

Policy 533-Wellness

ISD 166: Approved December 14, 2017

Original ISD 166 Wellness Policy Adopted June 2006 and Updated May, 2011; Revised July 2017 in accordance with MSBA/MASA Policy 533 Orig. 2005 Rev. 2016

533 WELLNESS POLICY

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

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.
- B. The school environment should promote and protect students' health, wellbeing, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in preschool and 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. GUIDELINES

A. Foods and Beverages

1. All foods and beverages made available on campus (including vending machine and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans and Smart Snacks In Schools. This is particularly important as vending machines will be an option for snacks during the school day and before and after school. See Attachment D for Smart Snacks in Schools resource information.

2. Food and Beverage Marketing in Schools

a. School-based marketing will be consistent with nutrition education and health promotion.

b. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.”

3. All pop and energy drinks will not be allowed in Cook County Schools during the school day. No pop or energy drinks will be sold on campus during the school day. Faculty and staff are encouraged to be role models for this policy and keep pop or energy drinks to staff lounges.

For clarification and purposes of this policy, energy drinks are defined by Wikipedia as: a type of beverage containing stimulant drugs, usually including caffeine, which is marketed as providing mental and physical stimulation (marketed as "energy", but distinct from food energy). They may or may not be carbonated and many also contain sugar or other sweeteners, herbal extracts, taurine, and amino acids. They are a subset of the larger group of energy products, which includes bars and gels, and distinct from sports drinks, which are advertised to enhance sports performance. There are many brands and varieties of energy drinks. Coffee, tea and other naturally caffeinated beverages are usually not considered energy drinks

4. The school district shall designate an appropriate person, most typically the food service lead, who shall 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.

5. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
6. Food and beverage sharing will be discouraged between students during meal and snack times to maintain the safest environment for students with food allergies and to reduce the transmission of illness.
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 hand washing or hand sanitizing before they eat meals or snacks.
9. 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.
10. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
11. The district will allow food related fundraising activities to be promoted during the school day only if they meet the USDA Smart Snacks in Schools guidelines. See attachment D.
12. Foods brought into the classroom for consumption during the school day from home, for any other purpose than an individual singular student daily snack or lunch, must be purchased and not homemade. Store bought or commercially prepared foods have food labels that allow for support to school safety standards that address students with severe food allergies. The district will provide a list of suggested foods and beverages that meet Smart Snacks nutrition guidelines. Foods from school garden will be prepared according to food safety guidelines. Vegetables and fruits from home gardens are allowed so long as they are washed on-site at school according to food safety guidelines. No one is *required* to provide food for classroom consumption (such as birthdays, holiday parties, etc.)

13. Classroom snacks, celebrations, Parties and Incentives:
 - a. Parties and Celebrations: The district encourages non-food and non-beverage rewards, and will provide a list of healthy celebration ideas to parents and teachers including non-food related celebration ideas.
 - b. Classroom Snacks: A list of healthy snack ideas that follow the Smart Snacks in Schools nutrition guidelines will be provided by the district to students and parents.
 - c. Rewards and incentives: The district encourages the use of alternatives to foods or beverages as rewards for academic performance or good behavior. As such, the district will provide teachers and other relevant school staff a list of non-food related, alternative, ways to reward students. Food as academic or behavioral reward will be allowable in exceptional circumstances and with approval only from school principal or district superintendent.
 - d. Schools will not withhold food or beverages as punishment.

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 school district shall designate an appropriate person 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 Dietary Guidelines for Americans.
3. 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. Nutrition Education and 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. Through student education and adult leadership, 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 vending machines, fundraising events and concession stands.

3. Schools will only use food rewards and incentives as outlined in Section III. 3. 11. Further, withholding of food will not be used as a 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 and reduce sedentary activities such as watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
4. Recess and movement are important for children's bodies and learning. Withholding recess as a consequence or punishment will be discouraged.

E. Promotion of physical activity:

Opportunities and access to physical education will be provided in the following ways: (this list includes the items below but is not an all-inclusive list)

Access to swimming lessons for select grade elementary students
Community Education Sports teams and events
Support for the Cook County YMCA
Grade Bike Education
Walk to School Days

F. Safe Routes to School:

1. The program mission statement is “Where it is safe, get kids walking and biking. Where it’s not safe, make changes.” Safe Routes to School programs use the 5 Es to create goals and action items: education, encouragement, engineering, enforcement, and evaluation. The vision for the SRTS Program is that “Children are walking and biking safely, achieved through a supportive partnership between families, community, and schools.

2. Cook County Schools participates in the local Safe Routes to School (SRTS) program, a partnership between Cook County Schools, Great Expectations School, Cook County (Law Enforcement, Public Health, Highway Department, and Administration), City of Grand Marais, Sawtooth Mountain Clinic, North Shore Health, parents, and citizens. The group gathers as a committee quarterly and works to implement the Safe Routes to School Plan, most recently updated in 2015.

3. Cook County Schools will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

4. Cook County Schools will continue to support Safe Routes to School in areas including, but not limited to, providing training for crossing guards, educating parents about safe practices, implementing Walk!Bike!Fun! Curriculum during the school day, creating opportunities for students to use biking or walking skills during school sponsored activities like field trips, providing crossing guards at school intersections, coordinating snow removal, participating in the quarterly SRTS meetings, etc.

5. When a SRTS Coordinator is available, Cook County Schools will work with him/her to implement the SRTS Plan and provide any needed feedback or assistance, such as administering classroom tallies and parent

surveys. When appropriate, the district will work together with local public works, public safety and/or policy departments in those efforts. Cook County Schools will explore the availability of federal or state “Safe Routes to School” funds, administered by the state Department of Transportation (MnDOT), to finance such improvements. Cook County Schools will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes to students. Cook County Schools will promote partnerships with local advocates to pursue implementation of safe routes to school.

G. Communications with Parents

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well-being.
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. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. School food service staff, at the school or district level, will ensure compliance within the school’s food service areas and will report to the food service program administrator, the building principal, or the superintendent’s designee, as appropriate.

- C. The school district's food service program administrator will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.
- E. The school district will post this wellness policy on its website, to the extent it maintains a website.
- F. The school district updates the public on the wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum.
- G. Documentation is kept on file of efforts to provide annual updates to the local wellness policy including who was involved in the process and how stakeholders were permitted to participate.
- H. Documentation is kept on file demonstrating how the policy and updates are made available to the public. The district updates the public on the Triennial Assessment, including progress toward meeting the goals of the policy.

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)

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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:

https://en.wikipedia.org/wiki/Energy_drink

Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

Action for Healthy Kids Minnesota, www.actionforhealthykids.org

United States Department of Agriculture, www.fns.usda.gov

Smart Snacks in Schools, <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>