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Tri-County Schools Policy 533

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## **533 WELLNESS**

### **I. PURPOSE**

The purpose of Tri-County School's policy is to assure a school environment that promotes and protects student's ability to learn as well as protecting the health and well-being of both students and staff through 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, well-being, and ability to learn by encouraging healthy eating and physical activity.

C. The school district encourages the involvement of students, parents, teachers, including K-12 specialists in health, physical education, nutrition education, school nursing staff, food service staff, dietician, school administration, and other interested persons (such as County Extension) 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, thrive, and to achieve academic success.

E. All students in grades K-12 should have opportunities, support and encouragement to be physically active on a regular basis.

F. Qualified food service personnel should 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 a clean, safe, and pleasant setting and adequate time for students to eat.

### **III. GUIDELINES**

#### **A. Foods and Beverages Served/Sold During the School Day**

1. All foods and beverages made available at school (including any a la carte items) will be consistent with the current USDA Dietary Guidelines for Americans.
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. 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.
5. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. 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.
7. The school district will discourage tutoring, club, or organizational meetings or activities during meal times, unless students may eat during such activities.
8. The school district will offer the School Breakfast Program to the extent possible or by regulation.

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

1. The school district will provide a healthy and safe school meal program that strictly complies 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, 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 beverages choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development 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 being integrated into other areas of the curriculum 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 contest, promotions, taste testing, and field trips.
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages.
3. In general, the school district will strive to avoid using 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.

### **D. Physical Activity**

#### **1. Physical Education (P.E.) K-12.**

- a. The primary goals of physical activity in schools are to provide:
- b. Opportunities for students to develop the knowledge and skills for specific physical activities.
- c. Regular physical activity to maintain students' physical fitness.
- d. Instruction on the short and long-term benefits of a physically active lifestyle.

#### **2. Integrating Physical Activity into the Classroom Setting**

- a. Classroom health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;

b. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate, and

c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

d. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

**3. Physical Activity and Punishment.** Teachers and other school personnel will not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment. The school district will discourage tutoring, club, or organizational meetings or activities during recess or physical education class times.

**4. Use of School Facilities Outside of School Hours.** School spaces and facilities will be available, to the extent possible, for students, staff, and community members before, during and after the school day, on weekends, and during school vacations for physical activity and nutrition programs.

### **5. Communications with Parents**

a. 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.

b. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.

c. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

d. 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.

### **6. Staff Wellness**

A. Tri-County School District values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. All school staff should act as role models for good nutrition and physical activity

behaviors. An Employee Wellness Committee will be developed to plan and implement activities for health promotion. The district will encourage all staff members to participate in health promotion activities planned and implemented at school to promote staff health and wellness.

#### **IV. IMPLEMENTATION AND MONITORING**

A. After approval by the school board, the Wellness Policy will be implemented throughout the school district.

B. The Wellness Committee will monitor and evaluate the school district's implementation of the Wellness Policy. The Wellness Committee will meet at least once year to review and update the policy. Members of the Wellness Committee include the following: School Administrator, Teachers, Support Staff, School Nurse, Students, Food Service Director, and members from the community.

C. Faculty/Staff responsible for the areas outlined within this policy, at the school or district level, will ensure compliance and report to the Wellness Committee as appropriate. An annual report of the school district's compliance with the policy will be given to the Superintendent and School Board.

D. The Center for Disease Control, (CDC) School Health Index will be utilized to assess the nutrition and physical activity needs for students. Assessments will be repeated every three years to review policy compliance, assess progress, and determine areas in need of improvement.

E. School food service staff will ensure compliance within the school's food service areas and will report to the superintendent, or the superintendent's designee, as appropriate.

F. The school district's food service staff will provide an annual report for the superintendent setting forth the nutrition guidelines and procedures for selection of all foods prepared and made available at school.

G. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.

#### **V. SUMMARY OF RECOMMENDATIONS**

##### **A. Staff**

1. In general, strive to use items other than foods or beverages as rewards for classroom performance or good behavior. This includes holiday parties and other classroom celebrations.

2. Incorporate good nutrition promotion into elective subjects where appropriate.
3. Set a good example by modeling good nutrition habits for your students.
4. When planning class projects and/or fund raising, avoid using items with low or no nutritional value.
5. Recess and PE are not to be withheld for academic reasons.

#### B. Parents

1. Set a good example. Model good nutrition and physical activity habits for your children.
2. Parents are encouraged to pack healthy lunches with a variety of healthy choices for students to eat during the noon meal.
3. Provide opportunities for physical activity with the entire family.

#### C. Students

1. Wash your hands before meals.
2. Take time to sit down and eat healthy meals.
3. Make healthy food and beverage selections, both in school and out.
4. Incorporate physical activity into every-day life.

### **VI. MEASURING THE IMPLEMENTATION OF THE WELLNESS POLICY**

A. School staff will complete the School Health Index Score cards for the following modules:

1. School Health and Safety Policies and Environment
2. Health Educations
3. Physical Education and Other Physical Activity Programs
4. Nutrition Services

B. The School District Superintendent will tabulate the results of the score cards at each level and list the results on the "Overall Score Card" provided with the program.

C. The School Wellness Committee will meet to review the results and determine areas that need to be improved.

D. A School Improvement Plan will be developed by the Wellness Committee. The "School Health Improvement Plan," provided with the program, will be used by the committee to list the corrective actions that need to take place.

E. The School District Superintendent will be the person responsible for the implementation of this policy.

***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](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) and [www.actionforhealthykids.org/filelib/toolsforteam/recoin/MNHealthy%20Foods%20for%20Kids%208-2004.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recoin/MNHealthy%20Foods%20for%20Kids%208-2004.pdf)

**Additional References and Associations Involved:**

- American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- American Association of School Administrators (AASA)
- Council of Chief State School Officers (CCSSO)
- Nation Association of Elementary School Principals (NAESP)
- National Association of Secondary School Principals (NASSP)
- National Association of State Board of Education (NASBE)
- National PTA
- National School Board Association (NSBA)
- School Nutrition Association (SNA)
- Centers for Disease Control and Prevention (CDC)
- National Food Service Management Institute (NFSMI) - Eating at School Summary
- United States Department of Agriculture (USDA)
- United State Department of Health and Human Services