

Adopted: 8/15/2011

NRHEG School Policy 533

Orig. 2005

Revised: 11/16/2020

Rev. 2020

Mandatory Yearly SB Review: 10/21/24

533 WELLNESS

[Note: All school districts that participate in the National School Lunch and School Breakfast Programs are required by the Healthy, Hunger-Free Kids Act of 2010 (Act) to have a wellness policy that includes standards and nutrition guidelines for foods and beverages made available to students on campus during the school day, as well as specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the public in the development, implementation, and periodic review and update of the wellness policy. The Act also requires a plan for measuring implementation of the policy and reporting wellness policy content and implementation issues to the public, as well as the designation of at least one person charged with responsibility for the implementation and oversight of the wellness policy to ensure the school district is in compliance with the policy.]

I. PURPOSE

The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum local, state, and federal standards.

II. GENERAL STATEMENT OF POLICY

- A. The school board recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of parents, students, representatives of the school food authority, teachers, school health professionals, the school board, school administrators, and the general public in the development, implementation, and periodic review and update of the school district's wellness policy.
- 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, 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. WELLNESS GOALS

[Note: The Act requires that wellness policies include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.]

A. Nutrition Promotion and Education

1. The school district will teach, model, encourage and support healthy eating by all 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, FACS and elective subjects;
 - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as cooking demonstrations or lessons, farm visits, taste testing, and school gardens;
 - d. promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
 - e. links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
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. The school district's health education curriculum includes nineteen healthy eating topics: the relationship between healthy eating and personal health and

disease prevention; food guidance from MyPlate; reading and using FDA's nutrition fact labels; eating a variety of foods every day; balancing food intake and physical activity; eating more fruits, vegetables and whole grain products; choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat; choosing foods and beverages with little added sugars; eating more calcium-rich foods; preparing healthy meals and snacks; food safety; importance of water consumption; importance of eating breakfast; making healthy choices when eating at restaurants; eating disorders; the Dietary Guidelines for Americans; reducing sodium intake; social influences on healthy eating, including media, family, peers and culture; and how to develop a plan and track progress toward achieving a personal goal to eat healthfully.

B. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Schools will ensure that varied physical activity opportunities are in addition to, and not as a substitute for, physical education.
2. Physical activity during the school day will not be withheld as punishment for any reason.
3. To the extent practicable the school district will ensure that its grounds and facilities are safe and that equipment is available to students to be active.
4. The school district will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with nation and state standards for physical education. The curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.
5. All students will be provided equal opportunity to participate in physical education classes. The school district will make appropriate accommodations to allow for equitable participation for all students.
6. School district elementary students will receive physical education for at least one hundred and twenty-five minutes per week throughout the school year.
7. School district secondary students are required to take the equivalent of one academic year of physical education.
8. Health education will be required in all elementary grades. Secondary school students are required to take and pass at least one health education course. Fifteen essential topics will be covered in the school health education curriculum including: the physical, psychological, or social benefits or

physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition; phases of an exercise session, that is, warm-up, workout and cool down; decreasing sedentary activities, such as TV watching; opportunities for physical activity in the community; preventing injury during physical activity; weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active; how much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity; developing an individualized physical activity and fitness plan; monitoring progress toward reaching goals in an individualized physical activity plan; dangers of using performance-enhancing drugs, such as steroids; and how to resist peer pressure that discourages physical activity.

9. Opportunities for physical activity breaks will be incorporated into other subject lessons or classes, where appropriate. Specific physical activity opportunities provided by the school district include: Go Noodle breaks within first grade classrooms, Smart Room time for elementary-age students, chair aerobics within FACS classes and walking breaks to the local grocery store for student-planned FACS meals.
10. All elementary school students will receive at least twenty-five minutes of recess on all days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school district must conduct indoor recess, teachers and staff will follow indoor recess guidelines that promote physical activity for students, to the extent practicable.
11. Recess will complement, not substitute, physical education class. Recess monitors and teachers will encourage students to be active and will serve as role models.
12. The school district offers opportunities for students to participate in physical activity either before and/or after the school day through: open gym, open weight room and school athletics.
13. The school district will support active transport to and from school, such as walking or biking. This behavior will be encouraged through: designation of safe or preferred routes to school; promoting activities such as participation in International Walk to School Week, National Walk and Bike to School Week; instruction on walking and bicycling safety provided to students; promoting safe routes programs to students, staff, and parents via newsletters, websites and local newspapers; using crossing guards; and using crosswalks on streets leading to schools.

