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LAKE PARK AUDUBON SCHOOLS ISD 2889

533 WELLNESS

1. 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.

2. NUTRITION EDUCATION AND WELLNESS PROMOTION

- A. Recognized as an essential component of the education process and formation of lifelong healthy behaviors.
- B. Provided as part of a standards-based, comprehensive program designed to provide students and families with knowledge and skills that facilitate healthy behaviors, and encouragement to promote and protect their health and ability to learn.
- C. All instructional staff will be encouraged to integrate nutritional themes into lesson plans when appropriate.
- D. Encouraged by teachers, staff, and food service personnel through participation in worksite wellness, opportunities and role modeling of healthy behaviors.
- E. Linked with school food environment, after-school programs, and nutrition-related community services.
- F. Communicated and promoted with consistent messaging throughout the district, as well as to parents and community via posters, website, newsletters, and other means.
- G. Offered in the cafeteria and classrooms with coordination between nutrition-trained school foodservice staff and teachers.
- H. Consistent with and reinforces the objectives of the educational and nutritional health goals of the school, thus promoting physical activity (PA) and healthy food/ beverages. Food/beverages outside of the goals **which includes all USDA nutrition guidelines** shall not be advertised or promoted. Encouraged through school-based agriculture and farm to school education.

3. USDA SCHOOL MEAL PROGRAM

School Meals are:

- A. The main source of nutrition during the school day.
- B. Affordable, nutritious, appealing, and served in a safe, clean, and enjoyable setting.
- C. Served in an environment that encourages healthy eating and food habits.
- D. In compliance with or exceeding the most updated safety standards and US Department of Agriculture (USDA) school breakfast and lunch guidelines.

- A. Provides continuing professional development for food service director and employees.
- B. Is encouraged to offer nutrient-rich fresh fruit and/or vegetables, whole grains, and other minimally processed foods daily.
- C. Incorporates local foods into school meals and promotes Farm to School activities in the cafeteria and classroom.
- D. Provides access to clean, free drinking water for students during the school day.
- E. Provides student access to handwashing or hand sanitizing prior to meals and snacks.
- F. Operates the USDA Breakfast Program in all schools, informing families of the program availability and the link between a healthy breakfast and ability to learn. *Encourages breakfast participation.* Strives to provide students with adequate time to eat meals (after sitting to eat: 20 minutes for lunch and 10 minutes for breakfast).
- G. Discourages tutoring, club meetings, or activities during mealtimes unless lunch may be eaten during such activities.
- H. Discourages food/beverages as a reward unless healthy choices are allowed by student's Individualized Education Plan (IEP); requires snacks offered as rewards to any students, must include only healthy options; does not withhold food/beverages as a punishment.
- I. Discourages sharing of food/beverages due to concerns about allergies and diet restrictions.
- J. Obtains student feedback about menu items through taste testing, surveys, or other means.
- K. The School District will encourage parents to pack healthy lunches and snacks to support a healthy food environment.
- L. Applies USDA guidelines to food brought into the cafeteria from outside food vendors.
- M. The School District specifies how families are provided information about determining eligibility for free/reduced priced meals and takes steps beyond those required by the federal law/regulation to protect the privacy of students who qualify.

Competitive Foods and Other Foods

Competitive Foods are those food and beverages sold/served during the school day outside of reimbursable school meals. The district uses the current USDA Smart Snacks guidelines based on the intent that school meals be the main source of nutrition for students during the school day. Competitive Foods shall help rather than hinder health and learning, and be within age appropriate serving sizes).

