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Winona Area Public Schools Policy 533

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Reviewed: _____

533 WELLNESS

[Note: All school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 (“the Act”) to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, and physical activity to promote student wellness. The Act requires the involvement of parents/guardians, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.]

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects district employees’ and 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 will promote and protect students’ health, well being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of students, parents/guardians, district employees and other interested persons in implementing, monitoring, and reviewing 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 K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. All students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Nutrition staff will make every effort to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Students will be provided adequate time to eat in a clean, safe, and pleasant setting.
- G. The school environment will promote and protect district employees' health and well-being, and encourage healthy eating and physical activity.

III. GUIDELINES

A. Foods and Beverages

Students' lifelong eating habits are influenced by the types of food and beverages available to them. Schools have a responsibility to help students establish and maintain lifelong healthy eating patterns.

1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.
2. Foods and beverages sold individually **during the school day** (i.e. foods sold outside reimbursable school meals, such as vending machines, a la carte, school stores, etc.) will be consistent with meet the following guidelines:
 - Have no more than 9 grams of fat per serving (excluding entrees, nuts, seeds, peanut butter, and other nut butters);
 - Contain 15 grams or less of sugar per serving excluding sugars occurring naturally in fruits, vegetables, and dairy products;
 - Milk must be 1% or fat free;
 - Juices must contain 50% or more real fruit or vegetable juice.
3. School Nutrition 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. School Nutrition 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. Every effort will be made to determine the feasibility of providing elementary students recess before lunch.
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. The district will encourage school sponsored events and programs held outside of the school day to be supportive of the Wellness policy and guidelines. This will also be encouraged with any fundraising activities. The school nutrition director is available to provide information related to the food and beverage guidelines.
10. Beverage vending machines will not be available at any elementary school. Beverage vending machines at the high school and middle school will be available to students as permitted by applicable state and federal laws regarding hours of operation. However, soda pop will only be available at the high school and will not be sold until the conclusion of the school day. Student available beverages at the high school shall maintain a minimum of 70% selection buttons for juice, water, and isotonic drinks. Any vending products available **during the school day** shall meet the nutritional guidelines set forth in this policy. Products will be priced to encourage students to select healthy choices. When possible, beverage machines without clear glass fronts shall have generic exteriors approved by the school district.
11. Food vending machines will offer only those choices that meet the guidelines as set in this policy.
12. Food and beverage providers should offer modest portion sizes age appropriate for elementary, middle school, and high school students respectively.

B. School Nutrition 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 designates the School Nutrition Director as responsible for the school district's nutrition 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 school nutrition program, the school district will provide continuing professional development for all school nutrition personnel in schools.

C. Nutrition Education and Promotion

The primary goal of nutrition education is to positively influence students eating behaviors.

1. The school district will ensure that students in K through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; healthy cooking methods; recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte lines, vending machines, fundraising events, concession stands, and student stores.
3. All staff are strongly discouraged from using food or beverages as reward or punishment for academic performance or good behavior. Individual Education Plans (IEP) or 504 plans will be exempt from this.
4. The district will provide educational information and encourage healthy eating and physical activity for families. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.
5. Nutrition concepts should be reinforced by all district personnel.

D. Physical Activity

The primary goal for a school's physical activity component is to provide opportunities for every student to: develop the knowledge and skills for specific physical activities; maintain physical fitness; regularly participate in physical activity; and understand the short and long term benefits of a physically active lifestyle.

1. Students in kindergarten through grade 8 will receive scheduled, developmentally appropriate physical education. Students in grades 9 through 12 will have required and elective physical education opportunities.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.
3. Students should be encouraged to participate in physical activities outside of the school day.
4. The importance of physical activity should be reinforced by all district personnel.

E. Communications with Parents/Guardians

It is important that students receive consistent messages throughout school, home, community and media regarding good nutrition and healthy lifestyles.

1. The school district recognizes that parents/guardians have a primary and fundamental role in promoting and protecting their children's health and well being. The district will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.
2. The school district will support parent's/guardian's efforts to provide a healthy diet and daily physical activity for their children.
3. The school district will encourage parents/guardians to pack healthy lunches, snacks, treats, and beverages. Parents/guardians will be provided with information that will offer suggestions for healthy snacks and lunches.
4. The school district will provide information about physical education and other school-based physical activity opportunities and will support parent's/guardian's efforts to provide their children with opportunities to be

physically active outside of school. Schools will be encouraged to offer physical activities for both parents/guardians and children.

5. The wellness policy will be made available at each school building and on the district website for parent/guardian review.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district and reviewed annually.
- B. The superintendent or designee will ensure compliance with the wellness policy and will provide a report of the school district's compliance with the policy to the school board as requested.
- C. The Wellness committee is district-wide, and designed to set goals, objectives, and measure the progress of the wellness Committee's initiatives. The committee will meet a minimum of four times per year. Measurements of committee goals will include but are not limited to collecting data on the following:
 - Health and wellness educational materials distribution;
 - Number of annual updates on policy to staff, students, and families;
 - Comparison of available physical activity time for students;
 - Staff feedback on student physical activity;
 - The use of food as rewards;
 - Annual review of the school health index;
 - An annual report will be made to the school board and district administration.
- D. The school district will post this wellness policy on its website, to the extent it maintains a website.

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