



#28. Wellness (MSBA #533)

Adopted by the St. Cloud Math and Science Academy Board of Directors: June 1, 2014

Revised 9/25/2019

I. PURPOSE

The purpose of this policy is to ensure 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

- A. The school board recognizes that nutrition instruction and physical activity are important 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. 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.
- 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.

Guidelines

A. Foods and Beverages

1. Foods and beverages offered over the course of the school week will provide students with a variety of choices to encourage a balanced diet.
2. Food service personnel will take every measure to ensure that student have access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Classroom snacks and foods served at classroom celebrations with reinforce the importance of healthy choices.
4. The director, or designee, shall adhere to all federal, state, and local food safety and security guidelines.
5. 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 priced school meals.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. The school district 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.
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. School sites should discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.
10. School staff will encourage the use of vendor purchased food for all school district related events and activities.

To prevent possible food borne illnesses
To control and minimize food allergic reactions
To encourage healthy food choices

B. School Food Service Program/Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.

2. The school district shall designate an appropriate person 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 Dietary Guidelines for Americans.
3. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

C. Nutrition Education and Promotion

1. The school 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 with the knowledge and skills necessary to promote and protect their health;
 - b. nutrition concepts will be reinforced by all school personnel and will be integrated into various subject areas.
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.
 - a. Fundraising. To support children's health and school nutrition education efforts, schools fundraising will promote the sale of nonfood and/or nutritious food items; being mindful of food safety. Schools will encourage fundraising activities that promote physical activity.

D. Physical Activity

- I. Students need opportunities for physical activity, to fully embrace physical activity as a lifestyle choice. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle reflecting diverse opportunities and reduce sedentary activities such as watching television.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
3. Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate. Schools will encourage physical activities at all levels according to the recommendations of the Minnesota Department of Education.

E. Communications with Parents

1. 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.
2. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. 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.

Implementation and Monitoring

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. The director, or designee, will ensure compliance within the school's, or district's food service areas and will report to school board chair, as appropriate.
- C. An annual report will be made to the school board to ensure district wide compliance with the