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Reviewed: _____

533 WELLNESS POLICY

PURPOSE

The purpose of this policy is to fuel the innate genius of all Brooklyn Center Community Schools (BCCS) students, employees, family and community members with justice-centered knowledge that contributes to life-long wellbeing. BCCS District Wellness Policy #533 aims to create an environment that empowers individuals to lead healthy, fulfilling lives aligned with their values and specific needs, while also fostering a sense of community and social responsibility within the BCCS community.

Wellbeing: Feeling healthy and empowered with the requisites to thrive, according to an individual's and/or community's specific values and needs, with access to the environment and resources required to balance all [dimensions of wellbeing](#).

I. General Statement of Policy:

BCCS District 286 establishes and maintains an infrastructure for managing, overseeing, implementing, communicating, and monitoring the District Wellness Policy #533 and its objectives.

A. The District School Board acknowledges that a holistic approach to wellbeing influences educational, occupational, and communal prosperity. Regular updates on the progress, funding sources, and projects related to the Wellness policy and program implementation are provided to the Board.

B. The District Superintendent oversees the implementation of the District Wellness Policy by site administration.

C. District administration establishes and maintains a District Wellness Committee. The committee collaborates with the District Wellbeing Specialist to annually plan, review, and provide implementation support for the District's Wellness Policy and programs. It develops, promotes, and supervises a comprehensive plan to enhance student, staff, and community health and wellness. The committee meets monthly and is composed of family members, community partners, students, and staff representing multiple departments.

D. The school district and its employees are responsible for promoting and supporting research-based wellness practices and activities that foster students' and employees' wellbeing. These practices align with cultural and identity needs, encompassing all dimensions of wellness within all school-related activities. Procedures and resources to support the implementation of the policy are available on the [district website](#), the [Policy Implementation Procedures document](#), and through alignment with other [district policies](#).

II. Nutrition Guidelines:

Food and Beverages:

- All food and beverages sold or distributed to students at any district site will meet or exceed [USDA Dietary Guidelines](#), [Smart Snacks Guidelines](#), food safety and relevant federal, state, and local regulations. The Food Service Manager will ensure compliance, with the support of the Wellbeing Specialist.
- Access to district Food Service kitchens is restricted to authorized personnel for safety and security reasons.

Portion Sizes:

- Food and beverages will be served in mandated portion sizes suitable for elementary, middle, and high school students in accordance with [USDA regulations](#).

Snacks:

- Snacks served during [school hours](#) and out-of-school time programs will prioritize vegetables, fruits, whole grains, and dairy, aligning with [USDA Dietary Guidelines](#) and [Smart Snacks Guidelines](#).

Water:

- Safe and unflavored water will be available to all students throughout the school day, including where school meals are served. Students may carry capped containers filled with water.

Cultural and Religious Responsiveness:

- Foods served will reflect and respect the cultural and religious needs of students.

School Breakfast:

- School administrations will ensure students have access to [breakfast](#) at school, coordinating with the Food Services Manager and notifying parents/guardians and students of the availability. School day schedules will encourage student participation in the breakfast program.

Field Trips:

- During field trips overlapping with lunch periods, arrangements will be made for students to have access to bag lunches.

Incentives:

- Edible items will not be used as [incentives or rewards](#) for any reason, including but not limited to, academic performance or behavior (unless mandated in a student's IEP). In alignment with [District Equity Resolution #105](#), access to foods and beverages may not be used as leverage or consequence for any reason.

Celebrations:

- Emphasis will be placed on non-edible items for school [celebrations](#). If edible items are provided, they must align with [Smart Snacks Guidelines](#), prioritizing fruits, vegetables, and water. [Celebrations](#) provided as a reward or incentive may not include edible items.

Food Distribution:

- Data privacy of students will be protected in accordance with the [Health Insurance Portability and Accountability Act \(HIPAA\)](#) and the [Family Educational Rights and Privacy Act \(FERPA\)](#).
- Unpaid [meal charges](#) procedures will be followed.
- Students will not have access to staff-only vending machines. Student-access vending machines may only include items meeting [Smart Snacks Guidelines](#). Soft drinks may not be included.

Eating Environment:

- Hand washing or sanitizing facilities will be accessible to students before meals or snacks.
- Due to allergy and health concerns, sharing of foods or beverages among students will be discouraged.
- Supervised eating environments will be provided, adhering to food safety and [sanitation regulations](#).
- [Meal timing](#) will be scheduled with appropriate start times and durations. Student club or tutoring activities will not overlap with meal times, unless students have access to eat during the activity.

Events:

- Edible items in school-sponsored [events](#), activities and [fundraisers](#) must comply with [MN legislation](#), [USDA guidelines](#) and [Smart Snacks Guidelines](#).

