

**RED WING PUBLIC SCHOOLS  
BOARD OF EDUCATION POLICY**

**533 WELLNESS**

Adopted: June 19, 2006  
Revised: ~~July 15, 2013~~  
Reviewed: ~~July 18, 2016~~ PROPOSED

---

**I. PURPOSE**

The purpose of this policy is to ~~assure a school environment set forth methods that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity~~ 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~~ district recognizes that nutrition promotion and education, ~~and~~ physical education, 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 and that healthful eating and physical activity can have a positive impact on student behaviors~~ learning.
- ~~B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.~~
- ~~B. A Wellness Committee shall be formed to plan, implement and improve the school district's nutrition and physical activity in the school environment.~~
- C. The school district encourages the involvement of students, parents, 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. ~~food service staff, and other interested persons (such as public health/community specialists) 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 and to achieve academic success.

E. Students in grades ECK-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 including meals for students with approved dietary needs; and will provide clean, safe and pleasant settings and adequate time for students to eat.~~

### III. NUTRITION GOALS AND STANDARDS

#### A. Nutrition Goals

1. The school district will encourage and support healthy eating by students by:
  - a. promoting nutrition education as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. including nutrition education as part of health education classes, as well as other classroom instruction where appropriate; and
  - c. promoting nutrition education through enjoyable, developmentally appropriate, culturally relevant, and 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 lines, vending machines, fundraising events, concession stands, and school stores.

#### B. Standards for 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, and regulations.
2. The Food Service Director shall be responsible for the school district's food service program. Duties for the Food Service shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus and to ensure food and beverage choices are consistent with current USDA guidelines.
3. The school district will provide continuing professional development for all food service personnel in schools.
4. 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.
5. The school district will provide clean, safe, and pleasant settings and adequate time for students to eat.

6. Food service personnel will ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations. In addition, reimbursable school meals will meet USDA nutrition standards.
7. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
8. The school district will help eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
9. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
10. The 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.
11. The school district will discourage tutoring, club, or organizational meetings or activities during school mealtimes unless students may eat a school meal or their own lunch during such activities.

#### C. Standards for 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. 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. ~~Child care programs before and after school must comply with applicable USDA standards if their meals are reimbursable under USDA school meals program.~~All fundraising activities that sell competitive foods must be pre-approved before the date of the event by filling out a competitive food fundraiser form sent to the Nutrition Services Director with a picture of the label to show that it is complying with the USDA smart snack guidelines.

|

4. Vending machines must also comply with the following expectations:

a. Foods and beverages in vending machines must meet Smart Snacks nutrition standards,

b. Beverage vending machines will not be available to students in grades EC-4.

c. Beverage vending machines may be available to middle school and high school students only as permitted by applicable state and federal laws. If beverage vending machines are available to middle school or high school students, schools are encouraged to provide non-carbonated beverage options.

D. Standards for Other Foods and Beverages Made Available to Students

1. Student wellness will be a consideration for all foods offered to students on the school campus, including foods not sold to students that are provided through:

a. Birthday treats. Classroom birthday treats are not allowed due to concerns about student allergies, financial constraints for families, building maintenance concerns, and overall health concerns. Staff members are encouraged to celebrate birthdays in various ways, but not with food or beverages.

b. Celebrations and parties organized by classroom teachers. On its website, the school district will provide staff members with a list of healthy party ideas, including non-food celebration ideas.

c. Parent-provided snacks for individual students. On its website, the school district will provide a list of suggested foods and beverages that meet Smart Snacks nutrition standards and the school district's indoor air quality plan.

d. Rewards and incentives. Schools will minimize the use of foods and beverages as rewards for academic performance or good behavior. Employees will follow the guidelines for a student's individual education plan or behavior intervention plan with regard to using foods and beverages as rewards or incentives. A list of age-appropriate incentive ideas will be available for all staff members.

e. Punishment. Schools will not withhold food or beverages as punishment.

f. Fundraising. The school district will encourage school groups and non-school fundraising groups to use healthy fundraising options.

g. Water Availability. The school district will provide drinking fountains and/or hydration stations for student use throughout the school day.

h. Child Care Programs. Child care programs before and after school must comply with applicable USDA standards if their meals are reimbursable under USDA school meals program.

