

Adopted: 2006

1/5/2012

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Milroy School Policy

DISTRICT WIDE WELLNESS POLICY

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 and physical activity.

II. GENERAL STATEMENT OF POLICY

The Milroy Schools are committed to providing a healthy school environment because the schools recognize that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and academic success.

In order to fulfill this commitment, the Milroy Schools will ensure that all students in PreK – 8:

1. Have access to healthy food and opportunities, support, and encouragement to be physically active on a regular basis.
2. Have access to a variety of affordable, nutritious, and appealing food that meets the health and nutritional needs of students. The religious, ethnic, and cultural diversity of the student body will be taken into consideration in meal planning. A clean, safe, and pleasant setting will be provided for meals.
3. Are provided with a school environment that protects the students' health, well being, and ability to learn by encouraging healthy eating and physical activity.

In addition, a Wellness Committee has be formed to plan, implement, and improve the school district's nutrition and physical education in the school environment. Students, parents, teachers, food and nutrition staff, school board members, school administrators, and other interested persons (such as Public Health Specialists) are all encouraged to join together in implementing, monitoring, and reviewing school district nutrition and physical education policies.

III. GUIDELINES

A. Foods and Beverages Served/Sold During the School Day

[The Act requires that school districts have nutrition guidelines, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.]

1. All foods and beverages made available on campus (including concessions, vending, and beverage contracts, will be consistent with the current USDA Dietary Guidelines for Americans.

- a. Food and beverages offered over the course of a school week 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.
- b. Foods and beverages available during the school day will include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperatures.
- c. Foods and beverages available during the school day minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans.
- d. Milroy School. The Food and Nutrition Services Department and administration will approve and provide all food and beverage sales to students in the school building. School lunches and breakfasts will be sold as a complete balanced meal. Food and beverages will not be sold individually to students, except low-fat milk. All foods and beverages sold individually outside the reimbursable school meal programs (including those sold ala carte) during the school day will meet the following nutrition and portion size standards.

Beverages

- Allowed: Water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk, and sports drinks.
- Not Allowed: Carbonated beverages; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweetener; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- Foods and beverages available during the school day will minimize the use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
- A choice of at least two fruits and/or non-fried vegetables will be offered at all school sites where meals and food is served / sold. Such items will include, but not limited to, fresh fruits and vegetables; 100% fruit and vegetable juice; cooked, dried or canned fruits (canned in fruit juice or light syrup); and cooked, frozen and canned vegetables.
- As an effort to increase healthy options fresh fruits will be offered twice each week

Portion Sizes

1. Food and beverages will be offered in modest portion sizes age-appropriate for elementary and middle school students, respectively.
2. Food and nutrition services personnel will take every reasonable measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local guidelines.
3. Food and nutrition services personnel will adhere to 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. The school district will provide student access to hand washing or hand sanitizing before they eat meals or snacks.
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. Milroy Schools will be encouraged to investigate opportunities to move towards:
 - a. Providing students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
 - b. Scheduling meal periods at appropriate times i.e. lunch should be scheduled between 10:50am and 1pm; and
 - c. Working to schedule lunch periods to follow recess periods to increase student nutrient intake and reduce food waste.
 - d. Offering attractive dining areas which have enough space for seating all students.
7. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. School sites should discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.
9. The school district will provide the opportunity for all children to have breakfast at school in order to meet their nutritional needs and enhance their ability to learn:
 - a. Schools will, to the extent possible or by regulation, operate the School Breakfast Program.
 - b. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the cafeteria.
 - c. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
10. Snacks. Snacks served during the school day (including breakfast and/or enrichment programs) will make a positive contribution to children's diets and health and will work towards serving whole grains, fruits, vegetables and dairy as the primary snack items. The district will make available upon request a list of healthful snack items for teachers and parents.
11. Field Trips. When planning a field trip that will occur during the scheduled lunch periods, the classroom teacher will, to the extent possible, collaborate with Food and Nutrition Services to provide students a school lunch.
12. Rewards. School staff will use food and candy as a reward for student accomplishment sparingly. Non-food rewards and incentives will be used whenever possible as the first choice to encourage positive behavior. The district will make available upon request a list of positive, non-food rewards.
13. Celebrations. Schools should limit celebrations that involve food during the school day to special

occasions. Classroom celebrations should encourage healthy choices and portion control. When possible, the celebration should take place at least 2 hours before lunch or any time after lunch so not to interfere with school meals. Upon Request the district will disseminate a list of healthy party ideas for parents and teachers.

