

<b>Detroit Lakes School District Wellness Action Plan</b>	<b>Year of Implementation</b> Y1=Year 1 Y2=Year 2	<b>Degree of Completion Based on a Scale:</b>	<b>Steps Necessary to Meet Deadline</b>	<b>List the Position Accountable for the Item</b>
<p>This plan is committed to providing school environments that enhance student attendance and academic performance and promotes and protects children's health, well-being, by supporting healthy eating and physical activity.</p>		<p>0 = Not Started and 5 = Completed</p>		
<b>Foods &amp; Beverages</b>				
<p>Detroit Lakes School District's food service program offers affordable, nutritious and appealing meals, snacks and beverages in compliance with the most updated United States Department of Agriculture (USDA) guidelines, safety standards and current Dietary Guidelines for Americans (DGA). The district will use the current DGA standards to establish nutrition standards for all foods and beverages available to encourage healthy choices for students. The standards will focus on increasing nutrient density, decreasing fats, sodium and added sugars, and moderating portion size. Detroit Lakes School District encourages the consumption of nutrient-dense foods and beverages (such as fruits, vegetables, whole grains, low fat or non-fat dairy, lean meats, legumes, nuts and seeds).</p>	<p>Y1</p>	<p>5</p>		<p>Food Service Director</p>
<p><b>Meals served in all Detroit Lakes schools through the USDA National School Lunch and Breakfast programs:</b></p>				
<p>a. are appealing and attractive to students considering balance, variety, contrast, color, and eye appeal and are served in a clean, safe, enjoyable environment.</p>	<p>Y1</p>	<p>3</p>		<p>Food Service Director</p>
<p>b. offer a variety of fruits and vegetables with an emphasis on including those from the dark green and orange vegetable groups on the monthly menu.</p>	<p>Y1</p>	<p>5</p>		<p>Food Service Director</p>

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<b>Foods &amp; Beverages (continued)</b> <b>Meals served in all Detroit Lakes schools through the USDA National School Lunch and Breakfast programs:</b>				
c. ensure that at least half of the served grains are whole grain and are provided daily.	Y1	5		Food Service Director
d. use serving sizes that meet minimum and do not exceed maximum USDA requirements by age.	Y1	5		Food Service Director
e. eliminate deep-fried foods.	Y1	5		Food Service Director
f. minimize use of food products containing trans-fat or hydrogenated oil.	Y1	5		Food Service Director
g. share information about nutrient content of meals with students, parents and staff through the district's website and postings in school cafeterias after analyzing meals to ensure compliance with USDA guidelines	Y1	0 – note there is software available through LCSC		Food Service Director
<b>Schools will provide an environment that encourages healthy eating and food habits. Detroit Lakes School District will:</b>				
a. operate the USDA Breakfast Program in all schools, and inform and encourage parents/guardians through newsletters, website or handouts of the availability and importance of a healthy breakfast for students to enhance their ability to learn.	Y1	5 – would like to increase participation		Food Service Director, Principals
b. provide students with adequate time to eat meals	Y1	5		Food Service Director, Principals
c.. schedule lunch for full-time students at appropriate times. Lunch will be scheduled midday between the hours of 11 a.m. and 1:30 p.m. and is a protected time where no clubs or tutoring will take place unless students can eat.	Y1	5		Food Service Director, Principals

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<b>Schools will provide an environment that encourages healthy eating and food habits. Detroit Lakes School District will: (continued)</b>				
d. obtain feedback from students and others about meals and new food options through activities such as taste testing, surveys, feedback meetings or health fairs.	Y1, Y2	4		SHIP Dietitian
e. encourage that any foods brought in to school from outside the district's food service program, including lunches for students, meet current USDA guidelines.	Y1	5		Principals Web site, Food Service Director, Superintendent
f. provide students access to hand washing or hand sanitizing before they eat meals or snacks	Y1	5		Teachers, Principals
g. discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.	Y1	5		Teachers, Principals, Lunchroom monitors
<b>Competitive Foods</b>				
Foods and beverages sold or served during the school day outside of reimbursable school meals are known as competitive foods (school meals are intended to be the main source of nutrition for students during the school day). Any other food or beverage consumed must be an age-appropriate serving size fitting within the current USDA reimbursable meal caloric guidelines. The district will work towards following the competitive foods nutrition standards in this Action Plan's appendix.	Y1	5		Food Service Director, Business Manager

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<b>Competitive Foods</b>				
1. Schools will not hold food or beverage fundraising activities during meal times. 2. Foods and beverages available through a la carte, vending machines, schools stores and fundraising will work towards following the competitive foods nutrition standards appendix.	Y1,Y2	5		Food Service Director, Business Manager, Principals
<b>Vending Machines/School Stores</b>				
Any school-maintained vending machines will follow the district's competitive food nutrition standards. Vending machines will display only healthy options on the machine and will not market unhealthy options.	Y1,Y2	5		Business Manager, Food Service Director, Principals
School stores will work towards following the competitive foods nutrition standards appendix.	Y1	5		Business Manager, Food Service Director, Principals
<b>A La Carte</b>				
a. Foods and beverages sold or served outside school meals during the school day will work towards following the competitive foods nutrition standards appendix. For events outside the school day, the district will encourage the sale of healthy food and beverage options.	Y1, Y2	5		Business Manager, Food Service Director, Teachers, Principals
b. Fundraising: To support children's health and school nutrition efforts, school fundraising activities will work towards use of foods that meet the competitive food standards appendix for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for recommended fundraising activities.	Y1, Y2	5		Principals, Superintendent

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<b>A La Carte (continued)</b>				
c. Celebrations: Schools should encourage healthy food options and other celebration ideas. The district will disseminate a list of healthy party ideas to parents and teachers.	Y1, Y2	4		Principals, Teachers
<b>Nutrition Education &amp; Promotion</b>				
Detroit Lakes School District will provide nutrition education as a part of a standards-based, sequential, age appropriate, comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health.	Y1, Y2	4		Director of Curriculum. Principals, Teachers
1. is integrated into an existing or school-developed sequential, interdisciplinary, comprehensive K-12 health education program that will be included as part of a K-12 comprehensive curriculum	Y1, Y2	4		Director of Curriculum. Principals, Teachers
2. is taught by certified teachers at each grade level providing skills and knowledge that is needed by students to adopt healthy eating behaviors and attitudes.	Y1, Y2	5		Director of Curriculum. Principals, Teachers
3. will reinforce the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce sedentary activities.	Y1, Y2	5		Teachers
4. is communicated in consistent nutrition messages throughout schools, classrooms, staff lounges and cafeterias, and promoted to parents, the community and the media.	Y1, Y2	3		Superintendent, Principals, Teachers

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<b>Nutrition Education &amp; Promotion (continued)</b>				
5. shall be consistent in school-based marketing and health promotion; thus it shall promote healthy food and beverage choices, and healthy physical activity behaviors.	Y1, Y2	3.5 – 5, depending on the school		Principals
<b>Physical Education &amp; Physical Activity</b>				
The primary goals for Detroit Lakes School District physical activity components are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness in a safe, adequate environment, to ensure students' regular participation in physical activity, to teach students the short and long-term benefits of a physically active and healthful lifestyle, and to enhance academic performance.	Y1	5		PE Teachers, Principals, Curriculum Director
a. Physical education shall be standards-based, using national or state-developed standards, such as the National Association for Sport and Physical Education (NASPE) guidelines. The district follows applicable state law and state high school standards related to physical education instruction.	Y1	5		PE Teachers, Principals, Curriculum Director
b. Physical education classes will encourage moderate to vigorous physical activity.	Y1	5		PE Teachers, Principals, Curriculum Director
c. Physical education curriculum is written for every grade, is sequential, and provides an opportunity for students to learn, practice and be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, physical fitness and benefits of physical activity.	Y1, Y2	4		PE Teachers, Principals, Curriculum Director

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<b>Physical Education &amp; Physical Activity (continued)</b>				
d. When space and staffing is available, physical education will meet minimum standards of Healthier US Challenge providing 150 140 minutes a week for elementary students, and 255- 250minutes for middle school students. High School students will meet Minnesota State Graduation Standards.	Y1	5 – Note # of minute change		Principals
e. The school district will not withhold physical education as punishment.	Y1	Working toward 5		Principals, Teachers
f. Daily Recess: all elementary school students will have at least a 15 minute supervised recess break daily, preferably outdoors, during which schools encourage moderate to vigorous physical activity verbally and through provision of space and equipment.	Y 1	4		Principal, recess supervisors
g. Before and after school opportunities for physical activity will be offered at all levels when space and staffing are available including but not limited to intramurals, clubs, or interscholastic activities.	Y1	3-5 depending on the school		Principals, Athletic Director,
h. Integrating Physical movement into Classroom Settings by incorporating physical activity into other subject lessons (such as mathematics, science, social studies, etc.) where appropriate. Classroom teachers may provide short physical activity breaks between lessons, classes and/or standardized testing.	Y1	5		Teachers

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<b>Implementation &amp; Monitoring</b>				
1. The Superintendent or designee shall execute administrative procedures that ensure the implementation of and compliance with the wellness policy. This shall include designation of district level and site-based staff responsible for policy and procedure implementation.	Ongoing Y1 Y2	5		Superintendent
2. The district will develop and implement a communications plan, which includes training/staff development to ensure understanding of the rationale for the wellness policy and the implementation plan.	Y1	4		Superintendent
3. The Detroit Lakes School District food service director will provide an annual report to the Superintendent setting forth the nutrition guidelines and procedures for selection of foods in the food service program made available throughout the district.	Y1	5		Superintendent
4. School District Wellness Committee: Meets quarterly with dates established annually in October, December, February and April; site based wellness committees meet quarterly one week following district wellness committee.	Y1	5		Superintendent