

# MOUNDS VIEW PUBLIC SCHOOLS ENDS AND GOALS REGULATION

EG-3106

Wellness

## I. PURPOSE

The purpose of this regulation is to ensure a school environment in Mounds View Public Schools that supports healthy eating, physical activity, mental health, and general well being among each and every student. The district is committed to providing a culture that supports whole child wellness, encouraging students in collaboration with families and community members, to maintain lifelong healthy eating habits, physical, social, and emotional wellness.

## II. GENERAL STATEMENT

- A. The district recognizes that parents and guardians have a primary and fundamental role in promoting their children's health and well-being.
- B. The district is committed to deepening our understanding of racial and socioeconomic factors, and recognizes the impact this wellness regulation can have on reducing health disparities, improving health risks within our school communities.
- C. The district recognizes that nutrition, health and physical education are essential components of the educational process and that good health fosters student attendance and education.
- D. The school environment should promote students' health, well-being and ability to learn by encouraging healthy eating, healthy choices and physical activity.
- E. The district encourages the involvement of students, parents, teachers, staff and other interested persons in implementing, monitoring and reviewing this wellness regulation.

## III. GUIDELINES

### A. Nutrition

- 1. All schools within the district will participate in USDA child nutrition programs including the national school lunch program, school breakfast program and summer food service program.
- 2. The district is committed to making USDA child nutrition programs appealing and attractive to children, served in clean and pleasant settings and accessible to all students.
- 3. The USDA child nutrition programs will promote healthy food and beverage choices that meet or exceed current nutrition requirements established by local, state and federal statutes and regulations. This includes how food and beverages are marketed and advertised.
- 4. All school nutrition service personnel will meet or exceed training requirements in the USDA professional standards.
- 5. The district will make drinking water available to all students throughout the school day.

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6. All other competitive foods and beverages that are sold on school campuses during the school day (al-la-carte, vending machines, school stores and fundraisers) will meet the USDA Smart Snacks in school nutrition standards. This includes how food and beverages are marketed and advertised. The school day is defined as midnight before school starts to 30 minutes after the end of the official school day.
7. All other competitive foods and beverages that become available on school campus during the school day (classroom celebrations or rewards and staff lounges) are encouraged to meet the USDA Smart Snacks in school nutrition standards.
8. The district will promote programs and services to assist families experiencing food insecurity in our community.

### B. Physical Activity

1. The district will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
2. All elementary schools will offer at least 20 minutes of supervised recess on most school days during the school year.
3. The district will offer and encourage extra- and co-curricular activities for students.
4. Physical activity during the school day will not be withheld as punishment for any reason.
5. To the extent practicable, the district will ensure that its grounds and facilities are safe and equipment is available to students to be active.
6. The district will support active travel to and from school, such as walking or biking.

### C. Health Services

1. The district will ensure access to School Health Services for all students with the goal of removing health-related barriers to learning so that students are able to fully participate in school activities.
2. Health Services staff provide care to students daily through medication administration, the provision of first aid, prevention and infectious disease management efforts, providing appropriate care for students with chronic health conditions, and serving as a liaison between students, families, and school staff.

### D. Substance Use Prevention, Mental Health, and Well-Being

1. The district will encourage student understanding of the impact of emotional and social health and substance use on overall well-being.

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2. The district will promote student wellness through prevention of high-risk behaviors, including but not limited to: e-cigarettes, tobacco, alcohol and other drugs, unsafe driving practices, and aggressive behaviors.
3. The district encourages a help seeking environment where students feel safe to disclose mental health challenges, substance use issues, and/or other high risk behaviors to get connected to the appropriate support.
4. School staff will partner with community agencies and other school staff to assist students and their families to access available on-site or off-site health, substance use, and mental health resources.
5. School staff will focus on building developmental relationships with all students.
6. Social emotional learning competencies will be embedded in teaching practices and student interactions. Staff will use strategies in and outside of the classroom that can positively impact a student's mental health.

### **IV. IMPLEMENTATION AND MONITORING**

- A. The district will convene a district wide wellness committee that meets four times per year to provide leadership, development opportunities and updates to the district level regulation.
- B. The district wide wellness committee will involve parents, students, community partners and school staff representing all school levels and diverse perspectives. Permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.
- C. The district wide wellness committee will develop and maintain a plan to manage and coordinate the execution of this wellness regulation including retention of records and documenting compliance.
- D. The wellness regulation will be assessed and updated at least every three years by the wellness committee.

**Adopted June 2006**

**Revised 2009, 2012, 2017, 2023**