

WELLNESS POLICY

BARENSVILLE PUBLIC SCHOOL
ISD 146

POLICY 533
SERIES 500 STUDENTS

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 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.

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;
 - 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.

WELLNESS POLICY

BARENSVILLE PUBLIC SCHOOL
ISD 146

POLICY 533
SERIES 500 STUDENTS

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/Physical Education (PA/PE)

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.
2. Physical Education (PE) is standards-based, using state-developed standards and incorporates adequate PE/PA specific space and equipment that conforms to all applicable safety standards. It's offered daily for elementary students and as many minutes as the schedule allows for middle and high school students.
3. PE is in compliance with specialized IEP or 504 plans for students with disabilities, special healthcare needs, and in alternative educational settings. Elementary schools do not substitute recess for PE.
4. PE is composed of at least 50% of the time spent in moderate to vigorous PA and not to be withheld or used as punishment.
5. Taught by certified PE staff with curriculum written for each grade that is sequential, provides an opportunity to learn, practice, and be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, physical fitness, and PA benefits.
6. Elementary school students have a 20-minute supervised recess break daily, preferably outdoors and before lunch; moderate to vigorous PA with adequate equipment and outdoor/indoor space.
7. Opportunities for physical activity will be incorporated into other subject lessons where appropriate.
8. Classroom teachers will provide short physical activity breaks between lessons or classes where appropriate.
9. Schools should make outdoor and indoor PA Facilities available for community use when not being used for school activities. School safety policies apply at all times.
10. Safe bicycling and walking to and from school are promoted and encouraged.

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.

Adopted:

Revised: 11.20.2023

Effective: 11.20.2023

WELLNESS POLICY

BARENSVILLE PUBLIC SCHOOL
ISD 146

POLICY 533
SERIES 500 STUDENTS

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 for breakfasts and lunches 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.
3. Food service personnel will try 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 reimburse school meals meet USDA nutrition standards.
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 handwashing or hand sanitizing before they eat meals or snacks.
9. The school district will provide free drinking water throughout the days including during meals.
10. 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.

WELLNESS POLICY

BARENSVILLE PUBLIC SCHOOL
ISD 146

POLICY 533
SERIES 500 STUDENTS

11. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.
12. The school district utilizes a closed campus to encourage healthy eating.
13. The school district will work toward reducing the use of foods/beverages as a reward.
14. The school district recognizes the importance of school-based agriculture and implements farm to school initiatives when possible.

B. School Food Service Program/Personnel

1. The school district designates the Food Service Manager 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 will provide continuing professional development for all food service personnel in schools.

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) 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. A list is located on the District's Web Page.
 - 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. A list is located on the District's Web page.

WELLNESS POLICY

BARENSVILLE PUBLIC SCHOOL
ISD 146

POLICY 533
SERIES 500 STUDENTS

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 the parents and teachers a list of suggested healthy fundraising ideas. A list is located on the District's Web.

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.

F. Additional Wellness Topics

1. Mental Health

- a. Students: School staff will assist with appropriate on-site or off-site referrals in regards to students' mental health needs.
- b. Classroom: Staff will be encouraged to use strategies in the classroom that can positively impact a student's mental health, including but not limited to, exercises around mindfulness, mindful movement, or brain breaks. Research supports that these social-emotional learning activities are positively correlated with academic outcomes. The amount of these activities should not take away from required curricula or total time on task.

2. Staff Wellness

Ensuring that school employees' physical, social-emotional and mental health needs are met is pivotal to their well-being and to students' before academic success. Schools should create work environments that support healthy eating, physical activity and healthy behaviors, such as not using tobacco, and that address the social-emotional health of staff through explicit focus on stress management, maintaining positive relationships, teacher self-efficacy and support for purpose-driven work. Towards that end:

- a. The District's Wellness Committee will encourage seasonal activities that support personal wellness for staff, students, families and community members.
- b. District staff will support the wellness policy in the workplace, including modeling healthy nutrition, physical activity and practicing general wellness behaviors.
- c. Break time and a location will be provided for at least one year for a nursing mother as per the U.S. Department of Labor Fair Labor Standards Act.

3. Oral Health

Oral health is essential to general health and well-being. Untreated oral disease can cause pain and infections that may lead to problems with eating, speaking, and learning. Staff will be offered and encouraged to use free resources and educational opportunities at least once annually within their classrooms that can positively impact oral health for students.

WELLNESS POLICY

BARENSVILLE PUBLIC SCHOOL
ISD 146

POLICY 533
SERIES 500 STUDENTS

V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Coordinator

1. The superintendent will designate a PE and Health Teacher to oversee the school district's wellness-related activities. The Wellness Coordinator will ensure that each school implements the policy.
2. The principal of each school 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 meetings four times during the 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:

WELLNESS POLICY

BARENSVILLE PUBLIC SCHOOL
ISD 146

POLICY 533
SERIES 500 STUDENTS

- 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 in partnership with the Wellness Committee.
 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).

Legal References: Minn. Stat. § 121A.215 (Local School District Wellness Policy)
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 of 1966)
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
Minnesota Department of Health, www.health.state.mn.us
County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org
United States Department of Agriculture, www.fns.usda.gov

Adopted:

Revised: 11.20.2023

Effective: 11.20.2023