

Deer River, Independent School District 317
101 1st Avenue NE
Deer River, MN 56636

Adopted: June 5, 2006
Revised: January 2016

533.00 Wellness Policy

Congress passed the Child Nutrition and WIC Reauthorization Act of 2001, which requires, by law, that by the first day of the school year in 2006, each school district participating in the National School Lunch Program adopt local school wellness policies that address healthy eating and physical activity.

School districts must set goals for nutrition education, physical activity and other school-based activities designed to promote student wellness. School districts must also establish nutrition standards for all foods that are available on each school campus during the school day, with the object of promoting student health and reducing childhood obesity. School districts are required to measure the implementation of the wellness policy and to involve a broad group of individuals in its development.

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. This policy applies to all students, staff, and schools in the District during the school day and at school sponsored activities.

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 protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Independent School District 317 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.
- 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. 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 both on and off school property

III. Guidelines

A. Food & Beverages Available at School

1. ISD 317 employs a qualified, certified and/or credentialed food service director to administer the school food service program and to satisfy reporting requirements.
2. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year. The application is also available on the district website.
3. All schools will provide breakfast through the USDA School Breakfast Program.
4. Foods and beverages offered are nutrient-dense, including whole grain products and fiber-rich fruits and vegetables that provide students a variety of choices that foster a balanced diet.
5. The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.
6. Foods and beverages available to the students during the school day shall meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans. www.health.gov/dietaryguidelines/
7. ISD 317 Food Service will provide students with access to a variety of affordable nutritious, and appealing foods that meet the health and nutrition needs of students; shall accommodate the religious, ethnic and cultural diversity of the student body in meal planning; shall accommodate the special dietary needs of students and shall provide clean, safe, and pleasant settings and adequate time for students to eat.
8. Food service will share and publicize information about the nutritional content of meals with students and parents upon request.
9. ISD 317 recommends that schools and school related groups avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the districts goals for a healthy school community. All food items sold during the school day will meet the Federal Smart Snacks Guidelines. All school fundraisers need approval from the building administrator.
10. 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.

11. Drinking water and hand-sanitizing facilities will be conveniently available for students at all times.
12. Soft drinks will not be available to school students during the school day. All drinks sold or made available to students must meet Federal Requirements stated in the Healthy Hunger Free Kids Act. Federal Requirements differ for elementary and high school students.
13. Vending machine sales are only permitted at Deer River High School. Vending sales will only be permitted when breakfast and lunch are not being served. All vending items served during school hours will meet the Federal Smart Snacks standards.
14. Classroom celebrations should encourage healthy choices and portion control. Items brought in from outside the school shall be purchased. Homemade food items are not acceptable. (Due to the fact that many students have food allergies.)
 - a. Teachers are encouraged to limit celebrations with food.
 - b. Snacks served during the school day will meet nutrition guidelines above, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. ISD 317 will continue to search for outside financial resources to enhance the food service budget to incorporate nutritionally sound foods into the school day (for example: Minnesota's Department of Education's Fresh Fruits and Vegetables Grant).
15. Using food or beverages for rewards and punishments at ISD 317 is discouraged.
 - a. If an individual students' Individualized Education Plan (IEP) outlines the use of food for behavior modification, a teacher may use food as a reward for that student. But, food shall be used as a last alternative for behavioral modification as part of an IEP, and teachers should minimize classroom use and provide healthy food when available.
 - b. Teachers are encouraged to use physical activity as a reward for academic performance or good behavior, as appropriate.
16. ISD 317 will not allow tutoring, clubs, or organizational meetings or activities during mealtimes, unless students may eat their meal during such activities.

B. Physical Activity and Physical Education

1. Physical education classes will be taught by licensed physical education teachers as provided for in Minnesota Law.

2. The School District shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
3. ISD 317 will ensure that every student from Kindergarten through twelfth grade receives regular quality physical education as required by Minnesota Law.
4. ISD 317 will maintain student/teacher ratios for physical education classes, similar to those used in other classes.
5. ISD 317 will facilitate students' participation in daily moderate to vigorous physical activity in accordance with nationally recommended guidelines.
 - a. ISD 317 recognizes the recommendations made by the National Association for Sport and Physical Education standards.
6. ISD 317 does currently not allow students to substitute other school or community activities for required physical education class time or credit.
7. Physical Education Teachers will develop and implement curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition and health.
8. The physical education curriculum will provide safe and satisfying physical activity for all students, including noncompetitive and life-long sports.
9. ISD 317 elementary schools will provide a minimum of 20 minutes of daily recess that encourages physical activity.
10. ISD 317 encourages staff to create a school culture that supports health. Teachers should provide physical activity breaks to students throughout the school day.
 - a. The school district shall provide all teachers with professional development opportunities that are focused on the integration of physical activity into classroom academic content and schedule throughout the school day.
11. Organized before/after school programs provide age-appropriate physical activities that appeal to a variety of interests.
12. Adequate space and equipment will be available for participation in physical activities.
13. ISD 317 encourages that physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment.

