

533.00 WELLNESS

PURPOSE

The purpose of this policy is to promote the health and wellness of students, families, and staff of Saint Paul Public Schools (the District) with a focus on healthy eating habits and increased physical activity. Health and academic success are closely linked. Healthy students and staff can better achieve our primary mission of education. The District embraces the principles of the Whole Child, Whole Community, Whole School from the Centers for Disease Control and Prevention (CDC), which form the structure of this policy.

I. COORDINATED APPROACH

Principle: Use a coordinated approach to develop, implement and evaluate policies and practices regarding healthy eating and physical activity.

A. Implementation

The Superintendent will ensure implementation of the wellness policy districtwide. Each building administrator is responsible for implementation of the policy at that site.

B. District Wellness Team

The District Wellness Team will support monitoring and evaluation of the policy, with representation from staff working in the areas of: nutrition services, student health and wellness, human resources, health education, physical education, and other areas as appropriate; students and parents/guardians; and community members. The District Wellness Team will provide data/information regarding implementation of the policy annually to the Superintendent (or designee) and/or the Board of Education. This information, and any updates to the policy will be made available to the public.

II. HEALTHY SCHOOL ENVIRONMENTS

Principle: Establish school environments that support healthy eating and physical activity.

- A. Staff will not use exercise or physical activity, or any restrictions on them, as a consequence for negative student behaviors or academic status.
- B. Staff will not use food as a reward or punishment for academic performance or good behavior for individuals or classrooms.
- C. All students will have access to breakfast and lunch at school every day. During mealtimes, the District will discourage other activities, unless students may eat during such activities.
- D. Sites are encouraged to develop physical activity opportunities before, during, and after school.
- E. Students at the elementary level will participate in frequent, active recess. Recess and/or movement breaks are also encouraged at the middle school level.
- F. Fundraising, marketing, or advertising activities will not conflict with messages supporting healthy eating and physical activity. As such, sites will limit food and beverage marketing to the promotion of foods and beverages that meet U.S. Department of Agriculture (USDA) nutrition standards.

III. QUALITY OF FOOD AND BEVERAGES SERVED AND SOLD

Principle: Encourage and support healthy eating and provide a quality school meal program, and ensure that students have only appealing healthy food and beverage choices offered outside of school meal program.

- A. The district will inform families of the free/reduced price lunch program, and provide all families with applications for the program.
- B. Drinking water will be available at no charge and accessible in all cafeterias during lunch service, as required by USDA.
- C. Meals Provided During the School Day
 - 1. The Minnesota Free School Meals bill introduced reimbursement for a free breakfast and lunch to students who receive meals through their school's participation in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Schools that participate in NSLP must now participate in the state funded Free School Meals Program.
 - 2. All students must be correctly listed on meal eligibility rosters according to their actual federal school meal eligibility status: free, reduced price, or paid. In addition, meals served to students must be claimed in the student's correct federal eligibility category to receive correct federal and state reimbursements.
 - 3. All school meals served will meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.
 - 4. Information about students certified eligible for free and reduced-price school meals is covered by confidentiality restrictions administered by the U.S. Department of Agriculture.
 - 5. Students are required to stay on school grounds during lunch periods.
- D. Other Food Offered During the School Day
 - 1. The district encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available, except when culturally relevant food is an essential consideration for a cultural celebration.
 - 2. All foods or beverages sold to students during the school day, including in vending machines and fundraisers, must meet USDA Smart Snacks in School regulations.

IV. PHYSICAL ACTIVITY AND EDUCATION

Principle: Implement a comprehensive physical activity program with quality physical education as a cornerstone.

- A. The District will provide physical education classes that strive to meet the national standards of the Society of Health and Physical Educators (SHAPE) and District priority benchmarks, and ensure students are physically active for at least 50% of every physical education class period.
- B. Schools are encouraged to provide physical activity breaks for students throughout the school day. School staff are encouraged to participate in physical activity and well-being opportunities as well.
- C. Schools are encouraged to promote and support active transport to schools including participating in Safe Routes to Schools programming and activities. Schools are to provide active transportation safety education as required by state law.

V. HEALTH EDUCATION AND PROMOTION

Principle: Implement health education that provides students with the knowledge, attitudes, skills and experiences needed for healthy eating, mental well-being, and physical activity.

- A. Students will have access to health education that should include grade level appropriate nutrition education, health literacy, and the skills necessary to promote and protect their health.
- B. The District will provide health education classes that strive to meet the national standards of the Society of Health and Physical Educators (SHAPE) and District priority benchmarks.
- C. Schools should engage students in a variety of health promotion activities (that include skill building, which may include menu planning, food preparation, and label reading that are enjoyable, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social studies, and elective subjects.

VI. CONNECTIONS AND REFERRALS

Principle: Connect students to health, mental health and social services to address healthy eating, physical activity and chronic disease prevention.

The District will partner with community agencies to assist students and their families to access available health, oral health, mental health, and social services to address healthy eating, physical activity, and related chronic disease prevention.

VII. FAMILY AND COMMUNITY HEALTH

Principle: Partner with family and community members in the development of healthy eating and physical activity policies, practices and programs.

- A. Schools are encouraged to plan family wellness activities.
- B. The District will continue to invite input from families and community members in development of menus, activities, and physical education programs, considering cultural restrictions and preferences.

IX. PROFESSIONAL DEVELOPMENT AND CAPACITY BUILDING

Principle: Employ qualified persons, and provide professional development opportunities for physical education, health education, nutrition services, and health, mental health, and social services staff members as well as adults who supervise recess, cafeteria time and out of school time programs.

- A. The District will provide school district personnel with access to professional development to promote good health and steps to change or improve health.
- B. Nutrition Services staff will be offered annual training in accordance with USDA Professional Standards.

X. POLICY MONITORING AND RECORDKEEPING

- A. Triennial Assessment
 - 1. The District Wellness Team will evaluate compliance with the wellness policy, no less than once every three years. It will assess implementation of the policy and progress made in attainment of its goals, in comparison to a model policy. This process is also open to interested stakeholders.
 - 2. The most recent triennial assessment will be kept on file.

B. Recordkeeping

The district will retain records to document compliance with the requirements of the wellness policy. Records to be retained include, but are not limited to the district's written wellness policy, and documentation of the triennial assessment process.

XI. EXEMPTIONS

Exemptions from this policy may be granted by the Board of Education upon recommendation of the Superintendent based upon the best interests of the District.

LEGAL REFERENCES

- Minn. Stat. § 121A.215 (Local School District Wellness Policy; Website)
- Minn. Stat. § _____ (Chapter 68–H.F.No. 2887)
- Minn. Stat. § _____ (H.F.No.271)
- 29 U.S.C. § 794 (Section 504 of Rehabilitation Act of 1973, as Amended)
- 42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)
- 42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)
- 42 U.S.C §1758b (Local Wellness Policy)
- 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)

CROSS REFERENCES

- Policy 414.00 – Tobacco Free Environment
- Policy 504.00 – Drug Free Schools
- Policy 505.00 – Bullying Prohibition
- Policy 602.00 – Curriculum, Development, and Accountability
- Policy 716.00 – Advertising in the Schools

GUIDELINES/STANDARDS

- American Association for Health Education (AAHE)
- Coordinated School Health Programs: Improving the Health of Our Nation's Youth—At A Glance 2011, Atlanta: CDC; 2011
- Society of Health and Physical Educators (SHAPE)
- United States Department of Agriculture (USDA)
- USDA Smart Snacks in School regulations