

**ADA-BORUP PUBLIC SCHOOLS
INDEPENDENT SCHOOL DISTRICT 2854**

BOARD POLICY	533	
SERIES:	500	STUDENTS
SUBJECT:	533	WELLNESS
Adopted: 3-2017		
Revised:	Page	

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 in and out of school.
- 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. Students in the District will have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards. Qualified food service personal will also 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.
- E. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis and receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- F. The community will be engaged in supporting the work of the District in creating continuity between school and other settings for students, and staff, to practice lifelong healthy habits

II. GUIDELINES

- A. Foods and Beverages

1. Food and beverages made available during the school day will be consistent with the current USDA Dietary Guidelines for Americans.
2. Foods and beverages that meet or exceed the USDA Smart Snacks in Schools standards may be sold through fundraisers on the school campus* during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas
3. 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.
4. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
5. 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.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. 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.
8. 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. All School Nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education 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 needs
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.
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.
4. When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

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. Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving; and to meeting the nutrition needs of school children within their calorie requirements.
 3. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.
 4. All Schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All Schools within the District are committed to offering school meals through NSLP and SBP programs, and other applicable Federal child nutrition programs, that:
 - a. Are accessible to all students
 - b. Are appealing and attractive to children
 - c. Are served in clean and pleasant settings
 - d. Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations

Promote healthy food and beverage choices using at least ten of the following Smarter lunchroom techniques:

 - i. Whole fruit options are displayed in attractive bowls or baskets
 - ii. Sliced or cut fruit is available daily
 - iii. Daily fruit options are displayed in a location in the line of sight and reach of students
 - iv. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - v. White milk is placed in front of other beverages in cooler
 - vi. Alternative entrée options are highlighted on posters or signs within all service and dining areas
 - vii. A reimbursable meal can be created in any service area available to students
 - viii. Student surveys and taste testing opportunities are used to inform menu development, dining space décor, and promotional idea
 - ix. Student artwork is displayed in the service and/or dining area

- x. Daily announcements are used to promote and market menu options
5. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout the school campus. The District will make drinking water available where school meals are being served during mealtimes.
6. The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School 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. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:
<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.
The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at:
www.foodplanner.healthiergeneration.org.
7. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.
8. All foods offered on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in school nutrition standards including through:
 - a. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
 - b. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
 - c. Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will rarely be used as a reward (unless this practice is

allowed by a student's individual education plan or behavior intervention plan), or withheld as punishment for any reason, such as for performance or behavior.

9. Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.
10. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:
 - a. Implementing at least ten or more evidence based healthy food promotion techniques through the school meal programs using smarter lunchroom techniques
 - b. Ensuring all foods and beverages promoted to students meet the USDA Smart Snacks in School Nutrition Standards.
11. The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:
 - Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
 - Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
 - Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
 - Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
 - Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;

- Teaches media literacy with an emphasis on food and beverage marketing;
- Includes nutrition education training for teachers and other staff.

12. The District will include in health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

13. The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical

activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

14. Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards
15. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:
 - Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container
 - Displays, such as on vending machine exteriors
 - Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
 - Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
 - Advertisements in school publications or school mailings.
 - Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.
16. As the District/school nutrition services/Athletics Department reviews existing contracts and considers new contracts, equipment and product

purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

D. Physical Activity

1. Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in Let's Move!Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.
2. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason, this does not include participation on sports teams that have specific academic requirements. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.
3. To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.
4. The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.
5. All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.
6. All District secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.
7. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.
8. Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
 - How physical activity can contribute to a healthy weight
 - How physical activity can contribute to the academic learning process
 - How an inactive lifestyle contributes to chronic disease
 - Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
 - Differences between physical activity, exercise and fitness
 - Phases of an exercise session, that is, warm up, workout and cool down
 - Overcoming barriers to physical activity
 - Decreasing sedentary activities, such as TV watching
 - Opportunities for physical activity in the community
 - Preventing injury during physical activity
 - Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
 - How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
 - Developing an individualized physical activity and fitness plan
 - Monitoring progress toward reaching goals in an individualized physical activity plan
 - Dangers of using performance-enhancing drugs, such as steroids
 - Social influences on physical activity, including media, family, peers and culture
 - How to find valid information or services related to physical activity and fitness
 - How to influence, support, or advocate for others to engage in physical activity
 - How to resist peer pressure that discourages physical activity.
9. All elementary schools will offer at least 20 minutes of recess on all days during the school year, this policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.
10. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

11. The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.
 - a. The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation
 - b. Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.
 - c. The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.
 - d. Teachers will serve as role models by being physically active alongside the students whenever feasible.
12. The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. These methods will include: Participation in extra-curricular activities, participation in elementary physical activities, physical activity clubs, participation in summer performance program, and participation in center activities.

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.

5. The District will actively inform parents and the public each year of the basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the school website and the school newsletter. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to the wellness policy implementation. Annually the District will publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.
6. The District will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in school nutrition standards.
7. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the District is communicating school information with parents.
8. The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.
9. The district will use electronic mechanisms, such as displaying notices on the school website, as well as non-electronic mechanisms, such as the school newsletter or sending information home to parents, to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

F. Wellness Committee

1. The District will convene a representative district wellness committee, that meets (x) times per year to establish goals for and oversight of school health and safety policies and programs, including development, implementation and periodic review and update of the district level wellness policy
2. The wellness committee will represent all school levels and include, but not be limited to: parents and caregivers, students, teachers, health education teachers, school health professionals, school health service staff, mental health and social services staff, school administrators, school board members, health professionals, and the general public

3. The Superintendent or designee will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.
4. The wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff
5. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

G. Community Partnerships

1. The District will develop and continue to build and grow relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

III. IMPLEMENTATION AND MONITORING

- 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 school district will post this wellness policy on its website, to the extent it maintains a website.
- E. At least once every three years the District Superintendent will evaluate compliance with the wellness policy, assess the implementation of the policy, present findings to the wellness committee and school board, make available to the public on the school website, and the assessment will include:
 - i. The extent to which the schools under the jurisdiction of the District are in compliance with the wellness policy
 - ii. The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy

- iii. A description of the progress made in attaining the goals of the District's wellness policy.
- F. The wellness committee will update or modify the policy based on the results of the annual school health index and the triennial assessment and/or as District priorities change; community needs change; wellness goals are met; new health science information and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assess and updates as indicated at least every three years, following triennial assessment.

V. RECORD KEEPING

- A. The district will retain records to document compliance with the requirements of the wellness policy in the district office. Documentation maintained in this location will include but not be limited to:
- i. The written wellness policy
 - ii. Documentation demonstrating that the policy has been made available to the public
 - iii. Documentation to demonstrate compliance with annual public notification requirements
 - iv. The most recent assessment of the wellness policy
 - v. Documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public
 - vi. Documentation of efforts to review and update local school wellness policy; including an indication of who is involved in the update and methods used to make stakeholders aware of their ability to participate in 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
Minnesota Department of Health, www.health.state.mn.us
County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org
United States Department of Agriculture, www.fns.usda.gov
[Alliance for a Healthier Generation, https://www.healthiergeneration.org/](http://www.healthiergeneration.org/)