Nutrition Education and Promotion:

- The district and school sites will support programs such as Farm to School, school gardens, taste tests and nutrition lessons in the cafeteria and classrooms, Smarter Lunchroom strategies, and more, with dedicated resources, to promote nutritious eating habits and support local economies.
- Nutrition information and activities will be culturally and developmentally appropriate and stakeholder input will be gathered for and implemented in the meal menus on a regular basis.

Food Service Personnel:

- Qualified Food Services staff will provide a variety of nutritious and appealing foods, accommodating medical, religious, ethnic, and cultural needs, while meeting [USDA guidelines](#) and [Smart Snack Guidelines](#).
- The Food Services Manager will oversee the school food and nutrition program staff, ensuring professional standards, [continuing education](#) and training requirements are met.

III. Physical Activity Guidelines:

- Physical education and adapted physical education for grades k - 12 will be available as per MN Department of Education guidelines and [District Policy #601](#). Alternate activities such as intramural sports, recess, and more, will not be substituted for meeting the physical education requirements.
- Additional opportunities for physical activity and health education before, during, and after the school day will be provided for grades k - 12.
- Withholding any [movement](#) or physical activity time as a negative consequence is not allowed. This includes, but is not limited to, recess, physical education, mindful movement, classroom movement breaks and more. Additionally, staff and partners will not use physical activity as a negative consequence.
- Opportunities will be available for staff, students, community members and partners to use some site facilities for physical activity, including active transportation. The use of site facilities beyond the school day will be consistent with state law and [district policy](#).

IV. Health Topics:

- Health topics including, but not limited to, the district health education curriculum per grade levels, mental health, chemical health, sexual health, and health and medical care will be provided and aligned through appropriate processes and educational strategies.
- The data privacy of all students, staff and community partners will be protected as it relates to health and wellness, in accordance with [HIPAA](#) and [FERPA](#).

V. Employee Wellness:

- The District Wellness Committee will plan and implement programs to support staff and community wellness. A [continuous improvement](#) process through strategic priorities will be followed annually.
- Employee lactation rooms will be provided per [MN state legislation](#) in all district buildings.
- Staff will model the district policy points during work hours and duties.

VI. Environmental and Climate Wellness:

- Environmental spaces and time will be accessible for students, staff, partners, families and community members to observe personal religious and cultural practices and observances during the school day, as needed.
- The district strives for a fragrance-friendly environment. Chemical fragrances are not to be used, including products that produce a scent strong enough to be perceived by others, such as air fresheners, aerosol products, colognes, perfumes, soap and other personal products, eccetera.
- The campuses are [tobacco-free](#). Tobacco use or any product packaged for the simulation of smoking is prohibited on school property and at off-site school-sponsored events.
- Products and supplies used for classroom projects will be environmentally friendly. Cleaning products that align with the District guidelines will be provided by the Operations Department. Products in the classrooms will not include bleach or chlorine.

VII. Community Wellness:

- Environmental, safety, wellness program engagement and access, based on the identified needs and interests expressed by the community wellness, will be addressed.

VIII. Promotion and Marketing:

- Marketing of edible items will be limited to those meeting [Smart Snacks Guidelines](#), and all advertising messages will align with the District Wellness Policy.

IX. Monitoring and Evaluation:

- The District Wellness Coordinator will monitor policy and program implementation, with regular evaluations and revisions, through the comprehensive strategic plan [continuous improvement](#) priority.

X. Communications with Community:

- The District Wellness Policy and related resources will be made accessible to families and the community through [electronic](#) and non-electronic means.
- The District [Wellbeing Specialist](#) will provide support and information on personal and communal wellness topics and programs to all Brooklyn Center Community Schools stakeholders.

Legal References:

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)
P.L. 108-265 (2004) § 204 (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)

Additional References and Associations involved:

Action for Healthy Kids Minnesota, www.actionforhealthykids.org
Alliance for Healthier Generation, www.healthiergeneration.org
Centers of Disease Control and Prevention, www.cdc.gov
Hennepin County Public Health, <http://www.hennepin.us/publichealthpromotion>
Minnesota Department of Education, <https://education.mn.gov/MDE/index.htm>
Minnesota Department of Health, www.health.state.mn.us
U.S. Dept. of Agriculture, www.usda.gov
U.S. Dept. of Education, www2.ed.gov
U.S. Dept. of Health and Human Services, www.hhs.gov
U.S. Dept. of Labor, www.dol.gov
U.S. Food and Drug Administration, www.fda.gov/food/guidanceregulation/haccp/

Cross References:

Policy 105 (Equity Resolution)
Policy 417 (Chemical Use_Abuse)
Policy 418 (Drug Free Workplace_Drug Free School)
Policy 419 (Tobacco Free Environment)
Policy 511 (Student Fundraising)
Policy 534 (School Meals)
Policy 709 (Student Transportation Safety)