

Faribault Public Schools  
Faribault, MN

Student Personnel  
Series 500

**Local Wellness Policy**  
Policy No. 533

**BACKGROUND:**

*All school districts that participate in the National School Lunch and School Breakfast Programs are required by the Healthy, Hunger-Free Kids Act of 2010 (Act) to have a wellness policy that includes standards and nutrition guidelines for foods and beverages made available to students on campus during the school day, as well as specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The Act requires the involvement of caregivers, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the public in the development, implementation, and periodic review and update of the wellness policy. The Act also requires a plan for measuring implementation of the policy and reporting wellness policy content and implementation issues to the public, as well as the designation of at least one person charged with responsibility for the implementation and oversight of the wellness policy to ensure the school district is in compliance with the policy.*

**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 with applicable minimum local, state, and federal standards.

**II. GENERAL STATEMENT OF POLICY**

- A. The school board recognizes that nutrition promotion, physical activity and education, 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 Board shall allocate Staffing and financial resources for the purpose of the wellness initiatives and priorities. These resources shall be outlined in the adopted budget that is approved by School Board.
- C. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- D. The school district encourages the involvement of caregivers, 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.
- E. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- F. All students in grades PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- G. 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; will make every effort 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.

### III. WELLNESS AREAS

***[Note: The Act requires that wellness policies include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student and staff wellness.]***

Annual wellness goals can be viewed on the school district website.

#### A. Nutrition Promotion

- 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;

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; and

c. 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 selections 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.

#### B. Physical Activity and Education

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 any other form of screen time. Recess, PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.
2. Physical education for grades PreK-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
3. Opportunities for physical activity will be incorporated into other subject areas, where appropriate; and
4. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
5. The district requires that physical activity opportunities be adapted to make them accessible to students with disabilities

#### C. Communications with Caregivers

1. The school district recognizes that caregivers have a primary role in promoting their children's health and well-being.
2. The school district will support caregivers' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district encourages caregivers 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 caregivers' efforts to provide their children with opportunities to be physically active outside of school.

#### IV. STANDARDS AND NUTRITION GUIDELINES

***[Note: The Act requires that school districts have standards, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity. For foods and beverages sold to students during the school day on school campus, the Act requires that school districts also have nutrition guidelines.]***

##### A. School Meals

***[Note: The Act specifically requires that the wellness policy contain standards and nutrition guidelines for all foods and beverages sold to students during the school day that are consistent with the meal requirements for lunches and afterschool snacks set forth in 7 Code of Federal Regulations section 210.10 and the meal requirements for breakfasts set forth in Code of Federal Regulations section 220.8.]***

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.
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. All schools will provide breakfast and lunch through the USDA School Breakfast and lunch Programs
3. Food service personnel will make every effort to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.

4. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
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 served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.
6. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
7. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website in students preferred language.
8. 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. The cafeterias are for the most part cashless—all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the point of sale
9. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
10. Water fountains or water filling stations are available near all cafeterias during meal service. Students and staff will also have access to free, safe, and fresh drinking water throughout the school day.
11. 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.
12. The school district will not allow 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 the Director of Finance and Operations 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. As part of the school district's responsibility to operate a food service program, the school district or applicable Food Service Management Company (FSMC) will provide continuing professional development for all food service personnel in all school district buildings.
3. All school nutrition program directors, managers and staff, both school district or FSMC, will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs."

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.
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, and create an environment that reinforces the development of healthy eating habits.
3. Before and Aftercare (child care, community school, or any other school or club events) 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. Snacks in after school programs are to be served via the Child and Adult Care Food Program and meet the requirements of that program
4. Snacks sold to children participating in on-site programs 30 minutes after the school ends will offer at least one items based. USDA Smart Snack nutrition 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 caregivers and teachers, consisting of non-food celebration ideas.  
  
***[Note: Healthy party ideas are available from the USDA.]***
  - b. Classroom snacks will not be allowed to be brought by caregivers.
  - c. Due to concerns about food safety and food allergies, children may be recognized on their birthdays by being given special privileges, such as being line leader or teacher's helper for the day. No food will be brought into the classroom.
  - d. Rewards and incentives. Schools are prohibited from using 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 should encourage physical activity as a reward when feasible. During the school day, students shall not be required to engage in physical activity as punishment.
2. Fundraising. The school district will make available to caregivers and teachers a list of suggested healthy fundraising ideas.
3. All foods sold to students and staff outside of school meals shall meet district nutrition standards during the school day.

#### E. Food and Beverage Marketing or Communications in Schools

1. School-based marketing or communications will be consistent with nutrition education and health promotion.
2. Schools will restrict food and beverages marketing or communications to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.

## V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

### A. Wellness Coordinator

***[Note: The Act requires that local school wellness policies identify the position of the local education agency or school official(s) responsible for the implementation and oversight of the local school wellness policy.]***

1. The superintendent will designate the Behavioral Health Coordinator 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 a designated school official, will ensure compliance within the school and will report to the Wellness Coordinator regarding compliance matters upon request.

### B. Public Involvement

***[Note: The Act requires a description of the manner in which caregivers, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy.]***

1. The Wellness Coordinator will permit caregivers, 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 meetings, on a quarterly basis, 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



***[Note: The Act requires a description of the plan for measuring the implementation of the local school wellness policy.]***

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 or other appropriate platform, to the extent it maintains a communication platform.

***[Note: Per Minnesota Statutes section 121A.215, when available, a school district must post its current local school wellness policy on its website.]***

B. Annual Reporting

***[Note: The Act requires that school districts inform the public about the content and implementation of the local wellness policy and make the policy and any updates to the policy available to the public on an annual basis.]***

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

***[Note: The Act requires a triennial assessment of schools' compliance with the wellness policy. The Act also requires school districts to inform the public about progress toward meeting the goals of the wellness policy by making the triennial assessment available to the public in an accessible and easily understood manner.]***

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.
  - d. will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly
2. The Director of Finance and Operations will be responsible for conducting the triennial assessment.
3. The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving goals.

D. Recordkeeping

***[Note: The Act requires school districts to retain records to document compliance with the requirements of 7 Code of Federal Regulations section 210.30.]***

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).

Adopted: December 19, 2011  
Revised: June 24, 2024

**Legal**  
**References:** Minn. Stat. § 121A.215 (Local School District Wellness Policy; Website) 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)  
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](http://www.education.state.mn.us)  
Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)  
County Health Departments  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov)  
Annual wellness goals can be viewed at [www.faribault.k12.mn.us](http://www.faribault.k12.mn.us).

# **Smart Snack Approved Foods**

Pretzels  
Popcorn  
Rice Krispy Treats  
Rice Cakes  
Vanilla Wafers  
Fruit Bars  
100 Calorie Snack Bags  
Animal Crackers  
Graham Crackers  
Baked Tortilla Chips & Salsa  
Finger Jell-O  
Granola Bars without Nuts or Icing  
Low Fat String Cheese  
Cheese & Crackers  
100% Juice Boxes  
Dark Chocolate Strawberries  
Grandma's Whole Grain Mini Chocolate Chip Cookies  
Dried fruit with no added sugar  
Go Squeeze  
Fruit Cups in water or natural juices  
Frozen: Minute Maid 100% Juice  
Nutri-Grain Soft Baked Bars