- A. Food and beverages sold through *vending, school stores, a la carte* shall follow or exceed standards.
- B. *A la Carte*: entrees may be incorporated into reimbursable meals per USDA regulations.
- C. *Fundraisers*: Nonfood fundraising is recommended. Follow district procedure for all fundraisers. If food is sold as part of an out-of-school fundraiser, follow USDA Smart Snack guidelines.
- D. *School Stores or Food Carts* shall sell only food/beverage items meeting the USDA Smart Snacks guidelines during, and up to 30 minutes following, the school day.
- F. *Elementary Schools* have limited vending, a la carte, school store, food fundraising during the school day. Any *food cart* sells only items meeting Smart Snack Guidelines.
- G. *Afterschool programs* in elementary schools follow Smart Snack Guidelines.
- H. *Individual Student Snacks*: Families are encouraged to send healthy snacks that enhance their student's learning and health.
- I. *Classroom Snacks* (brought for entire class): should follow Smart Snacks: Fruit, vegetables, and food <150 calories are recommended.
- J. *School Day Classroom Celebrations*, including birthdays, focus on physical activities rather than food when possible or follow the guidelines on our healthy snack list.
- K. *Concessions*:
 - 1. Encouraged to include healthy food/beverage options.
 - 2. Encouraged to offer the following in appropriate portion sizes: low-fat or fat-free milk, fruits, vegetables, and at least one healthy entrée option.
- L. Anytime food is served at a school function, encourage having healthy food options available.

Physical Education (PE) and Physical Activity (PA)

- A. Physical Education(PE) is:
1. Standards-based, using national or state-developed standards, such as the SHAPE America (Society for Health and Physical Educators) Guidelines, and incorporates adequate PE/PA specific space and equipment that conforms to all applicable safety standards.
 2. Recognized as an essential component of the educational process and forming lifelong healthy behavior and lifestyle.
 3. Offered daily for elementary; and quarterly, trimester, or semester for grades 7-10. It is in compliance with specialized IEP or 504 Plans for students with disabilities, special healthcare needs. Elementary schools do not substitute recess for PE.
 4. Composed of at least 50% of the time spent in moderate to vigorous PA.
 5. Taught 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. Taught by certified PE staff trained to educate, and other school staff to integrate PA into the classroom and promote enjoyable, lifelong PA among students.
 7. Consistent with student-teacher ratios of other academic subjects though enrollment caps.
 8. Not to be withheld or used as punishment. PA or recess shall not be withheld or used as punishment.
 9. To be participated by all students; students may be temporarily excused from PE but will not receive waivers. Adapted PE is identified through an IEP.
- B. Integration of Physical Activity Throughout the School Day
1. Elementary school students have at least a 30-minute supervised recess break daily, preferably outdoors and before lunch; moderate to vigorous PA is facilitated verbally and via adequate equipment and outdoor/indoor space.
 2. Integrating Physical Activity into the Classroom Settings – In order that students are active the recommended amount of at least 60 minutes of PA per day:
 - a. Classroom health education reinforces knowledge and self-management skills to maintain a physically active lifestyle and reduce sedentary activities, such as watching TV and video games.
 - b. PA is integrated into classroom lessons and celebrations, and school events.
 - c. Short PA breaks are offered between lessons and classes, as appropriate.
- C. Daily Physical Activity Opportunities Before and After School
1. Daily PA programs such as before-school/after-school supervised active play time, and activity clubs or intramurals, are offered and promoted.
 2. Child care programs held in schools shall encourage- verbally and via provision of safe space, activities, and equipment- daily periods of moderate to vigorous PA.
 3. Schools shall make outdoor and indoor PA facilities available for community use when not being used for school activities. School safety policies apply at all times.
 4. Safe bicycling and walking to and from school is promoted and encouraged.

Staff Wellness and Health Promotion

The Wellness Committee will have a staff representative that identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. Schools will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Professional Learning: when feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Snacks provided for staff should be healthy snacks.

Implementation and Monitoring of Wellness Policy

- A. The district engages students, parents, staff, PE and other teachers, food service professionals, school health professionals, school board, school administrators, and the public in developing, implementing, annual monitoring, periodic review, and revising of Wellness Policy through its wellness committee that meets regularly.
- B. The Superintendent will ensure compliance with the wellness policy and will report annually of the school district's compliance with the policy to the school board
- C. Monitoring will be repeated annually 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.
- D. District Food Service (DFS) staff will ensure compliance in food service areas, and report to superintendent.
- E. The DFS director will provide an annual report to the superintendent identifying the nutrition guidelines and procedures for selection of all foods made available on campus, as well as the most recent MDE review, findings and updates.
- F. Wellness initiatives including the DFS annual report and wellness policy implementation will be communicated to constituents through appropriate, available communication tools.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- A. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- B. The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- C. A description of the progress made in attaining the goals of the District's wellness policy.

The District will notify households/families of the availability of the triennial progress report