14. ISD 317 will work with the community to provide physical activity opportunities for community members at the school.
15. ISD 317 will take advantage of opportunities to make buildings more accessible and safe for students walking and biking to school.

C. NUTRITION EDUCATION

1. Nutrition education will be well-integrated within a comprehensive school health education program and will 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 will be reinforced by school personnel and will be integrated into various subject areas.
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. Food and beverages consumed by staff in the classroom should role model healthy eating and drinking behaviors.
6. The advertising of foods and beverages that are not available for sale in district schools will not be allowed on school property. An effort will be made to remove advertising from the cafeteria. Existing vending machines and coolers with logos will be replaced whenever possible.
7. ISD 317 will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website.

D. Community Involvement, Outreach, and Communications

1. The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of district wellness committee and others can participate in the development, implementation, and periodic review and update of the wellness policy. The District will also inform

parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents

2. ISD 317 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 health and nutrition.
3. ISD 317 will support parents' efforts to provide a healthy diet and daily physical activity for their children.
4. ISD 317 will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
5. ISD 317 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.
6. ISD 317 will post and update the wellness policy on the school district's website.

E. Other Activities that Promote Student Wellness

1. The District will integrate wellness activities across the entire school setting, not just in the cafeteria. This may include, but is not limited to other food and beverage venues, and physical activity facilities.
2. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

3. Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.
4. All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the district wellness committee.
5. All school-sponsored events will work towards adhering to the wellness policy. All school-sponsored wellness events will include physical activity opportunities when appropriate.
6. The District will continue relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

F. Implementation

1. The Wellness Advisory Committee will submit the policy draft to the Superintendent for approval and recommendation that the draft be adopted by the Board of Education
2. The Superintendent will identify a Wellness Advisory Committee comprised of representatives including:
 1. District Staff
 2. Teachers
 3. Food Service personnel
 4. Athletics
 5. Health Education Teacher
 6. Physical Education Teacher
 7. Administration
 8. Students
 9. Parents
 10. Community Members
3. The Superintendent shall execute administrative procedures that promote compliance with 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 participation in the development of a work plan with district wide assessment, time line, and evaluation indicators.

4. The Wellness Advisory Committee will:
 - a. Elect a chair to represent the committee.
 - i. Job duties of the chair include:
 1. Support committee members to conduct periodic meetings of the wellness committee and sub-groups that may form.
 2. Assist with preparation of meeting notices, agendas, and minutes, and facilitate follow through on assignments or action items.
 3. Ensure a connection between wellness committee projects in accordance to the action plan and update action plan accordingly.
 4. Document and keep up to date the activities and accomplishments of the wellness committee including: agendas, minutes, and the list of specific goals/progress for each year.
 - 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 Stores
 - Sporting event 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.
 - f. Develop a staff wellness program.

G. ASSESSMENT AND ACCOUNTABILITY (How to measure implementation)

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.

- a. The wellness advisory committee shall meet a minimum of two times annually to monitor and evaluate the implementation of the policy.

b. The wellness advisory 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 advisory committee will report the annual assessment, goals and progress on goals related to the Wellness Plan to the 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 advisory committee will review the wellness policy at least every 3 years and recommend changes to the school board.

4. The wellness advisory 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.

D. Glossary of Terms

School Day –midnight the night before to 30 minutes after the end of the instructional day.

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)

Resources:

- Minnesota Department of Education, www.education.state.mn.us
- Minnesota Department of Health, www.health.state.mn.us
- Action for Healthy Kids Minnesota, www.actionforhealthykids.org
- Alliance for a Healthier Generation, <https://schools.healthiergeneration.org/>
- Centers for Disease Control and Prevention, Making It Happen!
- School Nutrition Success Stories,
<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/pdf/exec.pdf>
- Connecticut State Department of Education, www.sde.ct.gov
- National Association of Sport and Physical Education, <http://www.aahperd.org/naspe/>