C. Communications with Parents

1. The school district recognizes that parents and guardians have a primary role in promoting 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 that meet Smart Snacks in School Standards and refrain from including beverages and foods without nutritional value.
4. The school district will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.
5. 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.
6. The school district will use email or display notices on the district website parent newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of the content and updates to the wellness policy.
7. The school district will notify the public about the content of or any updates to the wellness policy and annual or triennial reports, annually.

IV. STANDARDS AND NUTRITION GUIDELINES

[Note: The Act requires that school districts have standards, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity. For foods and beverages sold to students during the school day on school campus, the Act requires that school districts also have nutrition guidelines.]

A. School Meals

[Note: The Act specifically requires that the wellness policy contain standards and nutrition guidelines for all foods and beverages sold to students during the school day that are consistent with the meal requirements for lunches and after-school snacks set forth in 7 C.F.R. § 210.10 and the meal requirements for breakfasts set forth in 7 C.F.R. § 220.8.]

1. The school district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations. Said programs the school district participates in include:

National School Lunch Program (NSLP), the School Breakfast Program (SBP) and the Special Milk Program. An additional nutrition-related program the school district participates in is the Mobile Snack Cart.

2. Food service personnel will provide all students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
3. The school district promotes and provides hydration through free, safe, unflavored drinking water. Access to drinking water is available through various drinking fountains located throughout each school. Students will also be allowed to bring and carry water bottles, filled with water, with them throughout the day. Water bottle filling stations are located in each building to encourage the use of refillable bottles.
4. Food service will promote healthy food and beverage choices by using nine of the following Smarter Lunchroom techniques: sliced or cut fruit available daily, daily fruit options are displayed in a location in the line of sight and reach of students, all available vegetable options have been given creative or descriptive names, all staff members have been trained to politely prompt students to select and consume the daily vegetable options with their meal, white milk is placed in front of other beverages in all coolers, alternative entrée options (e.g., salad bar) are highlighted on posters or signs within all service dining areas, student surveys and taste testing opportunities are used to inform menu development and dining space décor promotional ideas, student artwork is displayed in the service or dining areas and daily announcements are used to promote and market menu options.
5. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
6. Food service personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.
7. Food service personnel will take every measure to ensure that students' access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards.
8. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
9. 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.

10. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
11. 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.
12. 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 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 guidelines.
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 in schools.

C. Competitive Foods and Beverages

1. All foods and beverages sold on school grounds to students, outside of reimbursable meals, are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and for in-school fundraisers.
2. All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.
3. Before and Aftercare (child care) programs must also comply with the school district's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

D. Other Foods and Beverages Made Available to Students

1. Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through:

- a. Celebrations and parties. Parents are encouraged to bring in celebration food items that meet or exceed the USDA Smart Snacks in schools standards. Non-food celebration items will also be encouraged.

[Note: Healthy party ideas are available from the USDA.]

- b. Classroom snacks brought by parents. Parents are encouraged to bring in snack food items that meet or exceed the USDA Smart Snacks in schools standards.
2. Rewards and incentives. Schools will not use foods or beverages as rewards for academic performance or good behavior or withhold food or beverages as punishment for any reason.
 3. Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas.

E. Food and Beverage Marketing in Schools

1. The school district will protect and promote each student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
2. School-based marketing will be consistent with nutrition education and health promotion. Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards. Food and beverage marketing includes oral, written or graphic statements and is not limited to: vending machines, scoreboards or backboards, cups and beverage dispensing, menu boards, coolers, trash cans, posters, school mailings and free product sampling or coupons.

V. **WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT**

A. Wellness Coordinator

[Note: The Act requires that local school wellness policies identify the position of the local education agency or school official(s) responsible for the implementation and oversight of the local school wellness policy.]

1. The superintendent will designate a school district official to oversee the school district's wellness-related activities (Wellness Coordinator). The

Wellness Coordinator will ensure that each school implements the policy. The designated Wellness Coordinator for the school district is:

Carrie Petsinger
NRHEG District School Nurse
cpetsinger@nrheg.k12.mn.us

2. The principal of each school, or a designated school official, will ensure compliance within the school and will report to the Wellness Coordinator regarding compliance matters upon request.

B. Public Involvement

[Note: The Act requires a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy.]

1. The District Wellness Committee will represent all school levels (elementary and secondary) and will include but, not be limited to: parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy. Refer to Appendix A for a list of school-level wellness committee members and policy coordinators.
2. The Wellness Committee will hold four meetings, per year, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be open to the public.

VI. POLICY IMPLEMENTATION AND MONITORING

A. Implementation and Publication

[Note: The Act requires a description of the plan for measuring the implementation of the local school wellness policy.]

