Ashby Public School – Local School Wellness Policy



Draft for Wellness Committee review. This is Ashby Public School's Local School Wellness Policy: the district-level document with specific, measurable wellness goals that the federal rule (7 C.F.R. § 210.31) requires every National School Lunch and School Breakfast Program participant. It stands on its own and can sit alongside board policy 533, which it implements. It also reflects Minnesota's posting requirement (Minn. Stat. § 121A.215) and recess and mealtime law (Minn. Stat. § 121A.611).

Items marked **[Committee choice]** are local targets to confirm. Everything else is required content or common practice in small Minnesota districts.

I. Purpose, Scope, and Definitions

Ashby Public School is committed to a school environment where every student has access to healthy food, daily physical activity, and support for social and emotional well-being, because healthy students attend more and learn better. This policy sets the district's wellness goals, nutrition standards, and the plan for measuring and reporting progress.

Scope. This policy applies to all students, staff, and programs on the Ashby Public School campus (PreK–12), including before- and after-school programs and school-sponsored activities.

Definitions.

- **School day:** midnight the night before through 30 minutes after the end of the official school day.
- **School campus:** all areas of district property accessible to students during the school day.
- **Competitive foods:** all foods and beverages sold to students on campus during the school day outside the reimbursable school meal (a la carte, vending, school store, in-school fundraisers).
- **Smart Snacks:** the USDA nutrition standards for competitive foods in 7 C.F.R. § 210.11.

II. Wellness Leadership and Committee

Wellness Coordinator (designated school wellness leader). The Superintendent designates the Wellness Coordinator, who is responsible for implementation and oversight of this policy and for ensuring the school complies with it. The current Wellness Coordinator is Brooke Smith, Science Teacher.

District Wellness Committee. The committee meets about nine times per school year, leads the triennial assessment, and recommends updates to this policy. Current members (2026–27):

Name	Role on committee	Position
Brooke Smith	Wellness Coordinator (chair)	Science Teacher
Tiffany Hokanson	School food authority representative	Food Service Director
Jon Moore	Administration- parent	Superintendent
Peter Nelson	Physical education teacher	Physical/Health Education Teacher
Anna Johnson	School health professional	School Counselor
Emily Nelson	Teacher (elementary)	Elementary Education Teacher
Stacie Rylander	Teacher (early childhood)	Preschool Teacher
Theron Jeppesen	Support staff	Paraprofessional
Open seat	Parent/guardian	To be recruited
Open seat	Student (grades 9–12)	To be recruited
Open seat	Student (grades 9–12)	To be recruited
Leslie Anderson	School Board member	Up to January 2027
Open seat	Community member (e.g., Grant County Public Health/SHIP)	To be recruited

The federal rule requires the district to permit parents, students, the School Board, and the public to take part, so the open seats should be filled or actively offered each year. The school nurse is a recommended addition as a second school health professional.

Public participation. Meeting dates are posted on the district website and in the newsletter; meetings are open to the public, and the annual invitation to join the committee is shared with families at the start of each school year.

III. Nutrition

A. School Meals

1. All reimbursable breakfasts and lunches meet or exceed USDA meal pattern requirements (7 C.F.R. §§ 210.10 and 220.8) and Minnesota requirements, and the district offers breakfast and lunch at no charge to all students under Minnesota's free school meals program.
2. Menus offer a variety of fruits, vegetables, and whole grains; are appealing and culturally responsive; and source Minnesota-grown foods when practical (e.g., Farm to School).

3. Students have at least 15 minutes to eat breakfast and 20 minutes to eat lunch after receiving their meal, in a clean, safe, and pleasant setting with access to handwashing or sanitizer.
4. Lunch periods are scheduled between 10:30 a.m. and 12:30 p.m. where possible, and elementary recess is scheduled before lunch when the schedule allows.
5. Students are not denied a meal or have a meal taken away because of an unpaid balance, and meal account communication goes to parents/guardians, not students. No student is identified by eligibility status.
6. The district accommodates documented food allergies and special dietary needs and follows its food safety (HACCP) plan.
7. Food service staff complete USDA Professional Standards annual training hours.

B. Water

Free, safe drinking water is available throughout the school day, including in the cafeteria during meals. Students may carry clear water bottles in class. Water fountains and bottle-filling stations are maintained and tested as required.

C. Competitive Foods and Beverages (Sold)

1. All foods and beverages sold to students on campus during the school day — a la carte, vending, school store, and in-school fundraisers — meet USDA Smart Snacks standards at a minimum.
2. Beverages sold during the school day follow Smart Snacks limits; caffeinated beverages are not sold to elementary or middle school students.
3. Smart Snacks do not apply to sales after the school day ends (e.g., evening concessions at games and concerts). Concession stands are encouraged to offer and price at least 2healthy options .

