

Adopted: October 21, 2014

MSBA/MASA Model Policy 533

Orig. 2005

Revised: \_\_\_\_\_

Rev. 2010

## **533 WELLNESS**

### **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, physical activity and nutrition education.

**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)  
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)  
United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov)

**II. GENERAL STATEMENT OF POLICY**

1. 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.
2. The school environment will promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
3. 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.
4. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
5. 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.
6. In order to send consistent messages to students, all adults in the school environment are encouraged to role model physical activity, healthy eating and healthy behaviors.
7. We encourage the school district to provide adequate time for students to eat.

**III. FOODS AND BEVERAGES AVAILABLE ON CAMPUS**

1. The school district will designate personnel who are properly qualified, certified and or credentialed according to professional standards to administer the school food service program and satisfy reporting requirements.
2. As part of the school district's responsibility to operate a food service program, the school district and/or contracting food company will provide the opportunity for continuing professional development for all food service personnel in schools.
3. Food service personnel shall adhere to all federal, state and local food safety and security guidelines.
4. Foods and beverages offered will be nutrient-dense, including whole grain

products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.

5. Foods and beverages available during the school day will include a variety of healthy choices that are excellent quality, appealing to students, and served at the proper temperature.
  - A variety of fruits and vegetables will be offered.
  - Low fat or Fat-free milk only will be provided.
  - No deep fried foods will be offered.
6. Foods and beverages available during the school day will minimize use of saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
7. Food and beverage providers will offer appropriate portion sizes for elementary, middle, and senior high school students that meet National School Lunch Program and Breakfast program requirements.
8. The school district will make every effort to eliminate any social stigma attached to, and prevent to overt identification of students who are eligible for free and reduced-price school meals.
9. Nutrition information for products offered in snack bars, a la carte, vending and school stores, fundraisers and at physical activity events should be readily available if appropriate. It is recommended that items offered will reinforce the importance of healthy choices. Fundraising efforts will be supportive of healthy eating by emphasizing the sale of healthy food items or of non food items. Refer to Appendix A: Healthy Fundraising Ideas. The wellness committee will keep on file a list of potential healthy fundraising partner companies.
10. Drinking water and hand-washing facilities should be conveniently available for students at all times.
11. Soft drinks will not be available to Pre K-12 grade students during school hours.
12. Classroom celebrations, especially in elementary schools, will encourage healthy choices, and portion control. Parents and families will receive guidance from the school on foods that are appropriate for such celebrations and will reinforce the importance of healthy choices. Refer to Appendix B: Fun Classroom Rewards and Appendix C: Healthy Snack List / 7 Snacks for Healthy Learners.
14. Schools will avoid use of foods or beverages as rewards for academic performance or good behavior (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. For non-food options, refer to Appendix B: Fun Classroom Rewards.

15. Schools shall support the work of a community garden that can provide education and fruit/vegetable consumption benefits for students.

#### **IV. PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

1. All physical education classes will be taught by properly credentialed physical education teachers in accordance with compulsory education requirements.
2. The district will encourage all schools to provide students regular physical education. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education (or its equivalent of at least 100 minutes/week for elementary school students and 112.5 minutes/week for middle school students) per school year. High school graduation requirements will include a minimum of one semester of physical education, and a semester of health. Taking additional physical education electives will be encouraged.
3. Because students learn essential knowledge and skills in physical education, enrollment in physical education class may not be waived on the basis of participation in athletic programs, ROTC, band, chorus, or similar activities that provide physical activity but are not physical education.
4. The physical education curriculum will meet nationally recommended guidelines.
  - Students shall spend at least 75 percent of physical education class time participating in moderate to vigorous physical activity.
  - Nashwauk-Keewatin school districts must implement national physical educational standards according to National Association for Sport and Physical Education (<http://www.nea.org/tools/lessons/national-association-for-sport-and-physical-education.html>)
5. Elementary should provide daily recess that encourages physical activity.
  - All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.
6. Nashwauk-Keewatin school district will strive to provide every student, prekindergarten through grade 12, the opportunity to participate in physical education for the entire school year, including students with disabling conditions and those in alternative programs.
7. Schools should not use participation or non-participation in physical education classes or recess as a way to punish or discipline students.
  - Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical

activity (e.g., recess, physical education) as punishment. (Special exceptions can be made if the student is too disruptive or deemed a potential danger to themselves or others.)

