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533 WELLNESS POLICY – WHEATON

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 should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. School staff should act as role models for good nutrition habits and physical activity behaviors. Healthy role models are especially important while interacting directly with students in areas like: classrooms, gymnasiums, hallways, and cafeteria.
- D. 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.
- E. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- F. All students in grades PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- G. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritious 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. Foods and Beverages

1. All food and beverages made available on campus during the school day 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. The Wheaton School District will adhere to the following specific guidelines for foods and beverages sold or provided separately from the reimbursable school lunch program.

Food:

The goal of the Wheaton School District is to encourage the consumption of nutrient dense foods, such as whole grains, fresh fruits, vegetables and dairy products. At any school function healthy food options should be available to students and staff. Preference will be given to foods that do not list sugar as the first ingredient and do not have more than half of its calories from fat.

Foods with a high sugar content (candies, desserts) or with high fat (fried foods, fatty meats, cheeses) content will be available on a limited basis and will be limited in portion size. The Wheaton School District will limit celebrations that involve food during the school day to no more than two parties per class per month. Birthday celebrations will feature healthy choices. Birthday treats must be purchased and brought to school in unopened packaging, not homemade items. Other celebrations will include no more than one food or beverage that does not meet nutrition standards.

School will encourage students not to share food or beverages with one another during meal or snack times given concerns about allergies and other restrictions on some children's diets.

The Wheaton School District will encourage healthy choices as classroom snacks. A list of healthy snack choices will be made available to all staff and parents. Every item offered for morning break will meet healthy standards with one exception per month.

Beverages:

Only milk (preferably low-fat), flavored milk, water and beverages containing 100% fruit juices with no added artificial or natural sweeteners may be sold or provided on school grounds both immediately prior to and throughout the instructional day.

Vending:

The elementary school will only supply water and/or 100percent fruit juice in its vending machines. The secondary school will offer a variety of beverages, such as water, 100 percent fruit juice, and sports drinks. No more than 50 percent of the vending selections will be soft drinks. No soft drinks will be offered until after school.

The Wheaton school district will begin the process of replacing some of the candy products with healthier choices. Vending sales of candy will not be permitted before or during the instructional day. Candy is defined as any processed food item that has: 1) sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, syrup) listed as one of the first two ingredients and 2) sugar is more than 25 percent of the item by weight.

Fundraising:

The Wheaton School District will encourage the use of non-food items or foods with some nutritional value as fund-raising choices. It will work toward limiting the use of candy and food items with minimal nutrition value. Food sold as a fund-raising activity will not be sold during school lunch hours.

4. Food service personnel 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-price meals.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals and 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. The use of food of minimal nutritional value as learning incentives should be limited, and healthy food choices or non-food items should be encouraged.

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 through the school breakfast and lunch program to ensure food and beverage choices are consistent with the current USDA 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 Wheaton 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;
 - c. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. The Wheaton School District follows the Minnesota K-12 Academic Standards and Graduation Requirements that state "... in grades K-8 health instruction must be given each year or by district-determined grade bands. Grades 9-12 instruction must be provided to all students at least once in both areas (health and phys. ed.)." Nutrition education is taught in grades K-10 as part of the Heath class and also in Family and Consumer Science (FACS) classes.
3. The Wheaton School District will implement a comprehensive curriculum approach to nutrition in Kindergarten through 12th grade. All instructional staff will be encouraged to integrate nutritional themes into lesson plans where appropriate. These nutritional themes include, but are not limited to:

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| *Knowledge of the Food Pyramid | *Food safety/sanitation |
| *Dietary Guidelines for Americans | *Reading food labels |
| *Sources & variety of foods | *Understanding calories |
| *Identifying foods of low nutrient density | *Serving sizes |
| *Diet and disease | *Healthy heart choices |
| *Healthy snacks | *Major nutrients |

4. Staff primarily responsible for nutrition education will be properly trained and regularly participate in professional development activities in effectively deliver quality nutrition education.
5. Nutrition education will reinforce the importance of physical activity and the health risks associated with a sedentary lifestyle.
6. The Wheaton School District will encourage the use of nutrition-related posters, cartoons, printed educational materials and multi-media educational materials throughout the school campus to promote and educate students on healthy eating choices. Students will receive nutrition messages throughout the school that are consistent and reinforce each other.
7. The Wheaton School District will encourage all students to make age appropriate, healthy selections of food 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.
8. The Wheaton School District will limit the use of food or beverages with minimal nutritional value as rewards for academic performance or good behavior as determined by individual staff members and will not withhold food or beverages as punishment.

D. Physical Activity

1. The Wheaton School District recognizes that students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Towards that end, physical education and health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television. Staff will follow the Wheaton District 803 curriculum for physical education.
2. The Wheaton School District will encourage the following goals for physical activity:
 - a. During the instructional day, students will be provided at least 45 minutes of age-appropriate physical activity on all, or most days of the week.
 - b. Students should participate in several bouts of physical activity lasting 15 minutes or more each day.
 - c. Extended periods of inactivity (periods of two hours or more) are discouraged for students, especially during the daytime hours.

3. Staff primarily responsible for physical education will be properly trained and will regularly participate in professional development activities to effectively deliver quality physical education.
4. Supervised unstructured active play, commonly referred to as recess is offered daily for all students, PreK-8 and 9-12 on a limited basis. Recess is in addition to a student's physical education class and not substituted for physical education class. Recess and other physical activity shall not be routinely taken away as a form of discipline unless doing so is directly related to a student's behavior during recess. Proper equipment and a safe area are designated for recess.
5. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
6. School personnel will not use physical activity (e.g. running laps, push-ups) as a punishment or withhold physical activity (e.g. recess, physical education) from students as a punishment.
7. Students will not be denied physical activity for purposes of make-up work, testing, etc.
8. Physical education staff will be encouraged to begin fitness or activity logging to assist students in interpreting their personal attainments and compare them to national physical activity recommendations.
9. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
10. Students will be given age-appropriate opportunities for physical activity before and after school by making available the weight/exercise room and the gym as appropriate.
11. The Wheaton School District will encourage parents to support their children's participation in physical activity.

E. Communicating with Parents

1. The Wheaton 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 Wheaton School District will encourage parent's efforts to provide a healthy diet and daily physical activity for children by providing nutritional materials to parents. Materials may be provided in the form of handouts, postings on the district website, articles and information provided in school newsletters and supply lists and any other appropriate means available for reaching parents.

3. The Wheaton School District will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value. A copy of nutritional guidelines developed in this policy will be made available to parents on the district website and in printed format
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. The Wellness Committee that was formed to work on this policy will continue to meet annually to assist with the implementation and monitoring of the policy. In addition, this committee may consider other projects or activities that would continue to improve the health and wellness of the students, staff, and families of Wheaton School District.
- C. School food service staff, at the high school or district level, will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.
- D. The school district's Wellness Committee will provide an annual report to the superintendent setting forth the components of the wellness policy and the implementation process.
- E. 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.