

INDEPENDENT SCHOOL DISTRICT 719  
PRIOR LAKE - SAVAGE AREA SCHOOLS**533 STUDENT 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 habits, physical activity, and nutrition education.

**II. DEFINITIONS**

United States Department of Agriculture (USDA) Smart Snacks in School: all foods and beverages sold outside of school meal programs, that are intended for consumption at school, during the school day are required to meet the USDA Smart Snacks in School. Compliance of food sold during the school day, is defined by midnight to 30 minutes after the dismissal bell.

USDA Dietary Guidelines for Americans: a set of developed, best practice guidelines from health professional designed to help Americans eat a healthier diet with a combination of food and beverages.

Healthy, Hunger Free Kids Act: legislation that allows the USDA to reform meal patterns and implement guidelines in accordance with the Dietary Guidelines for Americans for USDA's core child nutrition programs.

**III. GENERAL STATEMENT OF POLICY**

- A. The 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 district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- C. Children need access to healthy foods and opportunities to be physically active on a regular basis in order to grow, learn, and thrive.
- D. Qualified Child Nutrition 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.
- E. Guidelines
  - 1. Foods and Beverages
    - a. Child Nutrition 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 at all elementary and middle schools per the USDA reimbursable school meal program regulations and the Smart Snacks in School nutrition standards. The high school will offer foods consistent with USDA Dietary Guidelines for Healthy

Americans. Staff and event coordinators are encouraged to increase healthy food choices when planning classroom activities and parties, when planning fund raising activities, serving concessions, stocking vending machines, and selecting school store offerings.

- b. 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.
- c. Building principals will provide students with access to hand washing before they eat meals or snacks.
- d. The school district recognizes the importance of providing students with a place to hang outerwear prior to coming into the cafeteria when recess is scheduled immediately before or after the lunch period.
- e. Meal periods will be scheduled at appropriate times during the school day. The school district will make every effort to provide students with adequate seating and sufficient time to eat after sitting down for school meals.
- f. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

## 2. Child Nutrition Service Program/Personnel

- a. The school district appoints the Director of Child Nutrition Services to be responsible for the school district's 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 current USDA Healthy Hunger Free Kids Act guidelines for all elementary and middle schools. Foods offered at the high school will be consistent with the USDA Dietary Guidelines for Americans.
- b. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all Child Nutrition Service personnel in schools.

## 3. Nutrition Education and Promotion

- a. The school district will encourage and support healthy eating, good nutrition, and wise decision making in regard to nutrition by including in the health curriculum instruction that focuses on students developing a working knowledge of nutritional facts, making responsible food choices, and developing healthy eating habits. The district directs the Director of Teaching & Learning to establish guidelines per federal and state standards for health education that includes education on nutrition and engages in regular curriculum revisions.
- b. The school district will offer all students age appropriate, healthy selections of foods and beverages, per the Smart Snacks in Schools standards, including those sold for consumption during the school day, that are outside the reimbursable school meal programs, such as through a la carte lines, vending machines, fundraising events, snack carts and student stores.

## 4. Physical Activity

- a. Instruction in physical education will include a focus on students achieving and maintaining health-enhancing levels of fitness. The Director of Teaching and

Learning establishes appropriate guidelines for the amount of physical education students receive and aligns the content to state standards.

5. Communications with Parents

- a. 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.
- b. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- c. The school district discourages students from bringing food/drink items for birthday celebrations. See Food Allergy & Anaphylaxis Network's (FAAN) School Guidelines For Dealing With Students With Food Allergies.
- d. 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.
- e. The school district will promote opportunities for parents to view online what students are buying with their lunch money, as well as the nutritional content of foods on menu which will enable parents to encourage their students to make healthy food choices.

6. Other School-Based Activities

- a. Elementary students will have the opportunity for daily recess. It is recommended but not required that recess be scheduled before lunch to promote healthier eating habits.
- b. Health Services staff and Child Nutrition Services will collaborate to make information available to families.

F. Implementation and Monitoring

1. Child Nutrition Service staff, at the school or district level, will ensure compliance within the school's food service areas and will report to the Director of Child Nutrition Services.
2. The opportunity to join the district wellness committee will be made available to stakeholders per USDA regulation. The Wellness Committee will evaluate the policy and district compliance per USDA regulation.
  - a. Child Nutrition Service staff will oversee the food service provisions of the policy;
  - b. District staff will evaluate data from the Minnesota Student Survey
  - c. Curriculum staff will oversee physical activity and nutrition goals and collect evaluation data in the annual curriculum survey.
3. The district wellness policy will be available to the public via the district website.

**Legal References:** Minn. Stat. § 121A.215 (Local School District Wellness Policy; Website)  
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)  
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](http://www.education.state.mn.us)  
Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)  
County Health Departments  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)  
United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov)

**Cross References:** [Food Allergy & Anaphylaxis Network's \(FAAN\) School Guidelines for Dealing with Students with Food Allergies](#)

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An Equal Opportunity School District