- Teachers and staff shall use physical activity as a reward in place of food or candy.
8. Schools will encourage integrating physical activity into the classroom.
    - For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.
    - Opportunities for physical activity will be incorporated into other subject lessons (such as science, math and social studies,) where appropriate.
    - Teachers will provide short physical activity breaks between lessons or classes as appropriate.
  9. After school programs should include supervised, age appropriate physical activities that appeal to a variety of interests.
  10. Schools should ensure that students have adequate space and equipment to participate in structured physical activity.
  11. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.
  12. The school district 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. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.
    - Schools should encourage parents and students to participate in the safe routes to school program and assist parents in organizing adult supervised groups.
    - Parent and student groups may also consider continued assessment of walking and biking access to the schools and apply for funding to improve this access.
  13. The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.

## **V. NUTRITION EDUCATION**

1. School programs will ensure that students in pre-kindergarten through grade 12 receive age-appropriate nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education will be well-integrated

within a comprehensive school health education program and should include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; healthy cooking methods; the recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.

2. Nutrition concepts will be reinforced by all school personnel, and should be integrated into various subject areas, such as literature, science, social studies and other subjects where appropriate.
3. Nutrition education will include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Staff primarily responsible for nutrition education will be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition education.
5. School districts will encourage and support healthy eating by students and engage in nutrition promotion that is enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
6. The 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 a la carte (snack) lines, vending machines, fundraising events, concession stands, and student stores.
7. School districts will provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.

## **VI. IMPLEMENTATION**

1. Submit the wellness policy draft to the Superintendent who will review and submit the draft to the Board of Education for adoption.
2. The Superintendent will identify a wellness advisory committee to include possible representation from:
  - District staff
  - Food service personnel
  - Coach or athletic department
  - Health teacher
  - Physical education teacher
  - Other teachers

- Administrator
  - School nurse
  - Indian Education
  - Students
  - School Board
  - Parents
  - Community members
3. The Superintendent shall execute administrative procedures that ensure the implementation of and compliance with the district Wellness Policy and Guidelines. These procedures shall include adoption of guidelines, designation of district level and site-based staff responsible for policy implementation and the development of a work plan with district-wide assessment, timeline and evaluation indicators.
  4. The wellness advisory committee will:
    - A. Elect a chair to represent the committee.
    - B. Draft a procedure for policy implementation to be reviewed every 3 years.
    - C. Identify specific areas of improvement and set recommended standards for food items sold on campus for the campus including but not limited to:
      - Food and Nutrition Department
      - Snack bar areas
      - School store
      - Sporting events concessions
      - Vending machines
      - Extra-curricular events involving food items
      - Fundraisers involving food items
      - Classroom celebrations
    - D. Identify specific areas of improvement for physical activity and physical education.
    - E. Identify specific areas of improvement for nutrition education.

## **VII. ASSESSMENT AND ACCOUNTABILITY**

1. The wellness advisory committee will conduct an annual assessment, decide on specific goals related to the Wellness Policy for the year and utilize an action plan format to accomplish goals. Refer to Appendix E: Nashwauk-Keewatin School Nutrition Goals and Action Plan.
  - A. The wellness committee shall include (stakeholders) and shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.
  - B. The District/ Wellness committee will inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy.

2. The wellness committee will report the annual assessment, goals and progress on goals related to the Wellness Plan to the Board of Education (School Board).  
The report will include:
  - A. the extent to which schools under the jurisdiction of the local educational agency are in compliance with the local school wellness policy;
  - B. a description of the progress made in attaining the goals of the local school wellness policy
3. The Wellness committee will review the wellness policy at least every 3 years and recommend changes to the school board.
4. The Wellness committee will measure the implementation of the Wellness Plan by: documenting meeting agendas, minutes and the list of specific goals/progress for each year. This documentation will be kept in the Wellness Committee Manual. It will be the responsibility of the Wellness coordinator to keep the manual up to date.

# HEALTHY FUNDRAISING IDEAS



Students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy alternatives to fundraising is an important part of providing a healthy school environment.

## Items you can sell:

- Books/calendars
- Coffee cups/mugs
- Cookbooks
- Coupon books
- Flowers and bulbs
- Plants
- Greeting cards
- Hats
- Holiday Wreaths
- Magazine subscriptions
- Raffle donations
- School frisbees
- School spirit gear
- Stationary
- Valentine flowers
- Yearbook covers
- Christmas ornaments
- Buttons/pins
- Sporting event seats
- Monograms
- Fruit baskets
- Bumper sticker decals



## Things you can do:

- Auctions
- Bike-a-thons/Walk-a-thons
- Bowling night/Skate night
- Car wash (pre-sell tickets as gifts)
- Carnivals
- Dances
- Fun Runs
- Gift Wrapping services
- Golf / Tennis tournament
- Jump Rope-a-thons
- Recycling cans/bottles/paper
- Science Fairs
- Spelling Bee
- Talent Show
- Treasure/Scavenger hunt



