

Standard 8 – Health and Community

Policy: Wellness Policy

Version: 8.01, Revised 7/31/2015

Section 204 of Public Law 108-265, June 30, 2004
Child Nutrition and WIC Reauthorization Act

IN GENERAL – Not later than the first day of the school year beginning after June 30, 2006, each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy that, at a minimum –

1. Includes goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;
2. Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
3. Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766 (a)), as those regulations apply to schools;
4. Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
5. Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

NUTRITION EDUCATION GOALS

The primary goal of nutrition education is to provide knowledge and teach skills to help children make food choices that maintain and promote health.

MINNESOTA K-12 ACADEMIC STANDARDS AND GRADUATION REQUIREMENTS state that “...in grades K-8 health instruction must be given each year or by district-determined grades. Grade 9-12 instruction must be provided to all students at least once in both areas (health and physical education).”

I. Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program and shall provide the opportunity for all students to understand and practice concepts related to health promotion, nutrition, and disease prevention.

- A. Redeemer Lutheran School shall provide for an interdisciplinary, sequential, skill-based, interactive health curriculum that will be based on Minnesota K-12 Academic Standards and the goals and learner outcomes as set forth by Redeemer Lutheran School in its curriculum guide.
- B. All students shall have access to valid, up-to-date, practical, and useful health information, as well as health promotion product services.
- C. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before- and after-school programs.
- D. Students shall be taught communication, goal-setting, and decision-making skills that enhance personal, family, and community health.
- E. Curriculum topics shall include, but not be limited to, essential nutrients, nutritional deficiencies, healthy weight management, safe food preparation/handling/storage, reading and using food labels, planning healthy meals, critically evaluating nutrition information and misinformation, and food advertising.
- F. Nutrition education shall also take place in the lunchroom area as opportunities are presented or as they arise. Through the use of posters, interaction between food service staff/teachers and students, and the modeling of healthy eating behaviors by school staff.
- G. Teaching/food service staff shall be adequately prepared and regularly participate in professional development activities to effectively teach/model the basic knowledge and elements of good nutrition, health promotion, and disease prevention.
- H. All staff shall become involved in providing good nutrition modeling. Through their examples as role models for the students, good nutrition education will not only be covered in the classroom setting but in all aspects of the daily routine in the building.
- I. School food service staff and teachers shall work cooperatively to integrate nutrition into classes and activities in the classroom to send consistent messages to the students.
- J. School officials shall pass information to parents, students, and staff about community programs that offer nutrition classes and information to parents about healthy eating and physical activity. School officials shall work with community agencies and other groups to provide opportunity in assisting those who have nutritional needs: participating in food shelf drives, having a class project to deliver food to home-bound individuals, volunteering to work at a food shelf or homeless shelter, etc.

II. Nutrition Goals

Academic performance and quality of life issues are affected by the choice and availability of good foods in schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

- A. USDA standards will be used in the use of products that are high in fiber, low in added fats, sugar and sodium, and are served in appropriate portion sizes. Menu and product selection shall utilize students, parents, and staff wherever possible.

- B. Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal or state regulations require.
- C. A la Carte offerings to students and staff shall be nutritious and meet federal recommended guidelines and shall be selected by students, parents, and staff wherever possible.
- D. Vending machines shall not be available during the normal school day (8:30-2:50). Vending machines shall not be located where student meals are served or eaten. Any new beverage machines shall include water, 100% fruit juice, and non-carbonated drinks with less than 150 calories per container, and no more than 1/3 of the choices will be carbonated drinks.
- E. Nutrition education topics shall be integrated into the science/health curriculum taught in grades K-8. These topics (section I. E.) shall stress the appealing aspects of good nutrition and be participatory, age-appropriate, and enjoyable. This program shall also work to involve the family as a partner in the child's education. The teaching staff, under the supervision of the principal, shall review all nutrition education curricula and materials for accuracy, completeness, balance, and consistency with the school's learner outcomes.

III. Food Service

- A. During each day the food service shall offer a hot lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program.
- B. The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of the State of Minnesota.
- C. The school food service shall monitor the breakdown of their menus, and follow recommendations using The Healthy Hunger Free meal pattern – Lunch.
- D. Redeemer Lutheran School shall employ a food service director who is properly qualified and certified to administer the school food service program and satisfy reporting requirements. Training will be done through Minnesota Department of Education workshops and conferences.

IV. Nutritious Food Choices

- A. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products shall be available wherever food is sold or otherwise offered at school during the normal school day.
- B. Food and beverages sold or served on school grounds or at school-sponsored events during the normal school day shall meet the Dietary Guidelines for Americans and other nutrition standard guidelines set forth by the State of Minnesota.
- C. Foods of minimal nutritional value as defined by 7 CFR 210.11(2) are prohibited from being sold or served anywhere a reimbursable meal is served, sold, and/or eaten. Snacks sold in school will meet the Smart Snack Nutrition Standards.

PHYSICAL ACTIVITY GOALS

The primary goals of physical activity in schools are to provide:

- opportunities for students to develop the knowledge and skills for specific physical activities;
- regular physical activity to maintain students' physical fitness;
- instruction on the short- and long-term benefits of a physically active lifestyle.