14. Fundraising. To support children's health and school nutrition-education efforts, Milroy schools to the extent possible will encourage fundraising that promotes the sale of non-food and/or food sales that include nutritious food items. Fundraising will follow the food safety practices per district policies. Schools will encourage fundraising activities that promote physical activity.
 15. School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Research shows that students will buy and consume healthy foods and beverages when the options are tasty, accessible and affordable. To the extent possible, healthy choices will be made available. The School District will encourage that healthy choices be made available outside of school hours.
 16. Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development.
 17. Advertising messages will be consistent with and reinforce the objectives of the education and nutrition environment goals of the school. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with standards established for the school environment.
- B. School Food and Nutrition Program/Personnel
1. The school district will provide healthy and safe school meal programs that will comply with all federal, state, and local statutes and regulations.
 2. The Director of Food and Nutrition Services will be responsible for the school district's school meal programs. Duties will include creating nutrition guidelines and procedures for the selection of foods and beverages served in the cafeterias during the school day and ensuring that food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
 3. Food and Nutrition Services programs will aim to be financially self-supporting. Food and Nutrition Services will ensure that all students have affordable access to the varied and nutritious foods they need.
 4. The school district will provide continuing professional development for all food and nutrition service personnel in schools. Staff development programs will include appropriate certification and/or training programs for the Director, Head Cooks, and Food and Nutrition Services Staff, according to their levels of responsibility.

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 sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. Integrated into other areas of the curriculum where appropriate; and
 - c. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, field trips, etc.
 2. The staff involved in nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver current nutrition education programs. Preparation and professional development activities will provide evidence based knowledge of nutrition and instructional techniques and strategies designed to promote healthy eating habits.
 3. The school cafeteria will serve as a “learning laboratory” to allow students to apply nutrition skills taught in the classroom.
 4. The school district will provide information to families that encourage them to teach their children about health, nutrition and the importance of daily physical activity.
 5. Staff Wellness. The Milroy Schools highly value the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school staff should act as role models for good nutrition and physical activity behaviors.
- D. Physical Activity
1. Physical Education (P.E.) K-8. All students in grades K-8 including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. The physical education curriculum should be coordinated with the health education curriculum. Physical education course will be in the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Student involvement in other activities involving physical activity (i.e. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
 2. Integrating Physical Activity into the Classroom Setting. 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 PE (Physical Education) education class. Toward that end:

- a. Classroom health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
- b. Opportunities for physical activity will be incorporated into other subject lessons (such as science, math and social studies), where appropriate; and
- c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

3. Daily Recess. All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools will discourage extended periods (i.e. periods of two or more hours) of inactivity. The school district will discourage tutoring, club or organizational meetings or activities during recess or physical education class times.

4. Use of School Facilities Outside of School Hours. School spaces and facilities will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations for physical activity as approved by administration.

E. Communications 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 support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district 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.

F. Food Safety/Food Security

1. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illnesses in schools.
2. For the safety and security of the food and facility, access to the Food and Nutrition Services operations are limited to Food and Nutrition Staff and authorized personnel.
3. Foods brought from home for consumption at school must be purchased ready to eat and be wrapped in

the original packaging.

IV. IMPLEMENTATION AND MONITORING

- A. The CDC's School Health Index will be used to assess the nutrition and physical activity needs of students. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.
- B. To satisfy the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the Wellness Committee will monitor and evaluate the school district's implementation of the Wellness Policy. Once the policy is approved, the Wellness Committee will meet once a year to review and update the policy
- C. After approval by the school board, the Wellness Policy will be implemented throughout the school district.
- D. Staff responsible for the areas outlined within this policy, at the school or district level, will ensure compliance and will report to the Wellness Committee, as appropriate. An annual update of the school district's compliance with the policy will be given to the Superintendent and School Boards.
- E. The Superintendent will check with each department to insure the requirements of the policy are being met. All requirements of the policy were to be put into effect at the beginning of the 06-07 school year. Throughout the year as needed the wellness committee will meet to make sure of the implementation of the policy. Feedback from students, staff and parents will be used to measure the success of the 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 (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 and
www.actionforhealthykids.org/filelib/toolsforteachers/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf

Additional References and Associations involved:

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
 American Association of School Administrators (AASA)
 Council of Chief State School Officers (CCSSO)
 National Association of Elementary School Principals (NAESP)
 National Association of Secondary School Principals (NASSP)
 National Association of State Boards of Education (NASBE)
 National PTA
 National School Boards Association (NSBA)
 School Nutrition Association (SNA)
 Centers for Disease Control and Prevention (CDC)
 National Food Service Management Institute (NFSMI) – Eating at School Summary
 United States Department of Agriculture (USDA)
 United States Department of Health and Human Services