## Resource Ideas

[www.neatitems.com](http://www.neatitems.com)  
[www.efundraising.com](http://www.efundraising.com)  
[www.itsmyartwork.com](http://www.itsmyartwork.com)  
[www.Fundraisingbeads.com](http://www.Fundraisingbeads.com)  
[www.Nudayfundraising.com](http://www.Nudayfundraising.com)  
[www.123fundraising.com](http://www.123fundraising.com)  
[www.partnersforkids.com](http://www.partnersforkids.com)  
[www.fundraisingbatteries.com](http://www.fundraisingbatteries.com)  
[www.westernfund.com](http://www.westernfund.com)  
[www.brickstonegraphics.com](http://www.brickstonegraphics.com)

[www.stretchablebookcovers.com](http://www.stretchablebookcovers.com)  
[www.currentfun.com](http://www.currentfun.com)  
[www.Fund-raising.com](http://www.Fund-raising.com)  
[www.fundraisingdepot.com](http://www.fundraisingdepot.com)  
[www.common-threads.com](http://www.common-threads.com)  
[www.nutritionandkids.net](http://www.nutritionandkids.net)  
[www.qsp.com](http://www.qsp.com)  
[www.kidgardening.com](http://www.kidgardening.com)

# Fun Classroom Rewards



## Non Food Items:

- School supplies
- Paddle balls
- Frisbees
- Water bottles
- NERF balls
- Hula hoop
- Head and wrist sweat bands
- Jump ropes
- Stickers
- Yo-Yo's
- Finger puppets
- Stuffed animals
- Plastic or rubber figures
- Puzzles
- Games
- Temporary tattoos
- Key Chains
- Sunglasses
- Flashlights
- Crazy Straws
- Seeds and pot to grow a plant
- Books
- Cups
- T-shirts

## Individual Privileges:

- Choosing a class activity
- Helping the teacher
- Extra recess time
- "No homework" pass
- Going first
- Reading morning announcements
- Reading to a younger class
- Going to the library
- Working at the school store

## Rewards for entire class:

- Choosing a class activity
- Eating lunch outside
- Going to lunch first
- Holding class outdoors
- Extra art, music, physical ed, etc.
- Listening to music while working
- Playing a game
- "Free choice" time at end of day
- Work on a puzzle together
- Dancing to music



# Healthy Snack List

Please send these types of foods with your students for snacks and/or birthday celebrations.

We have noticed that students try and enjoy all sorts of foods at school that they might not eat at home! Keep it simple, but interesting.



## FRUITS & VEGGIES:

(Please cut or slice all whole fruits. Please send low sugar/salt dried fruits.)

Any fresh fruit or vegetable is welcome.

E.g. Apple slices, orange slices, berries, peaches, raisins, dried apricots, red pepper slices, sweet peas, baby carrots, snap peas, bananas...

## PROTEINS:

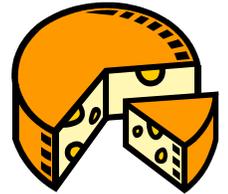
(Please send low-fat, low-sugar proteins)

E.g. Cheese sticks or cubes, yogurt and greek yogurt, hardboiled eggs..

## WHOLE GRAINS:

(Look for the Whole Grains/High Fiber label)

E.g. Popcorn, whole grain bagels, whole grain crackers, pretzels, fig bars, sesame sticks...



## COMBINE FOODS FOR A FUN SNACK:

Apple and cheese slices, trail mix, mini bagels with cream cheese, crackers and turkey, bananas and milk, yogurt dill dip with veggies, chocolate pudding and frozen berries, etc.

## UNSAFE SNACKS:NO PEANUTS PLEASE

*Thank you for supporting healthy minds and bodies, and therefore healthy learners!*



# 7 Snacks for Healthy Learners

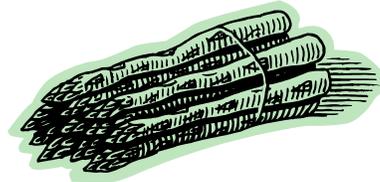


## 1. FRUIT

Fresh fruit, dried fruit, canned fruit in light syrup/juice

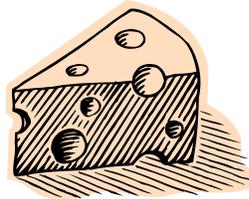
## 2. VEGETABLES

Low fat dip or hummus



## 3. CHEESE

Cubed/sticks/slices



## 4. YOGURT

Greek yogurt with berries

## 5. GOLDFISH (crackers)

## 6. GRAHAM CRACKERS



## 7. POPCORN/PRETZELS