MINNESOTA K - 12 ACADEMIC STANDARDS AND GRADUATION REQUIREMENTS state that, "In grades K–8 physical education instruction must be given to all students each year. Grades 9–12 instruction must be provided to all students at least once in both areas (health and physical education)."

- A. Physical education will be taught by qualified staff. Physical education and physical activity shall be an essential element of Redeemer Lutheran School's instructional program.
- B. The Physical education program shall be designed to stress physical fitness and encourage healthy and active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of the students.
- C. Participation in physical activity shall be a requirement for all students K–8 on a daily basis.
- D. Physical education instruction shall be provided for Grades 5–8 through formal physical education classes, integration with other courses, and regularly scheduled after-school activities. A sequential physical education course with a focus on students' development of motor skills, movement forms, and health-related fitness will be taught.
- E. Redeemer Lutheran School will encourage parents and community members to institute programs that will support physical activity, such as walking, jogging, biking and hiking.
- F. Redeemer Lutheran School will encourage parents to support their children's participation in physical education activities to help promote lifelong physical activity.
- G. Resources will be provided for staff to attend conferences and workshops to learn new teaching techniques and increase knowledge of elements of teaching physical education.
- H. Redeemer Lutheran School's after-school program will encourage the development of appropriate physical activity for participating children and help reduce or eliminate time spent in sedentary activities such as watching television or videos.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

- A. The auditorium will be used as the cafeteria, and will be a pleasant, safe, and clean place for students to eat their meals. There will be adequate tables to accommodate the number of students for meal times.
- B. Students will be given 30 minutes for their meal. This guideline will also be taken into consideration on those days where there will be an early dismissal.

- C. The withholding of food or physical activity will never be used as a punishment. Rewards and incentives for academic or athletic performance will take into consideration nutritional and physical activity guidelines.
- D. Fundraising that involves the sale of food, should whenever possible not be sold during the school day, if sold during the school day items will take into consideration the fact that even this part of Redeemer Lutheran School will be sending a health message.
- E. Redeemer Lutheran School shall provide information and wellness resources and services to its staff to assist them in identifying and supporting health, safety, and well-being. In addition, Redeemer Lutheran School will be in compliance with drug, alcohol, and tobacco-free policies.
- F. Redeemer Lutheran School will provide a work environment free from physical and emotional threats and dangers, as it is possible and consistent with applicable occupation and health laws, policies, and rules.
- G. Redeemer Lutheran School shall encourage its staff to engage in daily physical activity as part of breaks and lunch periods or before or after the normal school day.
- H. Snacks sold in school will meet Smart Snack Nutrition Standards and are prohibited from being served or sold anywhere a reimbursable meal is served, sold, or eaten.
- I. Students shall be encouraged to practice food safety procedures that will help lead to a healthy lifestyle. Washing hands, proper food, and serving practices will be part of their health instruction, and they will be given opportunity to practice these behaviors during the school day or at after-school programs.
- J. The gymnasium of Redeemer Lutheran School shall be available, following gym use procedures, for parents and students to use outside of school hours for recreation, practices, community sports, and other related activities in order to allow additional opportunities for physical activity.
- K. Wherever messages that deal with nutrition are displayed (hallways, cafeteria, classrooms), every effort will be made to follow wellness policy goals; and a consistent message will be given to all who see them.

PROCESS FOR INVOLVING REDEEMER LUTHERAN SCHOOL COMMUNITY

- A. Parents, school and food service staff, school board members, and the principal were initially all involved in drafting this policy, and they will also be involved in measuring the implementation of it. Existing policies and practices, research, comparing other food services programs, and looking at local health trends all were incorporated into this wellness policy.
- B. A local wellness committee will be formed at the beginning of each school year, will meet at least twice during the year and will be representative of parents, school board members, school and food service staff, and the Principal, to maintain an on-going process of monitoring, evaluating, and recommending improvements in each area of the wellness policy. One of the responsibilities of this committee will be to examine those areas of

nutrition education, physical activity, and other school-based activities to determine needs and then work to meet those needs during the year.

- C. Updates from the local wellness committee will be submitted to the school newsletter, the *Witness News*, to keep wellness in front of the school community and to update progress on identifying and meeting of needs.

PLAN FOR MEASURING THE IMPLEMENTATION OF THE WELLNESS POLICY

- A. The principal shall serve as the wellness coordinator to ensure that the policy is implemented, evaluated on an on-going basis, and that any changes recommended by the local wellness committee be put into practice. The principal will use research data, evaluation of policies and practices, local health trends, and the like to help the local wellness committee assess needs.
- B. The local wellness committee will ensure that needs are identified and will recommend any policy changes to the school board for action.
- C. The local wellness committee, in cooperation with the principal, will evaluate each area of the wellness policy on a regular basis for assessment purposes to see if the goals of each component of the policy are being achieved. Checklists will be developed and implemented to gauge the effectiveness of the goals.