1. After approval by the school board, the wellness policy will be implemented throughout the school district.
2. The school district will post its wellness policy on its website; to the extent it maintains a website. The district wellness policy can be found at: <https://www.nrheg.k12.mn.us/cms/lib/MN02205306/Centricity/Domain/14/533%20Wellness%20Policy%20A.pdf>

[Note: Per Minn. Stat. § 121A.215, when available, a school district must post its current local school wellness policy on its website.]

B. Annual Reporting

[Note: The Act requires that school districts inform the public about the content and implementation of the local wellness policy and make the policy and any updates to the policy available to the public on an annual basis.]

The Wellness Coordinator will annually inform the public about the content and

implementation of the wellness policy and make the policy and any updates to the policy available to the public through the district website and/or district-wide newsletter.

C. Triennial Assessment

[Note: The Act requires a triennial assessment of schools' compliance with the wellness policy. The Act also requires school districts to inform the public about progress toward meeting the goals of the wellness policy by making the triennial assessment available to the public in an accessible and easily understood manner.]

1. The District Wellness Committee will update or modify the wellness policy based on the results of the School Health Index assessments and triennial assessments or as priorities and community needs as well as Federal or state standards change. At least once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
 - a. the extent to which schools under the jurisdiction of the school district are in compliance with the wellness policy;
 - b. the extent to which the school district's wellness policy compares to model local wellness policies; and
 - c. a description of the progress made in attaining the goals of the school district's wellness policy.
2. The Wellness Coordinator, Carrie Petsinger, will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the school district's website or otherwise made available to the public.

D. Recordkeeping

[Note: The Act requires school districts to retain records to document compliance with the requirements of 7 C.F.R. § 210.30.]

The school district will retain records to document compliance with the requirements of the wellness policy, on the school district's central computer network. The records to be retained include, but are not limited to:

1. The school district's written wellness policy.
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.
3. Documentation of the triennial assessment of the local school wellness policy for each school under the school district's jurisdiction efforts to review and update the wellness policy (including an indication of who is involved in the update and methods the school district uses to make stakeholders aware of their ability to participate on the Wellness Committee).

VII. OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

A. Community

1. The school district will continue relationships with community partners in wellness. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals. Current community partners include: The Care Center, Waseca County Public Health, Mainstreet Dental, American Red Cross and Hy- Vee, Let's Smile, Steele County Public Health, American Lung Association, The Epilepsy Foundation, Fernbrook, New Richland Food Shelf, American Red Cross, Heimlich Heroes, and Farm America.
2. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. Currently, the school district promotes community health through events such as the PBIS color run, Red Cross Blood Drive, Flu Vaccination clinic, and Heart Health week.

B. Staff Wellness

1. The district school wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness.
2. Schools in the school district will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

3. The school district promotes staff member participation in promotion efforts. Specific actions taken by staff members surrounding staff wellness may include: employee flu shots, spring clean up, and other various health challenges/activities.

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
Minnesota Department of Health, www.health.state.mn.us County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org
United States Department of Agriculture, www.fns.usda.gov

APPENDIX A

Name	Title/Relationship to the District	Email Address	Role on Committee
Carrie Petsinger	NRHEG District School Nurse	cpetsinger@nrheg.k12.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.
Beth Schoenock	Physical Educator	bschoenock@nrheg.k12.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.
Onika Peterson	Health Educator	opeterson@nrheg.k12.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.
Ginger Raimann	School Food Service	nrkitch@nrheg.k12.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.
Brooke Krohn	School Social Worker	bkrohn@nrheg.k12.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.
Grant Berg	School Administrator	gberg@nrheg.k12.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.
Craig Kopetzki	School Administrator	ckopetzki@nrheg.k12.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.
Dan Sorum	Ag Teacher	dsorum@nrheg.k12.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.
Karen Flatness	NRHEG Parent	kflatness@nrheg.k12.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.

Samantha Joecks	NRHEG Parent	Sandsboy2012@gmail.com	Assists in the assessment, implementation and evaluation of the wellness policy.
Clara Buendorf	NRHEG Student	27c.buendorf@nrheg.org	Assists in the assessment, implementation and evaluation of the wellness policy.
Kylie Olson	NRHEG Student	27k.olson@nrheg.org	Assists in the assessment, implementation and evaluation of the wellness policy.
Ashley Killday	Waseca County SHIP Staff	Ashley.killday@co.waseca.mn.us	Assists in the assessment, implementation and evaluation of the wellness policy.