

**POLICY 533  
WELLNESS POLICY**

Adopted: June 20, 2006 (District Policy)

Revised: February 8, 2022

**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. An effective Wellness Policy should promote the development of student skills in making lifelong healthy choices.

**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 maintain students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Fairmont Area Schools encourages the input 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 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 and try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
- G. Fairmont Area Schools 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 concessions and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
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. Fairmont Area 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 a la carte foods that are available should include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods.
6. Fairmont Area Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. Fairmont Area 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.
8. Fairmont Area Schools will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. All beverages sold to students during the school day will follow all American Beverage Association guidelines for schools. This includes vending machines.
10. Classroom snacks should reinforce the importance of healthy choices.
11. Classroom celebrations should encourage healthy choices in appropriate amounts.
12. Fairmont Area Schools should encourage fundraisers that promote positive health habits, such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events.
13. Foods and beverages sold at fundraisers should reinforce the importance of healthy choices.

B. School Food Service Program/Personnel

1. Fairmont Area Schools will provide healthy and safe school meal programs that strictly comply with all federal and state statutes and regulations.
2. Fairmont Area Schools food service program will promote healthy food choices through menu preparation, food choices, and information to students.
3. Fairmont Area Schools food service supervisor should 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.

C. Nutrition Education and Promotion

1. Fairmont Area 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. Fairmont Area 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 a la carte [snack] lines, vending machines, fundraising events, concession stands, and student stores.

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 be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

1. Fairmont Area Schools recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Fairmont Area Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Fairmont Area Schools encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Fairmont Area Schools 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. The Superintendent shall ensure compliance with the Wellness Policy.
- B. The school food service supervisor will implement and monitor those sections of the Wellness Policy related to the operation of the school food service program.
- C. Building Principals will implement and monitor those sections of the Wellness Policy related to classroom instruction and activities, physical activity, nutrition education, and fundraisers.

**Legal References:** 42 U.S.C. § 1751 *et seq.* (Richard B. Russell National School Lunch Act)  
42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)  
P.L. 108-265 (2004) § 204 (Local Wellness Policy)  
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](http://www.education.state.mn.us)  
Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)  
County Health Departments  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org) and  
[www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf)