

WESTONKA PUBLIC SCHOOLS  
District Policy

**SUBJECT: WELLNESS**

|           |                  |          |                 |
|-----------|------------------|----------|-----------------|
| Adoption: | June 12, 2006    | Revised: | August 21, 2017 |
| Revised:  | February 7, 2011 |          |                 |
| Revised:  | July 19, 2013    |          |                 |

**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 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 will 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, school administrators, 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 in grades E-12 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 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.
- G. The Wellness Policy will be evaluated every three years and compared to the Alliance for a Healthier Generation model wellness policy or whichever policy has been recently approved by the USDA.

**III. GUIDELINES**

- A. Foods and Beverages

1. All foods and beverages made available by Westonka staff during the school day (including a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
2. 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.
3. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
4. The school district will provide students with sufficient time to eat and will schedule meal periods at appropriate times during the school day.
  - a. Students will be given the following number of minutes to eat lunch and socialize/recess
    - i. Mound Westonka High School: 21 minutes
    - ii. Grandview Middle School: 30 minutes
    - iii. Hilltop and Shirley Hills Primary School: 30 minutes

**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 Best Practices and Promotion**

1. The school district will encourage and support promotion of healthy eating, healthy food preparation methods and health enhancing nutrition practices 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 middle school Family and Consumer Science classes and high school Health Education classes as well as all subjects, where appropriate; and

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.
3. All food and beverages sold to students during the school day will comply with federal nutrition regulations. Federal nutrition regulations can be found at <https://www.fns.usda.gov/school-meals/child-nutrition-programs>
4. Healthy Rewards and Celebrations
  - a. Food that meets the nutrition regulations is an allowable classroom reward; non food rewards are preferred. Fruit and Vegetables will always meet nutrition regulations. Full Nutrition regulations can be found at <https://www.fns.usda.gov/school-meals/child-nutrition-programs>
  - b. Healthy Classroom Snacks (if provided by the staff)  
Snacks served during the school day will follow the recommended list of healthy classroom snacks found at <http://www.westonkafoodies.com/index.php?page=wellnesspolicy&sid=1404152107296146> with a strong emphasis on serving whole grains, fruits and vegetables as the primary snacks and water as the primary beverage. This would apply to the following situations:
    1. The school day and extended day programs, including Adventure Club, Targeted Services programs, enrichment programs and preschool program.
    2. Summer school
  - c. Classroom Celebrations (if provided by the staff)  
Snacks provided for classroom celebrations will follow the recommended list of healthy classroom snacks that meet USDA guidelines. Exceptions may be made for Halloween, Winter, and Valentines Day parties and End-of-Year Field Day Events in which non-USDA food items may be served.
  - d. The policy would not apply to the following situations:
    - i. Events outside of the school day including evening/weekend Community Education classes and recreation programs,
    - ii. PTA-sponsored events,
    - iii. Fundraising activities,
    - iv. Concessions
    - v. District facility rental groups
5. All food marketed to students will be consistent with the federal regulations for food and beverages sold during the school day.

D. Physical Activity Best Practices and Promotion

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Health education 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. 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.
3. Schools will provide resources on Active Classrooms in order to integrate physical activities that are designed to supplement curriculum in all subject areas. Resources regarding Active Classrooms/Energizers will be made available to all staff through the Wellness Committee building representatives.

E. Communication with Community

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 inform and update the public (including parents, students and others in the community) about the content and implementation of the district wellness policy #5330.
3. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
4. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
5. Birthday Celebrations
  - a. Classroom teachers will determine how best to celebrate a child's birthday.
  - b. Families are not expected to bring in something to share with the students in the classroom on the day of the birthday.
  - c. If a parent/guardian chooses to send something with their child to celebrate the birthday, it needs to be a non-food item.
6. The school district will permit participation on a non-voting status within the wellness group from parents, students, and members of the local area via an approval process.
7. The Wellness Advisory Committee with input from the superintendent's designee will provide a list of foods and beverages that are acceptable for snack food and celebration use in the classroom. This list will

include food and beverages that are consistent with the USDA nutritional guidelines.

8. The Wellness Advisory Committee and district administration will develop and promote school-wide guidelines for teachers and other staff to appropriately implement the policy, including tools to respond when students and/or parents do not comply with the birthday celebration portion of the policy.

#### **IV. IMPLEMENTATION, COMMUNICATION AND MONITORING**

- A. After approval by the school board, the wellness policy will be implemented throughout the school district and reviewed annually by the District Wellness Advisory Committee.
- B. District and school level food service staff, with direction from the Director of Food Services will ensure compliance within the school's food service areas.
- C. The school district's food service program administrator will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available by the Food Services and Nutrition Department on campus.
- D. The superintendent's designee will provide an annual report of the school district's compliance with the wellness policy to the superintendent.
- E. Other  
The school district will maintain a school wellness committee to assess the implementation of the district wellness policy #5330.

**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 of 1966)  
P.L. 108-265 (2004) § 204 (Local Wellness Policy)  
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