

WELLNESS

Safety #513

I. PURPOSE

The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals are consistent with applicable minimum local, state, and federal standards. It also ensures a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity and to promote and encourage students to adopt lifelong healthy behaviors.

II. GENERAL STATEMENT OF POLICY

- A. The board of education recognizes that nutrition promotion and education, physical education and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity. School staff members shall be encouraged to model healthy eating and physical activity behaviors.
- C. St. Mary's School encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and periodic review and update of the school'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 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; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

III. WELLNESS GOALS

A. Nutrition Education and Promotion

- 1. St. Mary's 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 as well as classroom instruction in subjects such as math, science, language arts, social sciences, and where appropriate; and
 - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, and field trips.
2. St. Mary's School follows the Minnesota K-12 Academic Standards and Graduation Requirements that state that "... in grades K-8 health instruction must be given each year or by school-determined grade bands."
 3. St. Mary's School will implement a comprehensive curriculum approach to nutrition in Kindergarten through 6th grade. All instructional staff will be encouraged to integrate nutritional themes into lesson plans where appropriate. These nutritional themes include, but are not limited to:

*Knowledge of the Food Guide Pyramid	*Dietary Guidelines for Americans
*Sources & Variety of Foods	*Reading Food Labels
*Diet & Disease	*Understanding calories
*Healthy snacks	*Food safety/sanitation
*Major nutrients	*Identifying foods of low nutrient density
*Serving sizes	*Healthy heart choices
 4. St. Mary's School will encourage the use of nutrition-related posters, cartoons, printed educational materials and multi-media educational materials throughout the school campus to promote and educate students on healthy eating choices.
 5. St. Mary's School will encourage all students to make age appropriate, healthy selections of foods and beverages whenever given the opportunity to select their own food/beverage.
 6. St. Mary's School will encourage healthy choices as classroom snacks.
 7. St. Mary's School will limit celebrations that involve food during the school day.
 8. St. Mary's School will not use foods or beverages as rewards for academic performance or good behavior (unless this is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment. We strongly recommend staff use physical activity as a reward when feasible.

B. Physical Activity

1. St. Mary's School recognizes that students 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 such as watching television. St. Mary's School has established a local policy for health and physical education. Students will spend ½ hour per school day outdoors (weather permitting) pursuing physical exercise and 1 hour per school week involvement in a structured physical education program.

2. St. Mary's School will meet (or, does meet) these 2004 Guidelines from NASPE:
Children should accumulate at least 60 minutes, of age appropriate physical activity on all, or most days of the week. St. Mary's students receive at least 30 minutes each school day (6.75 hr./school day).

Children should participate in several bouts of physical activity lasting 15 minutes or more each day. St. Mary's students receive 25 minutes of physical education class each day. They also receive 25 minutes of recess physical play each day.

Extended periods of inactivity (periods of two hours or more) are discouraged for children, especially during the daytime hours.

AND/ OR

2. Supervised unstructured active play, commonly referred to as recess is offered daily for all students. Recess is in addition to a student's physical education class and not substituted for physical education class. Recess and other physical activity shall not be taken away as a form of discipline unless doing so is directly related to a student's behavior during recess. Proper equipment and a safe area are designated for recess.
3. School personnel will not use physical activity as a punishment (e.g. running laps, pushups) or withhold physical education class from students as a punishment.
4. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
5. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
6. Students will be given age-appropriate opportunities for physical activity before and after school by making available the playground as appropriate.
7. St. Mary's School will encourage community organizations to provide and promote ways for students to safely walk or bike to and from school.
8. St. Mary's School will encourage parents to support their children's participation in physical activity.

C. Communicating with Parents

1. St. Mary's School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. St. Mary's School will support (*encourage*) parents' efforts to provide a healthy diet and daily physical activity for children by providing nutrition educational materials to parents. Materials may be provided in the form of handouts,

postings on the school website, articles and information provided in school newsletters and any other appropriate means available for reaching parents.

3. St. Mary's School will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. St. Mary's School 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.
5. Applications for free/reduced priced meals are sent home to all families at the beginning of the school year.

IV. GUIDELINES

A. School Meals

1. St. Mary's School will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations. Meals served through St. Mary's food service program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.
2. 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.
3. St. Mary's School shall operate under the USDA regulations for National School Lunch and/or Breakfast Programs.
4. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
5. Food service personnel will provide a clean, safe, and pleasant setting and adequate time for students to eat.
6. Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards.
7. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
8. St. Mary's 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.
9. St. Mary's School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
10. St. Mary's School 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. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
11. St. Mary's School will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
12. St. Mary's School will encourage healthy choices as classroom snacks.

13. Free drinking water is available in the cafeteria (drinking fountains, cups) and throughout the school building at drinking foundations with bottle fill stations.

B. School Food Service Program/Personnel

1. St. Mary's School shall designate an appropriate person to be responsible for the food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with the current USDA Guidelines for Americans.
3. All school nutrition program directors, managers and staff will meet the hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs and attend MDE webinars.
2. As part of St. Mary's School's responsibility to operate a food service program, St. Mary's School will provide continuing professional development for all food service personnel.

V. WELLNESS LEADERSHIP & COMMUNITY INVOLVEMENT

- A. The principal will serve as the wellness coordinator and ensure that the school implements the policy.
- B. St. Mary's School will permit parents, students, representatives of the school food authority, teachers, school board members, administration, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.
- C. The school will hold meetings, from time to time, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be posted on the school's website.

VI. POLICY IMPLEMENTATION AND MONITORING

- A. After approval by the board of education, the wellness policy will be implemented throughout St. Mary's School. The Wellness Policy Committee consisting of the principal, food service representative, one teacher and one parent/school board member will implement the policy.
- B. School food service staff will ensure compliance within the school's food service areas and will report to the principal.
- C. St. Mary's School's food service program administrator will provide an annual report to the principal setting forth the nutrition guidelines and procedures for selection of all foods made available through the reimbursable school lunch program on campus.
- D. The principal will ensure compliance with the wellness policy and will provide an annual report of St Mary's School's compliance with the policy to the board of education.

E. Triennial Assessment –

- a. At least once every three years, St. Mary’s School will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that indicates the following information:
 - i. The extent to which St. Mary’s schools is in compliance with the wellness policy:
 - ii. The extent to which St. Mary’s wellness policy compare to model local wellness policies; and
 - iii. A description of the progress made in attaining the goals of the school district’s wellness policy
- b. The Wellness Committee/Principal will be responsible for conducting the triennial assessment.
- c. The triennial assessment report shall be posted on the school’s website or otherwise made available to the public.

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
<http://www.actionforhealthykids.org/in-your-state/minnesota/welcome>

Approved August, 2006

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Revised July, 2015

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August 2015 Approved by School Board

Revisited July, 2016

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Revisited July, 2017

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Revisited August, 2020

Tanya Fischer – Principal

Darla Loher – Lunch Administrator

Revised October 2022

Tanya Fischer – Principal

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Revised December 2022 & May 2023

Tanya Fischer - Principal

Revised June 2023 During Triennial Assessment

Tanya Fischer - Principal (Pete Boyle, Jessica Iverson, Meredith Lhotka - committee)