

STUDENT WELLNESS POLICY

Need, Question, Issue

What is the district's policy to provide a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity?

POLICY STATEMENT

I. PURPOSE

The purpose of this policy is to encourage 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 Centennial School District is committed to providing a healthy school environment because:

- A. The Centennial 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. A Wellness Committee shall be formed to plan, implement and improve the district's nutrition and physical activity in the school environment.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, thrive and achieve academic success.
- E. All students in PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food and nutrition services personnel through the National School Lunch Program 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.

III. GUIDELINES

A. Foods and beverages:

- 1. All foods and beverages made available through the National School Lunch Program on campus (including concessions, vending, beverage contracts, and a la carte cafeteria items) will be consistent with 2005 USDA Dietary Guidelines for Americans, (USDA Guidelines).

2. Food and beverages provided in the National School Lunch Program will be offered in modest portion sizes age-appropriate for elementary, middle, and high school students.
3. Food and nutrition services personnel will see that student access to foods and beverages through the National School Lunch Program meet or exceed federal, state, and local guidelines.
4. Food and nutrition services personnel shall adhere to federal, state, and local food safety and security guidelines in the National School Lunch Program.
5. The 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.
6. The district will provide student access to hand washing or hand sanitizing before they eat meals or snacks.
7. At least 20 minutes will be allotted for lunch and 10 minutes for breakfast.
8. School sites should discourage students from sharing their foods or beverages with one another given concerns about allergies and other restrictions in some children's diets.
9. The district will encourage all children to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.
10. Snacks served during the school day (including breakfast and/or enrichment programs) will be encouraged to make a positive contribution to children's diets and health. Nutrition Services will disseminate a list of healthful snack items.
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 Nutrition Services to provide the student the option of receiving a meal from school.
12. Rewards. All school sites are encouraged to use non-food/beverage 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 and beverages (including food served through school meals) as a punishment. Rewards and incentives will be used that promote the health of students and/or reinforce healthful eating habits.
13. Celebrations. Schools should try to limit celebrations that involve food during the school day. Classroom celebrations, especially in elementary schools, should encourage healthy choices and portion control. It is recommended the celebration take place during the last hour of the school day so it will not interfere with school meals.
14. Fundraising. To support children's health and school nutrition education efforts, schools will encourage fundraising that promotes the sale of non-food items. Schools will encourage fundraising activities that promote physical activity.

- 15. School-sponsored events (such as, but not limited to, athletic events, dances, or performances), to the extent possible, will encourage healthy choices through concessions.
- 16. Advertising messages, where possible, are 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 district will provide healthy and safe school meal programs that comply with federal, state, and local statutes and regulations.
- 2. The Director of Nutrition Services shall be responsible for the district’s school meal programs, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages served in the cafeterias during the school day so food and beverage choices in the National School Lunch Program are consistent with current 2005 USDA Guidelines.
- 3. Nutrition Services will see to it that all students have affordable access to the varied and nutritious foods they need.
- 4. As part of the district’s responsibility to operate a food and nutrition service program, the district will make every effort to provide continuing professional development for all nutrition service personnel.

C. Nutrition education and promotion

- 1. The 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 PreK – 12 with the knowledge and skills necessary to promote and protect their health;
 - b. Integrated into other areas of the curriculum such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
 - c. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
- 2. 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.

D. Physical activity

- 1. Physical Education (or its equivalent) will be provided to all K-12 students in the Centennial District, including students with disabilities, special health-care needs, and those students in alternative educational settings. The district’s physical education curriculum will meet locally developed standards as required by Minnesota Statute 120B.021.

- 2. Physical activity will be incorporated into other subject areas, as appropriate.
- 3. Daily recess. 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 verbally and through the provision of space and equipment.
- 4. Physical activity and punishment. Teachers and other school and community personnel will not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment. The district will discourage tutoring, club or organizational meetings or activities during recess or physical education class times.

E. Communications with parents

- 1. The 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 district will support parents’ efforts to provide a healthy diet and daily physical activity for their children, include encouraging parents to pack healthy lunches and snacks.
- 3. The 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 through the National School Lunch Program 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 nutrition services operations are limited to nutrition services staff.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the Wellness Policy will be implemented throughout the district.
- B. Staff responsible for the areas outlined within this policy, at the school or district level, will ensure compliance.
- C. An annual report of the school district’s compliance with the policy will be given to the Superintendent and School Board.

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