

## **533 WELLNESS**

### **I. PURPOSE**

The purpose of this policy is to set forth methods that promote 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 will provide the knowledge and skills necessary to promote Nutrition education, physical activity, and other school-based activities that promote student wellness and 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 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 via meetings of the Lakeview Wellness Committee. The Wellness Committee will be Chaired by the Lakeview Wellness Coordinator. The Wellness Committee will be chaired by a teacher from the Lakeview Physical Education/Health Department.
- 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. WELLNESS GOALS**

A. Nutrition Promotion and Education

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.

B. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a lifestyle choice. Health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television and using electronic gaming devices.
  - a. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
  - b. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
  - c. Physical Education will not be used as punishment during the school day. School staff should not use participation or nonparticipation in physical education classes as a way to punish or discipline students. The scheduling of activities such as tutoring, team or club meetings/activities, during physical education class times is discouraged.
2. Daily Recess
  - a. The elementary school will provide at least 20 minutes of supervised recess daily, preferably outdoors. Moderate to vigorous physical activity should be encouraged through the provision of space and equipment
  - b. Recess can be used as an opportunity to get caught up on school related items; however the amount of time should not exceed 50% of the allotted recess period.

3. Interscholastic sports, intramural sports, or elective classes shall not be used as a substitution for physical education classes.
4. Students will be encouraged to walk or bike to and from school.
  - a. A safe path to and from school will be provided for all students choosing to walk or bike.
5. Physical Education (P.E.) K•12
  - a. All students in grades K•12, including students with disabilities, special health•care needs, and in alternative educational settings, will receive regular physical education that meets or exceeds state requirements. Certified physical education teachers should teach all physical education classes. The physical education curriculum should be coordinated with the health education curriculum. Student involvement in other activities involving physical activity (i.e. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
6. Physical Activity Before School;
  - a. The school will offer a supervised physical activity opportunity before school. The school will offer a wide range of activities that meet the needs, interests, and abilities of all students.
  - b. Secondary students (7-12) will be allowed to walk the hallways prior to the start of the school day.
7. Physical Activity During Lunch Time;
  - a. The school will provide a supervised physical activity opportunity during the secondary lunch period. A wide range of activities will be offered to accommodate the diverse needs, interests, and abilities of all students.

C. Communications 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 daily 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 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.
5. Applications for free/reduced-priced meals are sent home to all families at the beginning of each school year. The application is also available on the district website.

## IV. STANDARDS AND NUTRITION GUIDELINES

### A. 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. Meals served through the district's food services programs shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served as specified in 7 CFR 210.10 or 220.8, as applicable. ([Lakeview School Food Service page](#))
3. Drinking water fountains will be made available to students and staff throughout the school building. Students are allowed to bring in bottled water from home.
4. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
5. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
6. 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.
7. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
8. 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. The school lunch is cashless – all students, regardless of the type of payment they make for the school meals use a finger scan to enter their meal.
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 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.
  - a) Provide 10•15 minutes after sitting down for lunch with the option of an extended meal time if circumstances present themselves that require an increased lunch period.
  - b) Scheduling meal periods at appropriate times i.e. lunch should be scheduled

between 10:50 am and 1:15 pm

- c) Working to schedule lunch periods to follow recess periods (in Elementary Schools) to increase student's desire to eat a more nutrient rich foods due to physical activity, therefore reducing food waste
- d) Offering attractive dining areas, which have enough space for seating students

- 11. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.

**B. School Food Service Program/Personnel**

- 1. 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 guidelines.
- 2. All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

**C. Competitive Foods and Beverages**

- 1. All foods and beverages sold on school grounds within the school day 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 ([Lakeview School Food Service Page](#)) 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.

**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 should limit celebrations that involve food during the school day to special occasions. Classroom celebrations should encourage healthy choices and portion control. When possible, the celebration should take place so not to interfere with school meals. If celebrations occur during the scheduled lunch periods, the classroom teacher will notify Food and Nutrition Services. The School district will have the Smart Snack in Schools Guide available on the School District's Website for healthy party ideas for parents and teachers.
- 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. Field Trips: Field trips that will occur during the scheduled lunch period, the classroom teacher will make available the option for students to order a sack lunch meeting HHFKA guidelines. Parents will be notified of this option.
2. Rewards and incentives. School staff will use food and candy as a reward for student accomplishment sparingly. Non•food rewards and incentives will be used whenever possible as the first choice to encourage positive behavior. The School District will have list of positive, non•food rewards posted on the website.
3. Fundraising. To support children’s health and school nutrition education efforts, the school will encourage fundraising that promotes the sale of non•food and/or food sales that include nutritious food items. Fundraising will follow the food safety practices per district policies. The School will encourage fundraising activities that promote physical activity. The School District will make available on the website a list of ideas for possible fundraising activities.

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 school district will designate a school district official to oversee the school district’s wellness-related activities (Wellness Coordinator). The

Wellness Coordinator 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, quarterly, 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 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).

**Legal References:** Minn. Stat. § 121A.215 (Local School District Wellness Policy)  
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)