

Revised: 2017

533 WELLNESS

I. PURPOSE

The purpose of Kittson Central School District's policy is to develop healthy learners through 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

- A. The school board recognizes that nutrition, physical, and health education are essential components of the educational process and that good health fosters student attendance and learning.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of students, parents, teachers, staff, food service providers, and other interested persons in the implementing, monitoring, and periodic reviewing of the school district's wellness policy.
- 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. The school lunch program is an integral part of the school; it should be a positive learning experience and contribute to the goals of the food service program and good nutrition education.

III. GUIDELINES

A. Foods and Beverages

- 1. Food and beverage selections shall be made available at school that are consistent with the current USDA Dietary Guidelines for Americans.
- 2. Food service personnel will take every measure to ensure foods and beverages meet or exceed all federal, state, and local laws and guidelines;
- 3. Food service provided will comply with all federal, state, and local food safety and security guidelines;
- 4. The school district 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. Before students eat meals or snacks, the school district will provide students with access to handwashing or hand sanitizing;

6. The school district 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. A minimum of 20 minutes will be provided for student lunch; and
7. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

B. School Food Service Program/Personnel

1. The school district will provide access to healthy and safe school meal program that complies with local, state, and federal rules and regulations;
2. The head food service provider will be responsible for the creation of nutrition guidelines and procedures for the selection of foods and beverages made available during the school lunch to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans; and
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.

C. Nutrition Education and Promotion

1. The school district 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; and
 - b. part of health education classes as well as other subject areas, where appropriate.
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages; and
3. Schools will not use 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.

D. Physical Activity

1. Student 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;
2. Teachers will be encouraged to incorporate physical activities into lessons or daily activities;
3. The school district will encourage and support physical activity by promoting and supporting walking and bicycling to school; and
4. The school district will encourage student designed individualized physical activity and fitness plans to be implemented in the physical education programs.

E. Health Education

1. The school district will encourage and support health education by providing professional staff development on asthma to teachers and staff that includes:
 - a. Professional development on asthma to teachers and staff;
 - b. Programs for staff members on asthma management.
2. The school district will encourage and support health education by providing health education that includes:
 - a. Essential topics on asthma awareness;
 - b. Asthma management education to all students with asthma.

F. Communication with Parents

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being;
2. The school district will encourage parents to provide a healthy diet and daily physical activity for their children; and
3. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented through the school district.
- B. School food service staff, at the school or district level, will ensure compliance within the school's food service areas and will report to the superintendent.
- A. The school district's food service program administrator will provide an annual report to the superintendent setting for the nutritional guidelines and procedures for selection of all foods made available on campus.
- B. 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.
- C. The school district will post this wellness policy on its website.

V. POLICY IMPLEMENTATION AND MONITORING

- A. The district wellness committee will meet annually to review the policy to determine areas that need to be improved.
- B. A School Improvement Plan will be developed by the wellness committee. The "School Health Improvement Plan," provided with the program, will be used by the committee to list the corrective actions that need to take place.
- C. At least once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy.

- D. The Wellness Coordinator will be responsible for conducting the triennial assessment.
- E. The triennial assessment report shall be posted on the school district's website or otherwise made available to the public

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
Minnesota Department of Health, www.health.state.mn.us
County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org
United States Department of Agriculture, www.fns.usda.gov