

Browerville Public School

Adopted: September 2011

MSBA/MASA Model Policy 533

Orig. 2005

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Wellness

I. Purpose

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being & 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 should promote and protect students' health, social/emotional 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 person 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 K-12 will have opportunities, supports, 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.

III. Guidelines

A. Food & Beverages

1. All foods and beverages made available at the school district (including a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.

4. 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.
5. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. 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.
7. The school district will discourage tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.

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 & local food safety and sanitation regulation guidelines.
2. The school district shall designate an appropriate person to be responsible for the school district's food service programs, 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 choice are available in the school's reimbursable breakfast and lunch program to ensure food and beverage choices are consistent with federal regulations for school meal nutrition, Smart Snacks in school standards.
3. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development and training 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) 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 contest, promotions, taste testing, and field trips.
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, (a la carte (snack) lines, vending machines, fundraising events, concession stands, and student stores) through health education classes & regular classroom instruction.
3. The school district will expect staff to use nutritious foods or beverages or other non-food items as rewards for academic performance or good behavior and will not withhold food or beverages as punishment.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education and other classroom instruction 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 may be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will attempt to provide short physical activity breaks between lessons or classes, as appropriate.
4. Every child will have opportunity to engage in his or her physical education class and will not be held back as a form of classroom make-up time or work.
5. The school district will make every effort to include all children in recess unless there is an academic concern that can't be addressed at a more appropriate time or except for disciplinary action as directed by the administration.

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 parent's 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.

IV. Implementation and Monitoring

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. School food service staff, at the school or district level, will ensure compliance within the school's reimbursable breakfast and lunch and will report to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.
- 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 at the school district.
- D. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board as needed.
- E. The school district will post this wellness policy on its website, to the extent it maintains a website.
- F. The school district will assess and update the wellness policy once every three years, following the triennial assessment, and make the updates available to the public.