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WELLNESS POLICY

“Not later than the first day of the school year beginning after June 30, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, and physical activity to promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school good authorities in establishing health school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.”

1. 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.

2. GENERAL STATEMENT OF POLICY

A. The school board recognizes that nutrition education and physical education are essential components of the educational process, that good health fosters student’s attendance and education, and that healthful eating and physical activity can have a positive impact on student behavior.

B. The school environment should promote and protect students’ health, well-being, and ability to learn by encouraging healthy eating and physical activity.

C. The school encourages the involvement of students, parents, teachers, good service staff and other interested persons in implementing, monitoring, and reviewing the 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. Student in grades pre-K -8 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; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.

3. GUIDELINES

A. Food and Beverages

1. The current Dietary Guidelines for Americans will be used in planning the availability of all foods and beverages during the regular school day.
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 and shall adhere to all federal, state, and local good safety and security guidelines.
3. The school 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.
4. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will make every effort to schedule meal periods at appropriate times during the school day.
5. The school will discourage tutoring, club, or organizational meetings during meal times, unless students may eat during such activities.
6. The school will provide access to hand washing or hand sanitizing before they eat meals or snacks and students should be encouraged to use such facilities.

B. School Nutrition Program/Personnel

1. The school will provide healthy and safe school meal programs that strictly comply with all deferral, state, and local statutes and regulations.
2. The school shall designate the Food Service Director to be responsible for the school good service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available at school to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of the school’s responsibility to operate a food service program, the school will provide continuing professional development for good service personnel.

C. Nutrition Education and Promotion

1. The school 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 and in other classes where appropriate
2. The school will encourage all students to make age appropriate, healthy selections of foods and beverages.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, comprehensive school health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television or playing video games.
2. Opportunities for physical activity will be incorporated into other subject lessons, when appropriate.

E. Communication with Parents

1. The school 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 will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and good without nutritional value
4. The school will make available 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.

4. IMPLEMENTATION AND MONITORING

- A.** After approval by the School Board, the wellness policy will be implemented throughout the school.
- B.** School food service staff will ensure compliance within the school's food service areas and will report to the principal and /or school board.
- C.** The school Food Service Director will provide an annual report to the school board setting forth the nutrition guidelines and procedures for selection of all foods.
- D.** The administrator will ensure compliance with the wellness policy.

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 *ET SEQ.* (Establishment of Dietary Guidelines)
7 C.F.R.§ 1751 *ET SEQ.* (School Lunch Program Regulations)
7 C.F.R.§ 1751 *ET SEQ.* (School Breakfast Program Regulations)

Food and Beverage Guidelines

Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. Schools have a responsibility to help students and staff establish and maintain lifelong healthy eating patterns.

1. Foods and beverages offered over the course of a school week should 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.
2. Foods and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
3. Foods and beverages available during the school day should minimize use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
4. Food and beverage providers should offer modest portion sizes age-appropriate for elementary and middle school students.
5. The school will encourage healthy choices for snacks in the classroom, on field trips, and school picnics.
6. Classroom celebrations should encourage healthy choices and portion control.
7. The school should encourage fundraisers that promote positive health habits as well as fundraising to support physical activity events.
8. The school will discourage the use of foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages as punishment.
9. Food brought to school to be served to students must be commercially prepared food items and be consistent with current dietary guidelines.

Nutrition Education Guidelines

The primary goal of nutrition education is to positively influence students' eating behaviors.

1. School programs should ensure that students in pre-kindergarten through grade 8 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should 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 role of diet in preventing health problems; 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 should be reinforced by all school personnel.
3. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. The school will not routinely use food or beverages that do not meet the nutrition guidelines as reward for academic performance or good behavior.
5. Staff primarily responsible for nutrition education should be properly trained and regularly participate in professional development activities to effectively delivery quality nutrition education.
6. School districts should 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.

Physical Activity and Education Guidelines

The primary goal for the physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of physical activity and healthy lifestyles.

1. Students from kindergarten through grade 8 will receive regular, age-appropriate physical education.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.
3. The physical education curriculum should be coordinated with the health education curriculum.
4. Physical education should provide safe and satisfying physical activity for all students, including those with special needs.
5. Whenever possible, elementary schools should provide daily recess that encourages physical activity.
6. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.