

INDEPENDENT SCHOOL DISTRICT 4152  
1031 Como Avenue  
St. Paul, MN 55103

**533 WELLNESS POLICY**

**I. PURPOSE**

The purpose of this policy is to ensure a school environment that promotes and protects students' health, safety, well-being, and ability to learn by supporting healthy eating, inclusion and access, and physical activity.

**II. 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 environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity and consider and prioritize student safety, inclusion, and access in all activities.
- 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 and the use of food in activities during the school day, including classroom activities using food even when not intended for consumption.
- D.** Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E.** All students in grades K-8 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, cultural, and health-related diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- G.** This policy is intended to support a safe, equitable, and positive experience for everyone in the TCGIS community.

- H. The school district strives to eliminate any social stigma attached to food allergies or other food-related concerns, including but not limited to health, religion, etc.

### III. DEFINITIONS

- A. "Food and beverage marketing" is defined as advertising and other promotion in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with commercial interest in the product. This term includes the following examples:
  - 1. Brand names, trademarks, logos and tags, except when placed on a physically present food or beverage product or its container;
  - 2. Displays such as on vending machine exteriors; and
  - 3. Corporate brand, logo, name, or trademark on school equipment or supplies.
- B. "School day" per the USDA is 12:01 am to thirty minutes after the final school bell.
- C. "Snack" refers to the food consumed by students during the school day outside of the lunch period.
- D. "Big Nine Allergens" The nine most common allergens, as identified by an updated version of the [Food Allergen Labeling and Consumer Protection Act of 2004](#) (FALCPA). This law identifies nine foods as major food allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybean, and sesame. This supersedes the "Big Eight," which did not include sesame. While these nine are the most common food allergens, other foods may also cause allergic reactions.
- E. Non-food allergens include, but are not limited to: different materials/fabrics (ex.: latex), insect, pet, and mold allergies.

### IV. GUIDELINES

- A. Wellness Committee
  - 1. The Executive Director is the leader of the Wellness Committee and has the authority and responsibility to ensure that the school complies with the policy. The Executive Director has the authority to delegate other school officials to lead the committee alongside the Director.
  - 2. The Wellness Committee should meet at least three (3) times during the fiscal year.
- B. School Meals

The district will offer a school meal program that is healthy and meets or exceeds all federal, state, and local laws and guidelines.

  - 1. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.

2. The 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 and/or students with food-related health conditions.
3. School staff will direct students to wash hands with soap and water both before and after they eat meals and snacks.
4. School staff 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.
5. School staff will discourage clubs or activities during mealtimes unless students may eat during such activities.

C. Staff Qualifications and Professional Development

1. The school shall designate an appropriate person to be responsible for the school's food service program to ensure food and beverage choices are consistent with USDA Dietary Guidelines for Americans.
2. 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.

D. Water

1. To promote hydration, students will have access to free, safe, unflavored drinking water throughout the school day. The district will make drinking water available during school meals.
2. Students can have a water bottle filled only with water. Water fountains and drinking water stations will be maintained for student use.

E. Competitive Foods and Beverages

To support healthy food choices and improve student health and well-being, all food and beverages outside of the approved food service (lunch) program that are sold to students (e.g.: "competitive" foods and beverages) on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards in all locations and through all services where foods and beverages are sold.

F. Rewards and Celebrations

1. Food will not be used to reward or incentivize students for any learning activity, graded or not, that is done in or outside of school.
2. Food will not be used to reward or incentivize students for desired ("good") behavior.
3. Food will not be used as part of any classroom parties or celebrations, both individual (such as birthdays) or cultural, on school campus during the school day.
4. School-wide cultural celebrations that include food must meet the standards outlined in this policy (IV.G.c.) and be approved by the Executive Director.
5. The school will maintain a resource list of alternative rewards and non-food

celebrations for students.