2. Food or beverages brought into schools to be served to students must be commercially prepared and packaged items.

E. Standards for Food and Beverage Marketing in Schools

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

2. Schools will restrict new marketing of foods and beverages to only those foods and beverages that meet with Smart Snacks in School nutrition standards.

**IV. PHYSICAL ACTIVITY GOALS AND STANDARDS**

A. Physical Activity Goals

1. The school district will encourage and support physical activity by students and engage in physical activity promotion that is:

a. promoting physical education as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and physical activity;

b. including physical education as part of physical education classes, as well as other classroom instruction where appropriate; and

c. promoting physical education through enjoyable, developmentally appropriate, culturally relevant, and participatory activities.

2. The school district will encourage all students to be physically active.

B. Standards for Physical Education

1. The school district will provide physical education using an age-appropriate, sequential curriculum consistent with state and national standards.
2. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong habits for physical activity.
3. All students will be provided an equitable opportunity to participate in physical education. Appropriate accommodations will be made to allow for participation of all students in physical education.
4. In the elementary schools, students will participate in physical education for at least 50 minutes in a typical week throughout the school year.
5. In the middle school, students will take physical education each year.
6. To graduate, students must complete 0.5 credits in physical education in grades 9-12.

C. Standards for Other Physical Activity

1. Recess for Elementary Students. Elementary students will participate in recess for at least 15 minutes per day throughout the school year when the school schedule is not altered due to school emergencies. Outdoor recess will be provided when weather is feasible for outdoor play. Recess will complement, not substitute for, physical education.
2. Classroom Activity Breaks. To enhance attentiveness and readiness to learn, students will be periodically given the opportunity to be physically active or stretch throughout all or most school days. Classroom activity breaks will complement, not substitute for, physical education, recess, and class transition periods.



#### IV. OTHER ACTIVITIES THAT PROMOTE WELLNESS

- A. The school district will develop relationships with community partners to support this policy.
- B. The school district will help promote nutrition and physical activity throughout the community.
- C. In coordination with the school district's human resources department, a staff wellness committee will focus on staff wellness priorities, identify and disseminate wellness resources, and perform other functions that support staff wellness. Schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity.
- D. When feasible, the school district will offer professional learning opportunities and resources for staff members to increase their knowledge and skills about promoting healthy behaviors for themselves and others. Topics of professional learning will include the connection between academics and health.

---

#### V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

##### A. Wellness Leadership

- 1. The superintendent or designee will oversee the school district's wellness-related activities.
- 2. For each school, the principal or designee will ensure compliance within the school and submit compliance reports upon request.

##### B. Community Involvement

The school district will encourage 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.

##### C. Communication with Parents

- 1. The school district recognizes that parents and guardians have a primary role in promoting their children's health and well-being.
- 2. The school district will support parents' efforts to provide a healthy diet and 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 exercise 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.

## **VI. POLICY IMPLEMENTATION AND MONITORING**

- A. After approval by the school board, the responsible authorities will implement the wellness policy throughout the school district, post the wellness policy on the school district's website, and annually inform the public about the content and implementation of the wellness policy.
- B. At least once every three years, the school district will conduct an assessment of this policy. The assessment will determine:
  1. Compliance with the wellness policy;
  2. How the wellness policy compares to model wellness policies; and
  3. Progress made in attaining the goals of the wellness policy.
- C. The school district will retain the following information:
  1. Copy of the current wellness policy;
  2. Documentation on how the policy and assessments are made available to the public;
  3. The most recent assessment of implementation of the policy; and
  4. Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

