ISD 486 Policy 533
Adopted:
Revised: June 2017

ISD 486 Wellness Policy

PURPOSE

The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum local, state, and federal standards.

GENERAL STATEMENT OF POLICY

- The school board of District 486 recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.
- The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- School District 486 encourages the involvement of parents, students, the school board, school administrators, and the general public in the development, implementation, and periodic review and updated of the ISD 486 Wellness Policy.
- Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- All students in grades k-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- 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 the students.
    - Try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
    - Will provide clean, safe, and pleasant settings and adequate time for students to eat.

WELLNESS GOALS

- Nutrition Promotion and Education
    - School District 486 will encourage and support healthy eating by students and engage in

nutrition promotion that is:

- Offered as part of a comprehensive program designed to provide students with knowledge and skills necessary to promote and protect their health.
- 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.
- Enjoyable, developmentally appropriate, culturally relevancy, and includes participatory activities.

- ISD 486 will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside of the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising events, concession stands, and student stores.

- Physical Activity
  - Students need opportunities for physical activity and to full embrace regular physical activity as a personal behavior. Toward that end, health and physical 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, where appropriate.
  - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

- Communications
  - The Swanville School District recognizes that parents and guardians have a primary role in promoting their children's health and well-being.
  - School District 486 will support parents' efforts to provide a healthy diet and daily physical activity for their children.
  - School District 486 encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
  - The Swanville 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.

STANDARDS AND NUTRITION GUIDELINES

- School Meals
  - School District 486 will provide healthy and safe school meal programs that comply with all applicable federal, state and local laws, rules, and regulations.

- Food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet health and nutrition needs of students.
    - Swanville offers both reimbursable breakfast and lunch programs.
- Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
- Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
    - A "Nut Safe" school policy has been established and is being monitored by the school nurse and administration. All families receive notice in the fall and as policy is updated.
- Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals including the breakfast program meet USDA nutrition standards.
- Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
- The Swanville 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.
- District 486 will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- The Swanville School District will make every effort to provide students with sufficient time, at least 20 minutes, to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
- School District 486 will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.
- The School District of Swanville has a closed campus policy. Students are not allowed to leave school grounds throughout the lunch hour.

- School Food Service Program/Personnel
    - Swanville School District shall designate an appropriate personal 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 guidelines.
    - As part of the school district's responsibility to operate a food service program, Swanville School District will follow the USDA Professional Standards for State and Local Nutrition Programs to ensure continued professional development for all food service personnel in schools.
- Competitive Foods and Beverages
    - All foods and beverages sold on school grounds to students outside of reimbursable meals are

considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, form vending machines, school stores, and for in-school fundraisers.

- School beverage machines contain only beverages approved by state and federal regulations.
- Any snacks sold during school hours must meet state and federal standards. This specifically pertains to the "home room snack cart."
- Fundraising food items sold during the school day must follow state and federal guidelines. School hours are 8:15 AM to 3:10 PM.

- All competitive foods will meet the USDA Smart Snacks in School nutritional standards and any applicable state 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.
- Before and Aftercare (child care) programs must also comply with the school district's nutrition standards unless they are reimbursable under the USDA school meals program, in which case they must comply with all applicable USDA standards.

- Other Foods and Beverages Made Available to Students
  - Student wellness will be a consideration for all foods offered but not sold to students on campus including those foods provided through:
    - Celebrations and parties. The school district will provide a list of healthy part ideas to parents and teachers including non-food celebration ideas from the USDA Healthy Celebration Resources.
    - Classroom snacks brought by parents. The school district twill provide to parents a list of suggested foods and beverages that will meet Smart Snacks nutrition standards. Elementary students brings snacks from home and are encouraged to make healthy snack choices.
  - Rewards and incentives. Schools 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.
    - Classroom rewards other than treats are encourage, including more activity opportunities as reward.
  - Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas.

- Food and Beverage Marketing in Schools
  - School-based marketing will be consistent with nutrition education and health promotion.
  - Swanville School District prohibits advertising of foods and beverages that cannot be sold during the school day and do not meet Smart Snack nutrition standards on signs, banners, scoreboards, etc. or will prohibit at time of renewal of sponsorship agreements.

WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

- Wellness Coordinator
  - The superintendent will designate a school district official to oversee the Swanville School District's wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that the wellness policy is implemented.
  - A designated school official will ensure compliance within the school and will report to the Wellness Coordinator regarding compliance matters.

- Public Involvement
- The Wellness Coordinator will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.
- The Wellness Coordinator will hold a meeting each trimester for the purpose of discussion the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be posted on the school district's website and will be open to the public.

POLICY IMPLEMENTATION AND MONITORING

- Implementation and Publication
  - After approval by the school board, the Swanville Wellness Policy will be implemented throughout the school district.
  - District 486 will post the Wellness policy on the district website, to the extent it maintains a website.

- Annual Reporting
  The Wellness Coordinator will annually inform the public about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public.

- Triennial Assessment
  - At least once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
    - The extent to which Swanville Schools are in compliance with the Wellness Policy;
    - The extent to which the District 486 Wellness Policy compares to model local wellness policy;
    - A description of the progress made in attaining the goals of Swanville School District's Wellness Policy.

- The Wellness Coordinator will be responsible for conducting the triennial assessment.
- The triennial assessment report shall be posted on the school district's website or otherwise made available to the public.

- Recordkeeping
  The Swanville School District will retain records to document compliance with the requirements of the wellness policy. The records to be retained include, but are not limited to:
  - The written Wellness Policy of District 486.
  - Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.
  - Documentation of the triennial assessment of the Swanville Wellness Policy for each school under the school district's jurisdiction efforts to review and update the Wellness Policy (including an indication of who is involved in the update and methods the school district uses to make stakeholders aware of their ability to participate on the Wellness Committee).

Legal References:

Minn. Stat. § 121A.215 (Local School Distric 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. § 210.8 (School Breakfast Program Regulations)

Local Resources:

Minnesota Department of Education
Minnesota Department of Health
Morrison County Public Health
Action for Health Kids Minnesota
United States Department of Agriculture