

Adopted: June 12, 2017

Rothsay Public School 533

Revised: March 11, 2019

Orig. 2005

Rev. 2017

Reviewed: March, 2019

533 - M WELLNESS (Mandatory)

I. PURPOSE

The purpose of this policy is to assure a school environment that enhances student attendance and academic performance by supporting healthy eating and physical activity. The policy promotes and encourages students to adopt lifelong healthy behaviors that can promote and protect students' health and wellbeing as well as reduce the risk of chronic disease.

II. Nutrition Education and Wellness Promotion is:

- A. Recognized as an essential component of the education process and formation of lifelong healthy behaviors.
- B. Provided as part of a standards-based, comprehensive program designed to provide students and families with knowledge and skills that facilitate healthy behaviors, and encouragement to promote and protect their health and ability to learn.
- C. Integrated into every classroom and physical education (PE).
- D. Supported by teachers, staff, and food service personnel through participation in worksite wellness opportunities, and role modeling of healthy behaviors.
- E. Linked with school food environment, any school related programs/services.
- F. Communicated and promoted with consistent messaging throughout the district, as well as to parents and the community via posters, website, newsletters, or other means. Offered in the cafeteria and classrooms with coordination between nutrition-trained school foodservice staff and teachers. Schools will work towards restricting food and beverage marketing to only foods and beverages that meet USDA smart snack and nutrition guidelines.

- G. Consistent with and reinforces the objectives of the educational and nutritional health goals of the school, thus promoting physical activity (PA) and healthy food/beverages.

III. USDA School Meal Program

School Meals are:

- A. The main source of nutrition during the school day.
- B. Affordable, nutritious, appealing, and served in a safe, clean, and enjoyable setting
- C. Served in an environment that encourages healthy eating and food habits.
- D. In compliance with or exceeding the most updated safety standards, current USDA school breakfast, lunch and SMART Snacks Nutrition regulations
- E. Provides continuing professional development for food service director and employees.
- F. Is encouraged to offer nutrient-rich fresh fruit and/or vegetables, whole grains, and other minimally processed foods daily.
- G. Provides access to clean, free drinking water for students during the school day.
- H. Provides student access to hand washing or hand sanitizing prior to meals and snacks.
- I. Operates the USDA Breakfast Program in all schools, encourages breakfast participation, and informs families of the program availability and the link between a healthy breakfast and ability to learn.
- J. Provides students with adequate time to eat meals (goal is: 20 minutes for lunch and 10 minutes for breakfast).
- K. Schedules lunch between 10: 45 am-1 pm, and after recess when possible to increase student nutrient intake and reduce food waste.
- L. Discourages tutoring, club meetings, or activities during mealtimes unless lunch may be eaten during such activities.

- M. Work towards using no food/beverages as a reward unless healthy choices are allowed by student's Individualized Education Plan (IEP) by school year two of adoption date; does not withhold food/beverages as a punishment Discourages sharing of food/beverages due to concerns about allergies and diet restrictions.
- N. Obtains student feedback about menu items through taste testing, surveys, or other means when available.
- O. Encourages lunches from home meet USDA guidelines.
- P. Schools shall prevent the overt identification of students who are eligible for free and reduced price school meals and shall make every effort to eliminate social stigma to students who are eligible.

IV. Competitive Foods and Other Foods:

Competitive Foods are those food and beverages sold/served during the school day outside of reimbursable school meals. The district will work towards using the current USDA Smart Snacks Nutrition Guidelines based on the intent that school meals be the main source of nutrition for students during the school day. Competitive Foods shall help rather than hinder health and learning, and when possible be within age appropriate serving sizes.

- A. Food and beverages sold through *vending, school stores, and a la carte* shall work towards following the above referenced standards.
- B. *Fundraisers*: Nonfood fundraising is recommended and shall follow district procedure for all fundraisers. Food items will not be sold after year five of adoption date.
- C. *Student Snacks*: Families are encouraged to send healthy snacks that enhance their student's learning and health: (150-200 Calorie Snacks list will be available on the website)
- D. Alternatives to pop are encouraged and offered in student vending machines. The district recommends drinking water throughout the day as a healthy choice.
- E. *School Day Classroom Celebrations*, including birthdays, focus on healthy alternatives. Parents are encouraged to refer to Healthy Celebrations list on the website and provided by teachers

F. *Concessions*:

- Encouraged to include healthy food/beverage options
- Encouraged to offer the following in appropriate portion sizes: low-fat or fat-free milk, fruits, vegetables, and at least one healthy entrée option.