## **III. EXPECTATIONS**

- A. Foods and Beverages

- ~~1. Foods and beverages offered as part of the National School Breakfast program and the National School Lunch program will follow the meal patterns published by the Health Hunger Free Kids Act (HHFKA) of 2010 to provide students a variety of choices to maintain a balanced diet.~~
- ~~2. Competitive food and beverages available during the school day will include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperatures.~~
- ~~3. Competitive foods and beverages sold during the school day will follow the nutrition standards for all foods sold in school as required by the HHFKA.
  - ~~a. Milk must be 1% or fat free.~~
  - ~~b. Juices must contain 100% real fruit or vegetable juice.~~
  - ~~c. Fruits, vegetables, dairy products, protein food, and “whole grain rich” grain products are recommended.~~~~
- ~~4. Nutritional information for competitive food and beverages offered in snack bars, activity concessions stands, ala carte areas, vending machines, and school stores should be available when possible. Healthy food and beverage choices will be available at these locations.~~
- ~~5. Drinking water and hand washing facilities will be conveniently available for students at all times.~~
- ~~6. Carbonated beverages will not be available to elementary or middle school students during the day.~~
- ~~7. Beverage vending machines will be available to high school students only as permitted by applicable state and federal laws regarding hours of operation. However, carbonated beverages will not be sold until the conclusion of the school day. Student available beverage machines shall include juice, water, and isotonic drinks. Carbonated beverages will not be sold until the conclusion of the school day. Carbonated beverages shall be priced at \$0.25 more than juice, water, and isotonic drinks. Staff lounges may be exempt from these requirements.~~
- ~~8. The Wellness Committee will develop a list of acceptable food items that students may bring to school for daily classroom snacks (if applicable) and celebrations. The snack list will include a variety of nutritious, locally available options in which sugar is not one of the top three ingredients.~~

~~The snack list must be consistent with the school district's indoor air quality plan and will reinforce the importance of healthy choices and portion control. Schools will provide this list to parents and/or post on the school's website.~~

- ~~9. Food brought into schools to be served to students must be commercially prepared food items.~~
- ~~10. Birthday treats will not be allowed due to potential student allergies, financial constraints on families, building maintenance concerns, and overall health concerns. Teachers are encouraged to celebrate students' birthdays in various ways, but not with food or drink.~~
- ~~11. Schools are encouraged to participate in fundraisers that promote positive health habits (such as the sale of non food and nutritious food items) and/or support physical activity.~~
- ~~12. Schools are encouraged to minimize the use of 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. A list of age appropriate incentive ideas will be available to all teachers.~~

~~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. Menus will be created to follow the meal patterns and guidelines established by the HFFKA.~~

~~C. 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.~~

~~D. Physical Activity and Education Guidelines~~

- ~~1. Physical education will be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically healthy lifestyle. It will include providing information, fostering a positive atmosphere, encouraging self discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.~~
- ~~2. 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. Health education will teach students how to practice healthy behaviors, reduce health risks, gain access to valid health information, and learn about health promoting products and services.~~
- ~~3. Students from kindergarten through grade 8 will receive regular, age-appropriate physical education. Students in grades 9-12 are required to earn 0.5 credits towards graduation and will have elective physical educational opportunities offered to them.~~
- ~~4. Elementary teachers will be offered staff development opportunities to facilitate physical activities within the classroom.~~

- ~~5. Elementary schools will provide at least 25 minutes of daily recess that encourages physical activity. This minimum may be lowered if it is impossible to accommodate 25 minutes due to the number of sections in a particular grade.~~
- ~~6. Schools will discourage extended periods (i.e., two or more hours) of non-movement of the students. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active.~~
- ~~7. The School District will explore and pilot opportunities to increase physical activities at the middle school level.~~
- ~~8. Schools will provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.~~
- ~~9. Physical education will provide safe and satisfying physical activity for all students, including those with special needs.~~
- ~~10. Schools will encourage walking and biking to school. Schools will work with parents, the City of Red Wing, community groups, and the local police department to provide safe routes to school for all students.~~

#### ~~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. The district will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.~~
- ~~2. The school district encourages parents to pack healthy lunches and snacks and to refrain from including unhealthy beverages and foods. Parents will be provided with information that will offer suggestions for healthy snacks and lunches.~~
- ~~3. The school district will provide information about physical education and other school-based physical activity opportunities.~~
- ~~4. This policy will be made available at each school building and on the district website for parent review.~~

#### ~~IV. IMPLEMENTATION AND MONITORING~~

- ~~A. After approval by the School Board, this policy will be implemented throughout the school district.~~
- ~~B. School food service staff, at the 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.~~
- ~~C. The school district's wellness committee will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus during the school day. The committee will also highlight activities or programs that occur related to nutrition education and promotion, physical activity opportunities and communication with parents.~~
- ~~D. The superintendent or designee will ensure compliance with this policy and will provide an annual report, in June, of the school district's compliance with the policy to the school board.~~
- ~~E. A policy assessment will be repeated at least every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the wellness policy and associated guidelines. The school district and the individual schools within the school district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.~~

***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 ~~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](http://www.education.state.mn.us)  
Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)  
County Health Departments  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov)