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| Date Adopted: 05/15/2006                | File Number:<br>Detroit Lakes Policy - 533 |
| Date Revised: 08/13/2012;<br>04/10/2017 |  |

## **533 – WELLNESS/NUTRITION POLICY OF THE SCHOOL DISTRICT**

### I. Purpose

The purpose of this policy is to assure a school environment that enhances student attendance and academic performance 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 forming lifelong healthy behaviors; and that good health fosters student attendance and education.
- B. The school environment will promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The School District encourages involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, reviewing and revising as needed school district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive.
- E. All students in grades P-K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. The district will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students;; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- G. Encourage teachers, staff and food service personnel to promote and model healthy eating and physical activity as a valuable part of daily life through provision of and involvement in wellness activities.

### III. Guidelines

#### A. Foods and Beverages

1. All foods and beverages made available on campus during the school day ( ) will meet or exceed the current USDA. School Breakfast, Lunch, and Smart Snack Guidelines.
2. School meals are intended to be the main source of nutrition for students during the school day.
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 endeavor to eliminate any social stigma attached to, and prevent to 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.

9. The School District will provide access to clean, free drinking water for students during the school day.
- B. Foods and beverages served as snacks and at celebrations/parties should feature healthy choices working towards the goal of meeting the requirements of current and future USDA Nutrition Standards for School Nutrition Programs for competitive foods. (USDA Smart Snack Guidelines).
- C. 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 the current USDA. School, Breakfast, Lunch, and Smart Snack guidelines.
  3. As part of the School district's responsibility to operate a food service program, the School District will provide continuing professional development for appropriate food service personnel in schools.
- D. Nutrition Education and Promotion
1. is The 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:
    - a. is communicated in consistent nutrition messages throughout the schools, classrooms, staff lounges, and cafeterias, and promoted to parents, the community and the media;
    - b. Shall be consistent in school based marketing and health promotion; thus it shall promote healthy food/beverage choices; it shall promote healthy eating and physical activity behaviors in the community.
    - c. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, as appropriate; and
    - d. will be offered in the school cafeteria and in the classrooms with coordination between school foodservice staff and teachers; and
    - e. 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 selection 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, concession stands, and student stores.
  3. Staff will not use food to reward or punish.
- E. Physical Activity
1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
  2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
  3. Classroom teachers will provide short movement breaks between lessons or classes, as appropriate.
  4. Physical education curriculum is written for every level, 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.
  5. The district will provide training to certified physical education staff to educate other school staff to promote enjoyable lifelong physical activity among students.

6. Elementary school students have at least a 20-minute supervised recess break daily when possible outdoors and before lunch, moderate to vigorous physical activity is encouraged.
7. Schools will encourage bicycling and walking to and from school.

F. 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

- A. After approval by the School Board, the wellness policy will be implemented throughout the School District.
- B. The district will develop and implement a communications plan which includes training to ensure understanding of the rationale for the wellness policy and the implementation plan.
- C. 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.
- D. 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.
- E. 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. Monitoring will be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement and/or revision. Measureable outcomes may include School Health Index, Fitnessgram, Body Mass Index, School Meal Participation, youth survey data, cardiovascular fitness and other outcomes determined by the school wellness committee.
- F. The School District has developed a Wellness/Nutrition Action Plan which will be followed, and reviewed annually (Appendix I)