

LAKE BENTON PUBLIC SCHOOLS
DISTRICT WELLNESS POLICY

533 WELLNESS

(Sec. 204 of Public Law 108-265 Local Wellness Policy: Not later than the first day of the school year beginning after June 30, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 (“the Act”) to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, physical activity to promote student wellness, and other school-based activities that are designed to promote wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. Thy Act provides for technical assistance and information from the secretary of Agriculture to aid state and local educational agencies and school food authorities on establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.)

I. PURPOSE

The purpose of this policy is to assure 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, 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 and nutrition services staff, school board, school administrators, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies. A Wellness Committee shall be formed to plan, implement and improve the school district's nutrition and physical activity in the school environment.
- 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 PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food and nutrition services 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.

III. GUIDELINES

A. Foods & Beverages Served/Sold During the School Day

(The Act requires that school districts have nutrition guidelines, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.)

- 1. All foods and beverages made available on campus (including concessions, beverage contracts and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
 - a. Food and beverages offered over the course of a school week will be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.

- b. Foods and beverages available during the school day will include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperatures.
- c. Foods and beverages available during the school day minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans.
- d. **Junior High and High School.** All foods and beverages sold individually outside the reimbursable school meal programs (including those sold a la carte and fundraising activities) during the school day or through programs for students before and after the school day, will meet the following nutrition and portion size standards.

Beverages

Allowed: Water, white milk (1% or skim), chocolate milk (1%)

Allowed on a limited bases: Carbonated beverages, sports drinks, 100% fruit juice

Foods

- Foods and beverages available during the school day will minimize the use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
- A choice of at least two fruits and/or non-fried vegetables will be offered where meals and food is served/sold. Such items will include, but not limited to, fresh fruits and vegetables: 100% fruit and vegetable juice: cooked, dried or canned fruits (canned in fruit juice or light syrup): and cooked, frozen and canned vegetables.

Portion Sizes

-Food and beverages will be offered in modest portion sizes age-appropriate for elementary, junior high and high school students, respectively.

- 2. Food and nutrition services personnel will take every measure to ensure that student access to foods and beverages meet and exceed all federal, state and local laws and guidelines.

3. Food and nutrition services 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.

(Note: The Act requires that the school district's wellness policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations and guidance apply to schools.)

5. The school district will provide student access to hand washing or had 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 meeting or activities during mealtimes unless students may eat during such activities.
8. Students should be discouraged from sharing their foods or beverages with one another during meals or snack times given concerns about allergies and other restrictions on some children's diets.
9. The school district will, to the extent possible, ensure that all children have the opportunity for breakfast, either at home or at school; operate the School Breakfast Program and notify parents and students of the availability of the School Breakfast Program: arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
10. Snacks served during the school day will make a positive contribution to children's diets and health and will emphasize serving whole grains, fruits, vegetables and dairy as the primary snack items.

11. Foods or beverages will not be used as rewards for academic performance or good behavior and will not be withheld as a punishment. Rewards and incentives will be used that do not undermine the health of students and /or reinforce unhealthy eating habits. Non-food rewards and incentives will be used as the first choice to encourage positive behavior.
12. Classroom celebrations, especially in elementary school, should encourage healthy choices and portion control. The celebration should be scheduled so it will not interfere with school meals.
13. The district will encourage fundraising that promotes the sale of non-food and nutritious food items; being mindful of food safety and will encourage fundraising activities that promote physical activity.
14. School-sponsored events (such as, but not limited to, athletic events, dances or performances) concessions sales can be profitable and contribute to health and well being of students. Research shows that students will buy and consume healthy foods and beverages when the options are tasty, accessible and affordable. To the extent possible, healthy choices will be made available.

B. School Food Service Program/Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply 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 beverage choices are consistent with current USDA Dietary Guidelines for Americans.
2. 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

(Note: The Act requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school district determines are appropriate.)

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, concessions stands and student stores.
3. The school will not use 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.) Pre K-9.** All Students in grades Pre K-9, including students with disabilities or special health-care needs will receive regular physical education (Pre K-6 will have at least 25 minutes a day for the entire year, grades 7-9 50 minutes per day for 1 semester. All physical education will be taught by a certified physical education teacher. The physical education curriculum should be coordinated with the health education curriculum. Physical education course

will be in the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Student involvement in other activities involving physical activity (i.e. extracurricular programs) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

3. **Integrating Physical Activity into the Classroom** . For students to receive the nationally recommended amount of daily physical activity (at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond P.E. education class. Toward that end:

- 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:
- Opportunities for physical activity will be incorporated into other subject lessons (such as science, math and social studies), where appropriate: and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

4. **Daily Recess**. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. The school will discourage extended periods of inactivity.
5. **Physical Activity Opportunities After School**. All students in grades 7-12 will be offered extracurricular physical activity programs after school.

After-school enrichment programs will provide and encourage – verbally and through the provision of space, equipment and activities – 2-3 periods a week of moderate to vigorous physical activity for all participants.

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

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 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.

IV. IMPLEMENTATION AND MONITORING

(Note: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more person within the school district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.)

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. School food service staff, at the school or district level, will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal or the superintendent's designee, as appropriate.

- C. The school district's food service program administrator will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. 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.

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

