

RICHFIELD PUBLIC SCHOOLS

WELLNESS

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 and physical activity are essential components of the educational process and that good health fosters student attendance and education. Therefore, students shall be provided access to healthy foods and opportunities to be physically active in order to learn, grow and excel.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The School Board 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 academic performance.
- D. All students in grades PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- E. The District will establish goals for nutrition education and promotion; physical education and activity; and will establish connections between nutrition education, school meal programs, schoolyard gardens and related community services to foster lifelong habits of healthy eating and physical activity.
- F. The School Board endorses and the school district adheres to the USDA nutrition guidelines to promote student health and to prevent and reduce childhood obesity, eating disorders and chronic disease.
- G. The school district encourages the involvement of parents, students, representatives of the school food authority, teachers, school health professionals, the school board, school administrators, and the general public in the development, implementation, and periodic review and update of the school district's wellness policy.
- H. 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 students; try to accommodate the religious, ethnic,

1 and cultural diversity of the student body in meal planning; and will provide
2 clean, safe, and pleasant setting and adequate time for students to eat.
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4 I. The District will inform and update the public (including parents, students,
5 and others in the community) about the content and implementation of the
6 District Wellness policy in accordance with policy guidelines.
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8 J. The Chief HR and Administrative Officer has responsibility to ensure that
9 each school complies with the District Wellness Policy. The Wellness
10 Policy will be measured periodically on the extent to which school are in
11 compliance, the progress made in attaining nutrition and physical activity
12 goals, and the extent to which the District Wellness policy compares to
13 model Wellness policies. The results of this assessment will be made
14 available to the School Board and the public.
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16 **III. Legal References**
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18 7 U.S.C. § 5341 (Establishment of Dietary Guidelines)
19 7 C.F.R. § 210.10 (School Lunch Program Regulations)
20 7 C.F.R. § 220.8 (School Breakfast Program Regulations)
21 42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)
22 42 U.S.C. § 1751 et seq. (National School Lunch Act)
23 42 U.S.C. § 1758b (Local School Wellness Policy)
24 Minn. Stat. §121A.215 (Local School District Wellness Policy)
25 7 C.F.R. § 210.10 (School Lunch Program Regulations)
26 7 C.F.R. § 220.8 (School Breakfast Program Regulations)
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