

INDEPENDENT SCHOOL DISTRICT 199
Inver Grove Heights Community Schools
2990 80th Street East
Inver Grove Heights, Minnesota 55076

WELLNESS

I. Purpose

The purpose of this policy is to assure a school environment that enhances student attendance and academic performance by supporting healthy eating and physical activity. The policy promotes and encourages students to adopt lifelong healthy behaviors that can promote and protect students' health and wellbeing as well as reduce the risk of chronic disease.

II. General Statement of Policy

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education. School breakfast and lunch is promoted in all schools and families are informed of the link between healthy meals, especially a healthy breakfast, and support the child's readiness to learn.
- B. The school environment should promote and protect students' health, well-being, and readiness to learn by promoting nutrition education and wellness activities, recognizing these as essential components of the education process and formation of lifelong healthy behaviors.
- C. The school district encourages the involvement of students, families teachers, food service professionals, school health professionals, school board members, school administrators, and the public, in implementing, annual monitoring, and periodic reviewing and revising of the Wellness Policy through its Wellness Committee that meets regularly.
- D. Nutrition education and wellness promotion is supported by district staff through the opportunities to participate in wellness opportunities.
- E. Nutrition education and wellness promotion is integrated into learning, as appropriate. It is also linked with the school food environment, programs within the educational setting, and nutrition related community services. Nutrition education and wellness promotion is communicated and promoted with consistent

messaging throughout the district, as well as to families and the community via posters, website, newsletters, and other means.

- F. Food service professionals provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition and federal guideline needs of students; make an effort to accommodate the cultural diversity of the student body; and provide clean, safe, pleasant settings and adequate time for students to eat. Free drinking water is provided in each cafeteria.
- G. Food service professionals will provide allergen information, calorie, saturated fat, and sodium content of meals, as well as nutrition education for students, families, and staff, through the website and school cafeterias. Menus are planned offering a variety of nutrient-rich fresh fruit and/or vegetables, whole grains and other minimally processed foods while incorporating locally grown foods into the menus. Farm to school education is promoted.

III. Guidelines

A. Foods and Beverages

- 1. As part of a well-balanced diet, the school district recommends that all food and beverages made available on campus will be consistent with the current USDA. These guidelines include an increase in the consumption of fruits and vegetables, an increase in fiber and a decrease in fats.
- 2. District staff shall adhere to all federal (USDA), state, and local food safety, security guidelines, Smart Snack guidelines, and school breakfast and lunch guidelines.
- 3. The school district will make every effort to eliminate any social stigma attached to and prevent the overt identification of students and families who are eligible for free and reduced-price school meals by using computerized meal accounts and promoting online application of free/reduced meals.
- 4. The school district will provide students access to hand cleansing before they eat meals or snacks.
- 5. 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. The school district will make every effort to offer recess before lunch at elementary schools to increase student nutrient intake and reduce food waste. Every effort will be made to offer grab and go breakfast.

6. The school district will encourage tutoring, club, or organizational meetings or activities to take place outside mealtimes, unless students may eat during such activities.
7. The school district will encourage groups to use non-food fundraising
8. The school district will only market and advertise for foods and beverages that meet the Smart Snacks in school nutrition standards.
9. The school district requires that any food served as an ala carte item or vending during the school day, meet Smart Snack Guidelines. The school day is defined as the period from the midnight before to 30 minutes after the end of the official school day.
10. The school district will encourage that elementary after school programs serve healthy snacks.
11. The school district will encourage families to send only healthy classroom snacks with their students to enhance their student's learning and health.
12. Shared classroom food must be pre-approved, unopened, pre-packaged, and store bought from a commercial supplier with nutrition label and ingredient statement. No home-baked goods are allowed due to state Health/Safety laws.
13. Classroom celebrations are encouraged to focus on physical activities or non-food rewards, rather than food.

B. School Food Service Program/Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The Superintendent shall designate appropriate persons to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines and provide guidance to the procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Guidelines.
3. In accordance with federal guidelines, the school district will provide continuing professional development for all food service professionals in schools.

C. Nutrition Education and Promotion

1. The school district will encourage and support healthy eating by students and staff 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 and readiness to learn;
 - b. integrated into learning when appropriate and offered in coordination with nutrition trained school food service professionals as applicable; and
 - c. enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as taste testing, surveys, field trips and other appropriate activities.
2. The school district will encourage all students and staff to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through fundraising events, concession stands, and student stores.
3. Schools will discourage the use of 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.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers are encouraged to provide short physical activity or movement breaks between or within lessons or classes, as appropriate.
4. Standards-based guidelines and equipment that conforms to all applicable safety standards should be taught by certified physical education staff to promote enjoyable lifelong healthy behaviors and lifestyle.
5. Schools will be discouraged from limiting recess as a consequence for negative behaviors.

6. Elementary students shall have a supervised recess break daily, preferably outdoors and as weather permits.
7. Schools shall make outdoor and indoor physical activity facilities available for community use when not being used for school activities in accordance with our district facility use policy.
8. Safe bicycling and walking to and from school is promoted and encouraged.
9. School age child care programs shall encourage daily physical activities.

E. Communications with Families

1. The school district recognizes that families have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school district will encourage families' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district encourages families to pack healthy lunches and snacks.
4. The school district will provide information about physical education and other school-based physical activity opportunities within and outside of the school day.

IV. Implementation and Monitoring

- A. Monitoring will be conducted on an annual basis to help review Wellness Policy compliance, assess progress, and determine areas in need of improvement and/or revision. Measurable outcomes will be determined by the wellness committee.
- B. The school district's food service program administrator will ensure compliance in food service areas and provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available through the school food service program as well as the most recent Minnesota Department of Education review, findings, and updates.
- C. The Superintendent or designee shall execute administrative procedures that designate district level and site-based staff responsible for policy implementation and compliance of the wellness policy. The designated staff will ensure compliance to the nutrition guidelines of all foods made available and provide an annual report to the superintendent.

- D. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual update and summary report of the school district's compliance with the policy to the school board and communicate to district staff, families, and the public through school website, newsletter, or other means. Documentation will be kept on file on who and how committee members participated in the annual updates.
- E. The district will conduct an assessment of the wellness policy every three years to assess compliance with the wellness policy, compare the district wellness policy with model wellness policies, and assess progress in attaining the goals of the wellness policy. The triennial assessment will be kept on file.

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

Cross References: Policy 902 - Use of School District Facilities and Equipment