#### G. Snacks and Other Food

1. To ensure a school environment that promotes and protects students' health (physical and mental), safety, equity, inclusion and access, no foods of any type or beverages other than water will be offered or provided to students on the school campus during the school day other than through the approved food service (lunch) program or as outlined below.
  - a) At the beginning of each school year, the school will provide snack guidelines, including Smart Snacks nutrition standards, to all parent/guardians of student's grades 1 - 8. Families are encouraged to provide an individual daily snack for their student(s) that meet these nutrition standards.
  - b) The daily snack in Kindergarten classes can be donated foods from families with the following guidelines to ensure inclusion, health and food safety, and protection of data privacy:
    - (1) All students in the same Kindergarten classroom will be served the same snack on any given day.
    - (2) Donated snacks must be commercially prepared, adhere to Smart Snack guidelines, and meet all allergy and special diet needs among the staff and student body. To this end, the district must provide a list of approved snacks to Kindergarten families before the start of each school year. This list will be updated, if needed, to reflect any changes in allergy or dietary needs.
  - c) Foods offered or provided to students during the school day for school-wide cultural celebrations, with prior approval of the Executive Director, must adhere to Smart Snacks nutrition standards and be sourced through the contracted school meal provider.
2. The school will make accommodations for special dietary needs of students as mandated by the Americans with Disabilities Act, 1990 and Individuals with Disabilities Act and per USDA regulation.
3. All school staff will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, with food-related health conditions in class and/or during snack time.

#### H. 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) Part of health education classes;
  - c) Enjoyable, developmentally appropriate, and culturally relevant.
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 fundraising

events.

#### I. Physical Activity

Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior.

1. To 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; K-8 students will have physical education classes regularly throughout the week.
2. Opportunities for physical activity will be incorporated across the curriculum, as appropriate.
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
4. Grades K-8 will have daily recess breaks.
5. Physical activity cannot be used as a negative or punitive consequence by any-school staff (including in physical education classes) during the school day (i.e, wall stands, push-ups, running laps, etc.).
6. Recess or physical activity breaks cannot be withheld as a punitive consequence during the school day, unless participation would cause a student to be a danger to her/himself or others or is allowed by a student's individual education plan (IEP) or 504. The school will provide staff with resources on disciplinary and restorative measures to use in place of withholding physical activity.

#### J. Other School-Based Activities that Promote Student Wellness

The school will offer opportunities for students to participate in physical activity during before- or after-school programs or through contracts with community sports activities.

#### K. Nutrition Guidelines for Food and Beverages Sold During the School Day

The school participates in USDA child nutrition programs, including the National School Lunch Program. The district is committed to offering school meals through the NSLP and other applicable federal child nutrition programs that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;
4. Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.

#### L. Food and Beverage Marketing

Any food or beverage marketed to students on the school campus during the day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

#### M. Public Updates

The district will annually notify families and the public of this policy, including its content, updates, and implementation status. The district will make this information available via the district website and/or district-wide communications.

#### N. District Wellness Goals

1. Nutrition promotion and education for staff and students will occur through health education throughout the year.
2. Students will have an opportunity to have a healthy snack each day.
3. The school will make every effort to provide a safe and stigma-free environment for students with food-related health conditions.
4. All students will have opportunities for physical activity in regularly-scheduled physical education classes and daily recess.
5. Classroom teachers will integrate movement breaks throughout the school day.
6. The school will provide, or will attempt to contract or connect with community resources, opportunities for students to participate in physical activity on campus before or after school.

#### O. Triennial Assessment

1. At least once every three years, the district and School Board will evaluate compliance with the wellness policy to assess the implementation of the policy and include:
  - a) the extent to which the district is in compliance with the wellness policy;
  - b) the extent to which the district's wellness policy compares to the Alliance for a Healthier Generation model wellness policy;
  - c) and a description of the progress made in attaining the goals of the district's wellness policy.
2. The Triennial Assessment Report will be made available on the School website. The Wellness Policy will be updated, as needed, at least every three years following the triennial assessment.

#### ***Legal References:***

Minn. Stat. § 121A.215 (Local School District Wellness Policy)  
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 of 1966)  
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 Education, [Recess Moves!](#)

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)

United States Department of Agriculture, [Smart Snacks](#)