



Board Meeting Date: 5/20/2025

Title: Local Wellness Policy

Type: Discussion

Presenter(s): Mert Woodard - Director, Finance & Operations

Description: The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 established that local education agencies participation in the National School Lunch Program must develop and maintain a local wellness policy. At a minimum, the wellness policy must include: specific goals for nutrition education and physical activity; standards and nutrition guidelines for all food and beverage sold to students during the school day; policies for food and beverage marketing; and description of public involvement in maintaining the policy. The District administration is committed to strengthening adherence to policy standards through future policy committee and wellness committee meetings.

Executive Summary: Compliance with Edina Public Schools Policy 533 – Wellness

Edina Public Schools (EPS) is committed to fostering an environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. This executive summary outlines EPS's adherence to Policy 533 – Wellness, demonstrating compliance with federal, state, and local guidelines.

I. Purpose and General Policy

EPS recognizes the integral role of nutrition and physical activity in student success. The district's wellness policy aims to:

- *Promote healthy eating and physical activity.*
- *Encourage involvement from students, parents, teachers, food service staff, and other stakeholders.*
- *Provide access to affordable, nutritious, and appealing foods.*
- *Ensure a clean, safe, and pleasant setting for meals.*

These objectives align with federal standards.

II. Nutrition Education and Promotion

- *EPS integrates nutrition education into various subjects, ensuring it is:*
- *Developmentally appropriate and culturally relevant.*
- *Engaging through activities like contests, promotions, and field trips.*
- *Part of health education classes and other relevant subjects.*

The district promotes healthy food choices through education and discourages using food as rewards or withholding it as punishment, except where specified in individual education plans.

III. Physical Activity

EPS provides students with opportunities for physical activity, including

- *Regular physical education classes.*
- *Incorporation of physical activity into other subject lessons.*
- *Short physical activity breaks between lessons or classes.*

The district ensures that students have access to physical activity that is inclusive and accommodating of disabilities and other special needs.

IV. Food and Beverage Guidelines

EPS adheres to the following guidelines for foods and beverages:

- *All foods and beverages made available on campus meet or exceed USDA Dietary Guidelines.*
- *Competitive foods, including items sold a la carte and through vending machines, comply with USDA Smart Snacks standards.*
- *Meals accommodate religious, ethnic, and cultural diversity.*
- *Clean, safe, and pleasant settings are provided with adequate time for students to eat.*

The district also ensures that students have access to handwashing or hand sanitizing before meals and reasonable access to water during the school day.

V. Implementation and Monitoring

EPS has established procedures to implement and monitor the wellness policy:

- *A designated Wellness Coordinator oversees policy implementation.*
- *Each school site leader ensures compliance and provides annual reports on progress.*
- *A triennial assessment evaluates compliance and progress toward goals, with results made available to the public.*

The district retains records documenting compliance, including the wellness policy, community involvement documentation, and triennial assessment reports.

VI. Community Involvement

EPS encourages community involvement through:

- *Engagement of students, parents, teachers, and other stakeholders in policy development and implementation.*
- *Communication of policy updates and opportunities for participation.*
- *Consideration of community input in policy revisions and assessments.*

The district's commitment to community involvement ensures that the wellness policy reflects the needs and values of the EPS community.

Recommendation: There is no recommended action.

Desired Outcomes from the Board: Be prepared to discuss or provide input regarding the District's current wellness policy, including potential improvements or modifications.

Attachments:

1. Policy 533 – Student Wellness