D. Foods and Beverages Provided, Not Sold

1. **Rewards.** Staff do not use food or beverages as a reward for academic performance or behavior (unless written into an IEP or behavior plan) and do not withhold food as punishment.
2. **Shared classroom snacks** follow the district's healthy snack list and allergy procedures.

E. Fundraising

Food fundraisers sold to students during the school day meet Smart Snacks. Any exception must be approved in advance by the Wellness Coordinator and permitted under the Minnesota Department of Education's current exempt-fundraiser guidance. Non-food and physical-activity fundraisers are encouraged, and the district provides a list of ideas.

F. Nutrition Promotion

The district promotes healthy choices through cafeteria placement and signage (Smarter Lunchroom strategies), taste tests, menu information shared with families, and Farm to School activities.

G. Nutrition Education

Nutrition education is part of the health curriculum aligned to Minnesota standards, taught in grades K–8 health and high school health and integrated into science, family and consumer sciences, and

agriculture classes where appropriate. Lessons are skills-based (reading labels, planning meals, food safety).

H. Food and Beverage Marketing

Only foods and beverages that meet Smart Snacks may be marketed or advertised on campus during the school day, including on signs, vending machine fronts, menu boards, cups, coolers, and school-owned equipment. Scoreboards and other durable equipment are replaced or updated to comply as they are replaced in the normal course.

IV. Physical Activity

The district's aim is for students to have opportunities to reach 60 minutes of physical activity a day through PE, recess, classroom movement, and before- and after-school programs.

A. Physical Education

1. All students in grades K–12 receive physical education taught by a licensed PE teacher and aligned to the Minnesota K–12 Academic Standards in Physical Education.
2. Target minutes: Elementary is 100 minutes weekly.Middle school - 94 minutes 1 week 141 minutes another week (every other day and every other Friday class).High School 1 credit needed 9-12.
3. PE is not withheld as punishment, and other activities (e.g., sports) are not substituted for required PE instruction.
4. Students are moderately to vigorously active for at least half of PE class time, and PE staff receive professional development.

B. Recess (PreK–6)

1. Elementary students receive at least 20 minutes of daily recess, outdoors when weather and air quality allow, with adequate supervision and equipment.
2. Consistent with Minn. Stat. § 121A.611, staff will not use recess detention (excluding or excessively delaying a student from scheduled recess as a behavior consequence) unless: the student causes or is likely to cause serious physical harm to others; the parent/guardian specifically consents; or the student's IEP team has determined it is appropriate. Offering an alternative recess at the student's choice is not recess detention.
3. Recess is never withheld for incomplete schoolwork.
4. Staff make a reasonable attempt to notify a parent/guardian within 24 hours of any recess detention. The building principal compiles each recess detention annually (age, grade, gender, race/ethnicity, special education status), and the data is available to the public on request.
5. No student's participation in a scheduled mealtime is withheld or excessively delayed.

C. Physical Activity in the Classroom and School Day

1. Teachers provide short movement or brain breaks during instruction, especially in blocks longer than 30 minutes, and integrate movement into lessons where appropriate.
2. Staff do not use physical activity (e.g., running laps, push-ups) as punishment.
3. Physical activity (extra recess, active games) is encouraged as a non-food reward.

D. Before and After School and Community Use

1. The district offers intramural, club, and interscholastic activities (including cooperative programs) that give students of all skill levels a chance to be active.
2. The district supports safe walking and biking to school where routes allow (Safe Routes to School).
3. School gyms, fields, and playgrounds are available for community use outside school hours under district facility-use procedures.

V. Other School-Based Activities that Promote Student Wellness

1. **Mental health and social-emotional learning.** The district provides school counseling, on-site mental health services through community partners (e.g., Lakeland Mental Health), an anonymous reporting tool for students and families, and SEL instruction integrated into classroom routines.
2. **Health services.** The school nurse supports students with chronic conditions, allergies, and medications, and coordinates with families and health care providers.
3. **Staff wellness.** The Wellness Committee plans at least three staff wellness activities per year , shares employee wellness benefits, and encourages staff to model healthy eating and activity. A private space for lactation/feeding is maintained for staff.
4. **Family and community engagement.** Menus, nutrition tips, and physical activity opportunities are shared through the website, newsletter, and social media. The district partners with county public health/SHIP, Extension, and local producers on wellness and Farm to School activities.
5. **School events.** Healthy food and non-food options are encouraged at school events open to families, and events include physical activity where possible.
6. **Tobacco, vaping, and drug-free campus.** The campus is free of tobacco, vaping, and drugs at all times, consistent with district policy and state law.