G. Anytime food is served at a school function, encourage having healthy food options available.

V. Physical Education and Physical Activity

A. Physical Education(PE) is:

1. Standards-based, using national or state-developed standards, such as the National Health and Physical Education Standards provided by SHAPE America, and incorporates adequate PE/PA specific space and equipment that conforms to all applicable safety standards.
2. Recognized as an essential component of the educational process and forming lifelong healthy behavior and lifestyle.
3. Offered daily 125 minutes/week for elementary grades K-6, 250 minutes/week per one semester in grades 7-10, and there is a PE elective available for grade 11. It is in compliance with specialized IEP or 504 Plans for students with disabilities, special healthcare needs, and in alternative educational settings. Elementary schools do not substitute recess for PE.
4. Composed of at least 50% of the time spent in moderate to vigorous PA.
5. Provides an opportunity to learn, practice, and be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, physical fitness, and PA benefits.
6. Taught by certified PE staff trained to educate, and promote enjoyable, lifelong PA among students.
7. Consistent with student-teacher ratios of other academic subjects through enrollment caps.
8. Working towards not withholding PE or PA as punishment. PA or recess shall not be withheld or used as punishment
9. To be participated in by all students; students may be temporarily excused from PE but will not receive waivers. Adapted PE is identified through an IEP.

B. Integration of Physical Activity Throughout the School Day

1. Elementary school students have at least a 20-minute supervised recess break daily, preferably outdoors and before lunch; moderate to vigorous PA is facilitated verbally and via adequate equipment and outdoor/indoor space.
2. Working towards encouraging integrating Physical Activity into the Classroom Settings– In order that students are active the recommended amount of at least 60 minutes of PA per day:
 - a. Classroom health education reinforces knowledge and self-management skills to maintain a physically active lifestyle and reduce sedentary activities, such as watching TV and video games.
 - b. PA is integrated into classroom lessons and celebrations, and school events.
 - c. Short PA breaks are offered between lessons and classes, as appropriate.

C. Daily Physical Activity Opportunities Before and After School

1. Daily PA programs such as before-school/after-school supervised active play time, and activity clubs or intramurals, are offered and promoted.
2. Schools shall make outdoor and indoor PA facilities available for community use when not being used for school activities. School safety policies apply at all times.
3. Safe bicycling and walking to and from school is promoted and encouraged.

VI. Implementation and Monitoring of LWP

- A. The district engages students, parents, PE and other teachers, food service professional, school health professionals, school board, school administrators, and the public in developing, implementing, annual monitoring, periodic review, and revising of this policy through its wellness committee that meets four times during the school year. Meetings are open to the public and posted on the web site.
- B. The Superintendent designates the Principal as the Wellness Coordinator and they are responsible for administrative procedures that designate district level and site-based staff responsible for policy implementation and compliance of the wellness policy.
- C. At least once every three years as part of the MN Department of Education triennial assessment , the school district Food Service Director, Wellness Coordinator and Superintendent or designee will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:

- i. the extent to which schools under the jurisdiction of the school district are in compliance with the wellness policy
 - ii. the extent to which the school district's wellness policy compares to model local wellness policies
 - iii. a description of the progress made in attaining the goals of the school district's wellness policy
- D. The Principal will be responsible for conducting the triennial assessment.
- E. The triennial assessment report shall be posted on the school district's website or otherwise made available to the public.
- F. District Food Service Director will ensure compliance in food service areas, and report either to the building Principal or Superintendent. The Food Service Director will provide an annual report to the superintendent identifying the nutrition guidelines and procedures for selection of all foods made available on campus, as well as the most recent Minnesota Department of Education review (triennial assessment), findings and updates.
- G. The superintendent or wellness coordinator will develop an annual summary report on the progress of implementation of the wellness policy with wellness committee input. This report will be provided to the school board and communicated to school staff, parents, and the public through school website, newsletter, weekly column and/or other means as designated by the superintendent.