, support and encouragement to be physically active on a regular basis.

III. GUIDELINES

- A. Foods and Beverages
 - 1. Foods and beverages made available on campus (including concessions and ala carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
 - 2. School meals programs will be operated in compliance with federal, state and local rules and regulations.
 - 3. Students will have access to school meal programs and adequate time to eat as designated by the district.

B. School Food Service Program/Personnel

1. The school district will provide access to healthy, appealing and safe school meals that comply with local, state and federal rules and regulations.
2. The school food service department will operate in compliance with Board policy regarding program operations.
3. School food service personnel will be educated and trained in procedures which align with the requirements of federal, state and local regulations including food code, and in compliance with district master agreements.

C. Nutrition Education and Promotion

1. The school district will encourage and support wellness by including nutrition education in a comprehensive program to provide students with the knowledge and skills necessary to promote and protect their health.

D. Physical Activity

1. Students need opportunities for physical activity and to be encouraged to incorporate them regularly into their daily lives.
2. Opportunities for physical activity will be incorporated into other subject lessons or classes, where appropriate.

E. 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 by providing access to healthy school meals and daily physical activities for students.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district. The Director of Teaching and Learning will be responsible for implementation of the nutrition education and physical activity programs for students through the health and physical education course offerings. The course offerings will contain strategies and testing opportunities to provide a plan to measure implementation of the health and wellness of students.
- B. Departmental compliance will be monitored through approved reporting and evaluation procedures. The Director of Teaching and Learning will utilize the District's curriculum advisory committee to allow involvement of parents, students, board members, and staff members in the development and implementation of the district's wellness policy. In addition, the Food Service

Director will utilize student advisory groups to provide student involvement in the implementation of the 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

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