

WELLNESS POLICY- SCHOOL DAY

MDE Policy Model 533

[Note: All school districts that participate in the National School Lunch and School Breakfast Programs are required by the Healthy, Hunger-Free Kids Act of 2010 (act) to have a wellness policy that includes standards and nutrition guidelines for foods, and beverages made available to students on campus during the school day, as well as specific goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness. The Act require the involvement of parents, students, representatives of the school food authority, teachers of physical education, school health professional, the school board, school administrators, and the public development, implementation, and periodic review and update of the wellness policy. The Act also requires a plan for measuring implementation of the policy and reporting wellness policy content and implementation issues to the public, as well as the designation of at least one person charged with responsibility for the implementation and oversight of the wellness policy to ensure the school district is in compliance with the policy.]

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 day meals and other food and beverages otherwise provided, on the campus during the school day are consistent with applicable minimum local, state, and federal standards.

II. GENERAL STATEMENT OF POLICY

- A. NHI recognizes that nutrition promotion and education, physical activity, 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 at school.
- B. The environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. NHI encourages the involvement of parents, students, representatives of the school food authority; program staff, program professionals, NHI board members, NHI administrators, and the general public in development, implementation, and periodic review and update of the 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 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

[Note: The Act requires that wellness policies include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.]

A. Nutrition Promotion and Education

1. NHI 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 elective subjects, where appropriate; and
 - c) Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips during the school day.
2. NHI will encourage all students to make age appropriate, healthy selections of foods and beverages; as well as in the event that the option of sellable foods and beverages are available outside the reimbursable school meal programs during the school day.

B. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Towards that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities, such as watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
3. NHI will provide short physical activity breaks throughout the day as appropriate.

C. Communications with Parents

1. NHI recognizes that parents and guardians have a primary role in promoting their children's health and well-being.
2. NHI will provide a healthy diet and daily physical activity for children while in our care.
3. NHI will provide information about physical education, provide Spark programming, and utilize the Wellness Center for physical activity opportunities as part of students' programming during and outside of school hours.

IV. STANDARDS AND NUTRITION GUIDELINES

[Note: The Act requires that school districts have standards, 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 childhood obesity. For foods and beverages sold to students during the day on school campus, the Act requires that school districts also have nutrition guidelines.]

A. School Meals

[Note: The Act specifically requires that the wellness policy contain standards and nutrition guidelines for all foods and beverages sold to students during the school day that are consistent with the meal requirements for lunches and after-school snacks set forth in 7 Code of Federal Regulations section 210.10 and the meal requirements for breakfasts set forth in Code of Federal Regulations section 220.8]

1. NHI will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.
2. Food service personnel will provide students with access to a variety of nutritious, and appealing foods that meet the health and nutrition needs of students.
3. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
4. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. Food service personnel will take every measure to ensure that students 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.
6. Food services personnel shall adhere to all federal, state, and local food safety and security guidelines.
7. Food service personnel will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
8. Food service personnel 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.
9. NHI will discourage tutoring, club, or meetings/activities during mealtimes unless students can eat during such activities.

B. School Food Service Program/Personnel

1. The food service manager is designated to be responsible for 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 guidelines.
2. As part of NHI's responsibility to operate a food service program, NHI will provide continuing professional development for all food service personnel at NHI.

C. Competitive Foods and Beverages

1. All foods and beverages that may be sold on campus to students outside of reimbursable meals are considered "competitive foods". Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and for in-school fundraisers.
2. In the event that "competitive foods" become available during the school day, they will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve student

health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

D. Other Foods and Beverages Made Available to Students

1. Student wellness will be consideration for all foods offered during the school day.
 - A. NHI will not use foods or beverages as 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 or beverages as punishment.

E. Food and Beverage Marketing in Schools

1. School-based marketing will be consistent with nutrition education and health promotion.
2. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.

II. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Leadership

[Note: The Act requires that local school wellness policies identify the position of the local education agency or school official(s) responsible for the implementation and oversight of the local school wellness policy.]

1. The NHI Residential Administrative Director will oversee the school district's wellness-related activities. The Residential Administrative Director will ensure that NHI implements the policy.
2. The Residential Administrative Director, will ensure compliance within the school and will report to the IEC principal regarding compliance matters upon request.

B. Public Involvement

[Note: The Act requires a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy.]

1. The Administrative Director will permit parents, students, representatives of the school food authority, teachers of physical education, program health professionals, the board of directors, program administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.
2. The Administrative Director 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 NHI website and will be open to the public.

III. POLICY IMPLEMENTATION AND MONITORING

A. Implementation and Publication

[Note: The Act requires a description of the plan for measuring the implementation of the local school wellness policy.]

1. After approval by the board of directors, the wellness policy will be implemented at NHI residential programs.
2. NHI will post its wellness policy on its website, to the extent it maintains a website.

[Note: Per Minnesota Statutes section 121A.215, when available, a school district must post its current local school wellness policy on its website.]

B. Annual Reporting

[Note: The Act requires that school districts inform the public about the content and implementation of the local wellness policy and make the policy and any updates to the policy available to the public on an annual basis.]

The Administrative Director will annually inform the public about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public via the NHI website.

C. Triennial Assessment

[Note: The Act requires a triennial assessment of schools' compliance with the wellness policy. The Act also requires school districts to inform the public about progress toward meeting the goals of the wellness policy by making the triennial assessment available to the public in an accessible and easily understood manner.]

1. At least once every three years, the NHI will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
 - a. the extent to which schools under the jurisdiction of NHI are in compliance with the wellness policy;
 - b. the extent to which NHI's wellness policy compares to model local wellness policies; and
 - c. a description of the progress made in attaining the goals of NHI's wellness policy.
2. The Administrative Director will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the NHI website or otherwise made available to the public.

D. Recordkeeping

[Note: The Act requires school districts to retain records to document compliance with the requirements of 7 Code of Federal Regulations section 210.30.]

NHI will retain records to document compliance with the requirements of the

wellness policy. The records to be retained include, but are not limited to:

1. NHI's written wellness policy.
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the wellness policy and triennial assessments available to the public.
3. Documentation of the triennial assessment of the wellness policy, and efforts to review and update the wellness policy (including an indication of who is involved in the update and methods NHI uses to make stakeholders aware of their ability to participate on the Wellness Committee).

Legal References: 42 U.S.C. § 1751 *et seq.* (Healthy and Hunger-Free Kids Act)
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)

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
United States Department of Agriculture, www.fns.usda.gov