

Effective Date: 5/0/06	600-4 Wellness Policy
Revision Date: 4/18/17	Approved by: DPSA Board

### **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**

1. The district will have a written wellness policy with physical copies located in the office(s) of all school buildings as well as posted on the school website.
2. After approval by the school board, the wellness policy will be implemented throughout the school district.

### **III. Wellness Committee**

1. The Head of School will appoint a wellness committee that may include, but not be limited to, representatives of the school food authority, teachers of physical education, school health professionals, the school board, parent representatives and school administrators.
2. The district Health and Wellness Coordinator will be the identified leader of this committee and will oversee the wellness policy work in the district.
3. The wellness committee will have meetings scheduled quarterly throughout the school year.

### **IV. Nutrition Guidelines**

Meals served to students at school will meet or exceed all federal, state, and local statutes and regulations.

1. Meals served through the NSLP and SBP will offer a variety of fruits and vegetables that meet the daily and weekly meal pattern requirements under the HHFKA.
2. Only 1% low fat or fat-free milk will be offered to students. Lactose free milk option will be available according to special dietary needs.
3. At least 1/2 of all grain items served will be whole grain products.
4. Meal portions will meet all meal pattern requirements by age group.
5. All meals served will meet current USDA nutritional requirements.

### **V. Food Safety**

All foods sold or served to students during meal times will be prepared in health-inspected facilities under the guidance of the Food Service Management Company's Food Service Director and the food safety certified staff which will provide students with healthy and safe foods.

1. District kitchens will maintain a food service license from the Minnesota Department of Health to operate each year.
2. The food service department will make every effort to meet the special dietary needs for students with documented allergies who have the required paperwork

on file with the food service department.

#### **VI. Nutrition Education and Promotion**

Schools will provide nutrition education to students and families designed to provide them with the knowledge and skills necessary to promote good health for a lifetime.

1. Monthly menus are available to families on the district website.
2. Nutrition awareness materials are posted in the cafeterias.
3. Meal pattern requirements are posted to encourage students to make age appropriate, healthy selections of food and beverages during breakfast and lunch.
4. Nutrition services staff will provide educational sessions to students by offering things like taste tests, and by seeking out grant opportunities.
5. Teachers will integrate nutrition education into classroom lessons.
6. After-school programming will provide healthy snacks to participants that encourage a healthy lifestyle.
7. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meals at appropriate times during the school day.

#### **VII. Physical Activity**

1. Opportunities for physical activity will be incorporated into other subject lessons when appropriate. Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.
2. Students need opportunities for physical activity in order to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.

#### **VIII. School Based Activities that promote Student Wellness**

1. Schools will encourage staff not to use food and beverages as rewards for students.
2. Schools will not withhold food or beverages as punishment.
3. The school district shall assure that an appropriate company or person is responsible for the school district's food service program, which duties shall include the creation of nutrition guidelines and procedures for the selection of food and beverages made available on the campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
4. The school health office highly values the health and wellbeing of staff and students. On a regular basis, the health office will provide information to staff on elements of a healthy lifestyle.
5. District will be supportive of fundraising efforts while encouraging healthy food choices or the sale of non-food items.
6. The district will encourage non-food rewards or incentives for students.
7. Students will be given opportunities to learn and grow in overall wellness, including emotional wellness.
8. No pop will be available to students via vending machines during the school day.

## **IX. Communication with Parents**

1. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
2. The district will encourage healthy choices and portion control when considering celebrations.
3. The school district will provide information about physical education and other school based physical activities.
4. The school district will support parents efforts to provide a healthy diet and daily physical activity for their children
5. The food service administrator will provide monthly menus to families.

## **X. Evaluation**

1. The district will conduct triennial assessments of the wellness policy in order to identify appropriate updates or modifications.
  1. A triennial assessment will be completed by the Health and Wellness Committee to coincide with the School Food Authority audit.
  2. The most recent triennial assessment will be on file with the district health and wellness coordinator.
  3. This assessment will contain the following components:
    1. Compliance with wellness policy
    2. How the wellness policy compares to model wellness policies.
    3. Progress made in attaining the goals of the wellness policy.
2. The Head of School 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.

### **Legal Citation:**

IV. Nutrition Guidelines  
HHFKA of 2010  
NSLP 7 CFR 210  
SBP 7 CFR 220

V. Food Safety  
NSLP 7 CFR 210  
SBP 7 CFR 220

VI. Nutrition Education and Promotion  
HHFKA of 2010  
Food Service Management Contract