

Melrose Area Public Schools

Adopted: 8-29-11

*MSBA/MASA Model Policy 533
Orig. 2005*

Revised: 10-28-13

2-23-15

1-23-17

533 WELLNESS

I. PURPOSE

The purpose of this policy is to help to provide 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, social/emotional 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 to have the option to access healthy foods and opportunities to be physically active in order to grow, learn, and thrive. Biking, walking, and other forms of active transportation promote student and adult well-being by integrating more physical activity into a daily routine and provide active living skills and healthy habits that will last a lifetime. The district supports biking and walking as transportation as long as students and employees can do so safely.
- 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 the district will provide clean, safe, and pleasant settings and adequate time for students to eat to the extent possible.

- G. The policy will be monitored periodically by the School Health/Wellness Committee which consists of the school nurse, director of food service, physical education teachers, other school employees, board members, and community/parents.
- H. Nutrition/Physical Activity Promotions will be updated on a regular basis and posted on the school website and through school to home communication.
- I. A copy of Policy 533 – Wellness will be found on the school website.

III. GUIDELINES

A. Foods and Beverages

1. Foods and beverages made available on the school's reimbursable breakfast & lunch programs will be consistent with the current federal regulations for school meal nutrition standards and Smart Snacks in School Standards.
2. 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.
3. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
4. 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.
5. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students have a chance to eat a school meal during such activities.

B. School Food Service Program/Personnel

1. Food service personnel shall adhere to all federal, state, and local food safety and sanitation guidelines.
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 following of nutrition guidelines and procedures for the selection of foods and beverages made available in the school's reimbursable breakfast & lunch program to ensure food and beverage choices are consistent with current federal regulations for school meal nutrition standards and Smart Snacks in School Standards.

3. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development/training for all food service personnel in schools.

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, (A la carte lines, vending machines, fundraising events, concession stands, and student stores) through health education classes and regular classroom instruction.
3. The school district will expect staff to use healthy foods, healthy beverages or other non-food items as rewards (See Appendix A & B) and will not withhold food or beverages as punishment (unless this practice is allowed by a student's individual education plan or behavior intervention plan).
4. Concession Stands – See Appendix C
5. Healthy Snack/Celebration Product List – See Appendix D
6. Non-Food Reward List – See Appendix E
7. Any foods and beverages marketed or promoted to students on school property during the school day will meet or exceed the USDA Smart Snacks in School Nutrition Standards.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education and other classroom instruction will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
2. Opportunities for physical activity may be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will attempt to provide short physical activity breaks between lessons or classes, as appropriate.
4. Every child will have the opportunity to participate in his/her physical education class and will not be held back as a form of classroom make-up time/work.
5. The school district will make every effort to include all children in recess unless there is an academic concern that can't be addressed at a more appropriate time or except for disciplinary action as directed by the administration.

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 encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
3. The school district will provide information about physical education and other school-based physical activity opportunities.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. The Director of Food Service will ensure compliance within the reimbursable breakfast & lunch programs to the extent possible.
- C. The school district will assess and update the wellness policy once every three years, following the triennial assessment, and make the updates available to the public.

- C. The superintendent or designee will monitor compliance with the wellness policy and will provide a report of the school district's compliance with the policy to the school board as needed.

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 and
www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf

BLEND (Better Living: Exercise & Nutrition Daily) is a coalition of medical professionals, policy makers, educators, health care advocates, and parents who are committed to improving the health of children in the St. Cloud area by reducing epidemic of childhood obesity.
www.blendcentralmn.org

Policy 533 – Appendix A

Daily snack/celebration items for students in grades K-2 will be selected from products provided by the District's Food Service Program. A fee from each student will be collected at the beginning of each school year to be used toward the purchase of these snacks. Teachers will select snack/celebration items from a list provided by the District. A list of possible non-food rewards will also be provided to staff which are recommended to be used in place of food rewards.

Policy 533 – Appendix B

In grades 3-12 it is strongly recommended that when providing classroom snacks or snacks for celebrations that they are selected from products listed in the District's Healthy Snack/Celebration List. It is also recommended that staff select items from the list of non-food rewards that will be provided to staff to be used in place of food rewards.

Policy 533 – Appendix C

1. Concession stand sales for school sponsored events/activities will be supportive of healthy eating by emphasizing the sale of healthy foods.
2. The District, with the assistance of the Health/Wellness Committee, will create and promote a list of healthy food recommended for sale at concession stands.
3. All food items, as much as possible, will need to meet required guidelines.
4. For outside groups (tournaments/other activities) all food products including those purchased from certified vendors, will need to be approved by the District's Director of Food Service. Outside groups will be encouraged to follow the guidelines as stated in Appendix C.

Policy 533 – Appendix D

The District's Healthy Snack/Celebration Product List

Policy 533 – Appendix E

The District's list of Non-Food Rewards