VI. Implementation, Monitoring, and Reporting

A. Annual Progress and Public Notification

1. Each fall, the Wellness Coordinator reviews progress on the goals in Section VII and reports to the Superintendent and School Board.
2. Each year, the district informs the public of this policy's content, any updates, and implementation progress, and posts the current policy on the district website as required by Minn. Stat. § 121A.215.
3. The annual notice includes the Wellness Coordinator's name and contact information and how parents, students, and community members can join the Wellness Committee.

B. Triennial Assessment

At least once every three years, the Wellness Committee completes the MDE Triennial Assessment, including the WellSAT 3.0, and reports:

1. The extent to which the school complies with this policy;

2. How this policy compares to model wellness policies (e.g., Alliance for a Healthier Generation model policy, WellSAT 3.0 language); and
3. Progress made in attaining the goals of this policy.

The assessment is posted on the district website, and the policy is updated based on its findings. The October 2026 assessment is the current cycle; the next is due by October 2029.

C. Recordkeeping

The Food Service Director and Wellness Coordinator keep, for at least three full school years plus the current year:

1. The current written wellness policy;
2. Documentation of public involvement and annual notification (meeting notices, agendas, minutes, invitations);
3. The most recent triennial assessment and WellSAT results.

These records are reviewed during the MDE School Nutrition Program administrative review.

D. Responsibilities

Who	Responsible for
Wellness Coordinator	Overall oversight, committee meetings, annual report, triennial assessment
Food Service Director	School meals, Smart Snacks compliance, water access, nutrition promotion, records
Principal(s)	Building compliance: celebrations, rewards, recess, fundraisers, recess-detention data
PE/Health staff	PE and health instruction goals
Superintendent	Designates the Coordinator; reports to the School Board

E. Nondiscrimination

The district includes the current USDA nondiscrimination statement in all wellness and school meal materials as required.

VII. Measurable Wellness Goals (2026–2029)

These goals are what the 2029 triennial assessment will measure. Targets in brackets are

Area	Goal	How it is measured	Lead
Nutrition promotion	Hold at least [4] taste tests or Farm to School features per year	Food service log	Food Service Director

Area	Goal	How it is measured	Lead
Nutrition promotion	Increase breakfast participation by [5]% over the 2025–26 baseline	Monthly meal counts	Food Service Director
Nutrition education	Every grade K–12 receives nutrition lessons each year in health or a related class	Curriculum map review	PE/Health staff
Physical activity	Elementary students get 20+ minutes of daily recess and 90+ PE minutes per week	Master schedule review	Principal
Physical activity	Recess detention used only as allowed by § 121A.611, with annual data compiled	Annual recess-detention report	Principal
Physical activity	Classroom movement breaks used in [80]% of K–6 classrooms	Spring staff survey	Wellness Coordinator
Other wellness	Offer [2] staff wellness activities per year	Committee minutes	Wellness Committee
Other wellness	Fill parent, student, board, and community seats on the committee	Membership roster	Wellness Coordinator
Foods sold	100% of items sold during the school day meet Smart Snacks	Annual product review	Food Service Director
Foods not sold	[90]% of classroom celebrations are non-food or meet Smart Snacks	Teacher check-in survey	Principal
Marketing	No non-compliant food or beverage advertising on campus during the school day	Annual walkthrough	Wellness Coordinator

VIII. References

Legal references: 42 U.S.C. § 1758b (Local School Wellness Policy); 7 C.F.R. § 210.31 (Local school wellness policy); 7 C.F.R. § 210.10 and § 220.8 (meal patterns); 7 C.F.R. § 210.11 (Smart Snacks); Minn. Stat. § 121A.215 (Wellness policy posting); Minn. Stat. § 121A.611 (Recess and other breaks); Minn. Stat. § 124D.111 (School meals policy).

Cross reference: Ashby Board Policy 533 (Wellness).

Small Minnesota district policies used as models:

- Lake of the Woods School, Policy 533 (rev. 2026) — PE minutes, water stations, caffeine limits, triennial assessment and recordkeeping language.
- Cromwell-Wright School, Policy 533 — compact school meal and competitive food standards. It lacks the triennial assessment and public-involvement sections, which this draft adds.
- Brandon-Evansville Public Schools, Policy 533 (copy in the Ashby Wellness Committee's Drive) — meal timing, cold-weather indoor recess thresholds, concession guidance. Its recess-withholding exceptions predate § 121A.611 and were not carried over.

Sources: Minn. Stat. § 121A.215 · Minn. Stat. § 121A.611 · 7 C.F.R. § 210.31 · MDE Triennial Assessment Template (Ashby, October 2026)