

## WELLNESS POLICY

Revised 1-9-12

### 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, health eating and physical activity.

### II. GENERAL STATEMENT OF POLICY

- A. The Osakis Public Schools 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, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The Osakis Public Schools 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.
- 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 preK-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. The goal of the Osakis Public Schools is to make available foods and beverages on campus (including concessions and ala-carte items) that are consistent with the current USDA Dietary Guidelines for Americans.

#### Food

Portion Sizes of foods and beverages will be age-appropriate.

Ala-carte foods will include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy items.

Osakis Public Schools will limit classroom celebrations that involve food during the school day to no more than one party per class per month. Classroom snacks and celebrations will reinforce the importance of healthy choices. All snacks that are to be shared among classmates during classroom celebrations will be store bought and pre-packaged with ingredients listed.

Osakis Public Schools will limit the use of foods with minimal nutritional value as learning incentives and will encourage healthy food choices or non-food items instead.

### Beverages

Drinking water will be conveniently available for student at all times.

Carbonated beverages will not be available to elementary school students during the school day.

Only milk (preferably low fat), flavored milk, water, and beverages containing 50-100% fruit juice (preferably 100%) with no added artificial sweeteners may be sold or provided on school grounds prior to and throughout the instructional day.

### Vending

1. The Osakis Public School will research health choice options to replace candy and foods of minimum nutritional value that are available through vending machines in the school.
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. The Osakis Public Schools 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.
5. The Osakis Public Schools 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.
6. The Osakis Public Schools will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
7. The Osakis Public Schools will ensure that advertising of foods or beverages in the areas accessible to students during mealtime will be consistent with established nutrition environment standards.
8. For the safety and security of the food and facility access to the food service operations are limited to food service staff and authorized personnel.

### B. School Food Service Program/Personnel

1. The Osakis Public Schools will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The Osakis Public Schools 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 the current USDA 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 Osakis Public Schools 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. The Osakis Public Schools 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 ala-carte lines, vending machines, fundraising events, and concession stands.
3. The Osakis Public Schools will limit the use of food or beverages as rewards for academic performance or good behavior as deemed appropriate by staff members (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.
4. Students will receive nutrition messages throughout the school that are consistent and reinforce each other and nutrition education will specifically occur in FACS class in 7<sup>th</sup> grade, health education, and in the 9<sup>th</sup> elective nutrition class.
5. Staff primarily responsible for nutrition education will be properly trained and will regularly participate in professional development activities to effectively deliver quality nutrition education.

D. Physical Activity

1. The Osakis Public Schools recognizes that 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. A state certified physical education instructor will teach all physical education classes where students will receive a minimum:
  - 25 minutes per day, 5 days a week in grades K-6
  - 50 minutes per day, 1 semester a year in grades 7-10
3. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
4. Students will be given age-appropriate opportunities for physical activity before and after school by making available the weight/exercise room and the gym as appropriate and when supervised.
5. The Osakis Public Schools will provide adequate equipment for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
6. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
7. The Osakis Public Schools will provide extra-curricular opportunities for students to participate in.
8. The Osakis Public Schools will encourage parents to support their children's participation in physical activity.

E. Communicating with Parents

1. The school district recognizes that parents and guardians have a primary and fundamental role 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 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 high school 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 statement 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.