

Students

Wellness

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 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. 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.

III. Guidelines

A. School Food Service Program/Personnel

- 1. The school district will provide healthy and safe school meal programs that comply with all applicable laws and guidelines.
- 2. The director of business services is responsible for the school district's food service program. The food service program will create 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 district will provide continuing professional development for all food service personnel in schools.

B. Foods and Beverages

1. All foods and beverages made available on campus (including concessions and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
2. Food service personnel will ensure that student access to foods and beverages meets or exceeds all applicable laws and guidelines.
3. Food service personnel will adhere to all laws and guidelines regarding food safety and security.
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.
8. 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 sales, vending machines, and student stores.
9. The district encourages school concessions and fundraising events to offer healthy choice options along with other food choices.
10. Schools will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

C. Nutrition Education and Promotion

The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:

1. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. 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
3. enjoyable, developmentally appropriate, and culturally relevant.

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 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 will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

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.

IV. Implementation and Monitoring

- A. This wellness policy and associated practices will be implemented throughout the Edina Public Schools and will be monitored by the Edina Public Schools Wellness Committee, under the direction of the director of business services.
- B. The wellness committee will meet at least twice each year by the director of business services for the purpose of monitoring of this policy, and shall be

comprised of the director of business services, the director of food services, the director of teaching and learning, the coordinator of health services, and at least three parent representatives, one from each level (elementary, middle and high school).

- C. School food service staff will ensure compliance within the school's food service areas and will report concerns to the wellness committee or the director of business services, as appropriate.
- D. The wellness committee will create an annual report with the director of business services, setting forth the nutrition guidelines and procedures for selection of all foods made available on campus and assuring compliance with this policy.
- E. The director of business services 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.

Legal References:

Minn. Stat. § 121A.215 (Local School District Wellness Policies)
42 U.S.C. § 1751 *et seq.* (Richard B. Russell National School Lunch Act)
42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)
P.L. 111-296 (2010) (Healthy Hungry-Free Kids Act of 2010)
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)

Policy
adopted: 4/14/08
amended: 8/15/11

INDEPENDENT SCHOOL DISTRICT 273
Edina, Minnesota

NUTRITIONAL SPECIFICATIONS

FOOD GROUP	SERVING SIZE	FAT	SUGAR	PREFERRED OPTIONS	UNDESIRABLE OPTIONS
Breads (no nuts)	National school lunch/breakfast standards (NSLP)	5 grams or less		Made with whole grains/ whole wheat, minimal hydrogenated fat, no trans fat, 2-3 grams of fiber per serving	Highly processed, bleached or refined grain products
Rice, pasta and grain products	NSLP standards			At least 50% wheat or whole grains, no fat or salt added in preparation	
Cereal and breakfast bars (no nuts)	NSLP standards	5 gm or less, no artificial sweeteners	Not the first ingredient, <35% by wt or <35% calories from sugar	Made with whole grains and/or fruits containing 2-3 gm of fiber, no greater than 1.5 gm of saturated fat	High fructose corn syrup, artificial colors or ingredients
Fruits and sulfite-free dried fruit	NSLP standards			Fresh: Locally and sustainably grown Frozen/Dried: No added sugar Canned: Packed in juice	
Vegetables	½ cup or NSLP standards	No added fat		Fresh: Locally and sustainably grown when available	
Cheese	NSLP standards	5 gm or less		Natural or pasteurized-processed	Cheese food or cheese spread, artificial ingredients or coloring
Yogurt	8 oz. or less	Reduced/ low fat	Not the first ingredient, no artificial sugar	Made with live cultures	Artificial colors or ingredients, high fructose corn syrup
Meat and meat substitutes	NSLP standards	5 gm or less per ounce (except Sunbutter)		Whole muscle poultry, at least 85% lean ground beef, locally-sourced, sustainably-raised if possible	Highly processed products, textured vegetable protein 2% or less additives or nitrites
Ice cream, frozen yogurt, or fruit bar (no nuts)	8 oz or less	5 gm/4 oz, 0 trans fat	Not the first ingredient, no artificial sugar	Milk is the first ingredient in ice cream Fruit juice is the first ingredient in fruit bar	Artificial colors or ingredients, high fructose corn syrup

Cookies and baked goods (no nuts)	Elementary: 2.5 oz or less muffin or breakfast item only Secondary: 3.5 oz or less baked good; 1.3 oz fresh-baked cookie	5 gm or less, no trans fat, 1.5 gm of saturated fat	Not the first ingredient, no artificial sugar	Whole grain flour and/or fruit, 2-3 gm fiber per serving	Artificial colors or ingredients, high fructose corn syrup
Snack mix, crackers, chips, popcorn (middle and high schools only)	1.5 oz. or less	9 gm or less, no trans fat, no more than 1.5 gm saturated fat	Not the first ingredient, <35% by wt, no artificial sugar	Whole grain flour and/or fruit, 2-3 gm fiber, 230 mg of sodium	
Milk	Elementary: 8 oz Secondary: 8-16 oz	1% or nonfat	No artificial sweeteners	Chocolate skim only, BHT free	
Water	NSLP standards		No added sugar or artificial sugar	Free tap water offered at meals	
Fruit juice beverages	Elementary: 4 oz Secondary: 4-12 oz		No added sugar or artificial sugar	100% juice, fruit and yogurt smoothies, fruit spritzers, fruit/vegetable and dairy beverages	Artificial colors or ingredients
Coffee/tea (high school only)	12 oz, no additives	Limit of two creamers	Limit of one sugar packet	Organic	

Established: 4/14/08
Revised: 8/15/11