

WELLNESS

I. 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 and applicable minimum local, state and federal standards. Maintaining the Monticello School District's health and physical activity curriculum standards in conjunction with this wellness policy will help students reach their full academic and physical potentials and achieve lifelong health and well-being. At a minimum this policy must meet any State of Minnesota or Federal requirements as well as:

- A. Include goals for nutrition education, physical activity and other school-based activities designed to promote student Wellness.
- B. Include nutrition guidelines for all foods available on each school campus during the school day.
- C. Provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the federal regulations.
- D. Establish a plan for measuring the implementation of the policy.
- E. Involve parents, students, a representative of the school food authority, school board members, school administrators and the public.

II. GENERAL STATEMENT OF POLICY

- A. 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 learning.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. 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.

- 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 k-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. 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, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- G. The School District will continue to maintain a staff Wellness Committee. The purpose of the committee will be to continue watching out for staff physical and mental wellness and to organize meaningful wellness opportunities for district employees to model for students.

III. WELLNESS GOALS

- A. Nutrition Promotion and Education
 - 1. The School District will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health at every grade level (k-12);
 - b. 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 in alignment with state standards; and
 - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, periodic student surveys, and field trips.
 - 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. The School District will encourage and support school gardens or

hydroponic programs to enhance the academic curriculum and nutrition education.

B. Physical Activity

1. Students need opportunities for physical activity and to fully 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 or video/electronic games.
2. The physical education curriculum for grades k-12 will be aligned with established state standards which will be periodically reviewed and taught by a certified licensed teacher who is endorsed to teach physical education. All teachers involved in physical education should be provided with opportunities for professional development.
3. School building schedules will prioritize physical education specialist time for grades 1 through 8. Additional physical education elective opportunities shall be provided for grades 9 through 12.
4. Unless otherwise exempted, all students will be required to engage in the school district's physical education program.
5. The School District will strive towards providing at least 20 minutes of daily recess for all elementary students. There will be no substitutions - allowed for the physical education time requirement.
6. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
7. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
8. Rewards and Incentives. It is recommended that staff use physical activity as a reward when feasible and discouraged from assigning physical activity as student punishment. Recess, physical education or other physical activities should not be withheld from students as a punishment for poor behavior or incomplete work.
9. Students should have the opportunity to be physically active before and after school.
10. The school district will partner with the City of Monticello to create Safe Routes to School for all k-12 students who live within walking

and biking distances.

11. Physical activity opportunities should be provided at the school for families and community members. Through rental agreements, the school district promotes community use of school facilities for physical activity programming.

C. Communications with Parents

1. The School District recognizes that parents and guardians have a primary role in promoting 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. STANDARDS AND NUTRITION GUIDELINES

A. School Meals

1. The school district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations regarding meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served.
2. 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 through the USDA School Breakfast Program and the National School Lunch Program.
3. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning as well as locally grown fresh fruits and vegetables where practicable.
4. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat. The school district will provide at least 10 minutes for breakfast and 20 minutes for lunch.

5. 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 meet USDA nutrition standards. Water fountains or water filling stations are available in all cafeterias and other areas of the school buildings to access throughout the day.
6. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
7. 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.
8. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
9. 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.
10. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.

B. School Food Service Program/Personnel

1. 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 current USDA guidelines.
2. Applications for meal benefits are made available on the school district website. Families are encouraged to complete new applications at the start of each school year.
3. The school district will handle unpaid meal balances in accordance with Policy #534.
4. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools. All food service personnel will meet hiring and annual training requirements in the USDA Professional Standards for Child Nutrition Professionals.

C. Competitive Foods and Beverages

1. 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, from vending machines, school stores, and for in-school fundraisers. High school administration is encouraged to limit the sale of beverages with caffeine to high school students.
2. All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition 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 (from the midnight prior, to 30 minutes after the end of the official school day), and create an environment that reinforces the development of healthy eating habits. A link to a Smart Snack calculator is available on the school district website.
3. Before and Aftercare (child care) programs must also comply with the School District’s nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

D. Other Foods and Beverages Made Available to Students

1. Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through:
 - a. Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
 - b. Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.
2. 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.
3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas that align with the

school district wellness policy.

E. Food and Beverage Marketing in Schools

1. School-based marketing will be consistent with nutrition education and health promotion.
2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.
3. Marketing displays and advertising of unhealthy foods are strongly discouraged on school grounds, especially in areas where food is purchased.
4. Schools will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the Principal before being printed or included on the school website.
5. A review of the advertising content of all classroom and online materials/websites used for teaching should be made prior to selection of materials. Use of materials depicting unhealthy food brands or logos is discouraged.

V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Coordinator

1. The Superintendent will designate a school district official to oversee the school district's wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that each school implements the policy.
2. The Principal of each school, or designated "Wellness Champions", will ensure compliance within the school and will report to the Wellness Coordinator regarding compliance matters upon request.

B. Public Involvement

1. 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.

2. The Wellness Coordinator will hold at least three meetings during each school year for the purpose of discussing 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.

VI. POLICY IMPLEMENTATION AND MONITORING

A. Implementation and Publication

1. After approval by the school board, the wellness policy will be implemented throughout the school district.
2. The school district will post its wellness policy on its website, to the extent it maintains a website.

B. 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.

C. Triennial Assessment

1. 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:
 - a. the extent to which schools under the jurisdiction of the school district are in compliance with the wellness policy;
 - b. the extent to which the school district's wellness policy compares to model local wellness policies; and
 - c. a description of the progress made in attaining the goals of the school district's wellness policy.
2. The Wellness Coordinator will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the School District's website or otherwise made available to the public.

D. Recordkeeping

The 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:

1. The School District's written wellness policy.
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.
3. Documentation of the triennial assessment of the local school 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).

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