Blackduck Public School District

Health/Wellness

Committee

Updated

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Committee Membership

Parents: Carla Brown, Terra Janssen

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#  BLACKDUCK SCHOOL DISTRICT WELLNESS POLICY

# I. PURPOSE

 The purpose of this policy is to assure a school environment that promotes and

 protects students’ health and well-being, plus teach healthy eating habits and promote

 physical activity.

**Philosophy:** The Blackduck School Board believes that children and youth who begin each day as healthy individuals can learn more and are more likely to complete their formal education. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. The Board also believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and students wellness that is sensitive to individual and community needs.

Blackduck School District also promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the district will contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

# II. GENERAL STATEMENT OF POLICY

A. The school board recognizes that nutrition education and physical

 education are essential components of the educational process and

 will encourage good 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. Nutrition guidelines that require the use of products that are high in fiber, low in

 added fats, sugar, sodium, and served in appropriate portion sizes consistent with

 USDA standards shall be established for all foods offered by the district’s

 Nutrition Services Department or contracted vendors.

 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. GUIDELINES

 A. **Hot Lunch/Breakfast Program:**

 The full meal program will continue to follow the U.S. Government’s

 Nutrition Standards.

1. Food service personnel shall adhere to all federal, state, and local

 food safety and security guidelines.

 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. A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed. Students will be provided with an adequate and pleasant space at mealtimes.

5. The school district will make every effort to provide students with sufficient time to eat after sitting down for school for school meals and will schedule meal periods at appropriate times during the school day. Adequate time for meals as recommended by the American Food Service Association is at least **20** minutes for lunch from the time they are seated.

6. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

B. **Ala Carte Food**

 1. The Hot Lunch/Breakfast provider will be expected to make every effort to

 also follow the District’s Nutrition Standards when determining the items in

 the ala carte sales.

 2. Ala carte items that do not meet the District Nutrition Standards may be

 acceptable for student consumption within moderation.

 3. Ala carte items that do not meet the District Nutrition Standards may be

 acceptable when offered on an intermittent basis.

C. **Food Choices:**

 1. Any given food item for sale prior to the start of the school day and

throughout the instructional day will have no more than 30% of its total calories derived from fat.

 2. Any given food item for sale prior to the start of the school day and

 throughout the instructional day will have no more than 10% of its

 total calories derived from saturated fat.

 3. Nuts and seeds are exempt from these standards because they are

 nutrient dense and contain high levels of monounsaturated fat.

 Foods high in monounsaturated fat help lower "bad" LDL

 cholesterol and maintain "good" HDL cholesterol.

 4. It is recognized that there may be a special occasion when the

 school principal may allow a school group to deviate from these

guidelines. **The School District will offer healthy alternatives**

**as rewards for academic performance or good behavior.**

**Exceptions may be considered.**

 5. Encourage the consumption of nutrient dense foods, i.e. whole

 grains, fresh fruits, and vegetables.

D. **Beverages:**

 1.Allbeverages made available on campus (including concessions

 and ala carte cafeteria items) will be consistent with the current

 USDADietary Guidelines for Americans. Food service personnel

 will take every measure to ensure that student access to foods and

 beverages meet or exceed all federal, state, and local food laws and

 guidelines.

 2. Student vending machine sales of non-diet soda will not be permitted on

 school grounds.

 3. The non-vending sale of pop or artificially sweetened drinks will

 not be permitted on school grounds both prior to the start of the

 school day and throughout the instructional day, but will be

 permitted at those special school events that begin after the

 conclusion of the instructional day.

 4. Milk, water and 100% fruit juice maybe sold on school grounds

 both prior to and throughout the instructional day.

E. **Candy:**

 1. Vending sales of candy will be permitted on school grounds prior to and

 after school.

 2. Candy will not be sold during the school day.

F. **Vending Machines:**

 1. All snack vending machines shall provide only single serving snacks.

G. **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 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.

H. **Nutrition Education and Promotion:**

 1. 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 through health education

 b. enjoyable, developmentally appropriate, culturally relevant,

and includes participatory activities such as contests,

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, such as through a la carte (snack) lines, vending machines,

 fundraising events, concession stands, and student stores.

 3. All instructional staff will be encouraged to integrate nutritional themes

 into daily lessons when appropriate. The health benefits of good nutrition

 should be emphasized. These nutritional themes include but are not limited

 to:

 \*Knowledge of food guide pyramid \*Healthy diet

 \*Healthy heart choices \*Food labels

 \*Sources & Variety of foods \* Major nutrients

 \*Guide to a healthy diet \*Multicultural

 \*Diet and disease \*Serving sizes

 \*Understanding calories \*Proper Sanitation

 \*Healthy snacks \*Healthy breakfast

 \*Identify and limit junk food

I. **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. A quality physical education program is an essential component for

 all students to learn about and participate in physical activity.

 Physical activity should be included in a school's daily education

 program. Physical activity should include regular instructional

 physical education, co‑curricular activities, and recess.

 3. Physical education shall be provided by a qualified staff member.

 Physical education and physical activity shall be an essential element

 of each school's instructional program. The program shall provide

 the opportunity for students to develop the skills, knowledge and

 attitudes necessary to participate in a lifetime of healthy physical

 activity.

 4. The physical education program shall be designed to stress physical

 fitness and encourage healthy, active lifestyles. The physical

 education program shall consist of physical activities of at least

 moderate intensity and for a duration that is sufficient to provide a

 significant health benefit to students, subject to the differing

 abilities of students.

 5. Participation in such physical activity shall be required for all students in

 kindergarten through grade six for a minimum of thirty minutes, three days

 a week, or the equivalent.

 6. Such instruction may be provided for grades 7‑9 through formal

 physical education courses and regularly scheduled school wide

 activities.

 7. Students shall be supported in setting and meeting personal fitness goals

 that result in the achievement and maintenance of a health enhancing level

 of physical fitness.

 8. Students shall be provided varied opportunities for enjoyment, challenge,

 self­ expression and social interaction that will lead to a physically active

 lifestyle.

J. **Communication 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, other school‑based physical activity opportunities and

 will support parents' efforts to provide their children with

 opportunities to be physically active outside of school.

K. **Parent Nutrition Education:**

1. Nutrition education will be provided to parents beginning at the

 elementary level. The goal will be to continue to educate parents

 throughout the middle and high school levels.

2. Nutrition education may be provided in the form of handouts,

 postings on the District website, or presentations that focus on

 nutritional value and healthy lifestyles.

L. **Family, School and Community Partnership**

 1. Long‑term effective partnerships improve the planning and

 implementation of health promotion projects and events within

 each school and throughout the community.

2. Family, student and community partners shall be included on an

 ongoing basis in school and district wellness planning processes.

3. The equality and diversity of the school and district community

 shall be valued in planning and implementing wellness activities.

4. Community partnerships shall be developed and maintained as a

 resource for school and district programs, projects, activities and

 events.

 5. Schools and the district shall actively develop and support

 the engagement of students, families and staff in community

 health enhancing activities and events at the school or

 throughout the community.

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 food service areas 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 cafeteria foods made

 available on campus.

 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.

 The district shall provide information about wellness resources and services

 and establish a staff committee to assist in identifying and supporting the

 health, safety and well-being of site staff.

 (a) Each school and district site shall be in compliance with drug, alcohol and

 tobacco free policies.

 (b) Each school and district site shall provide an accessible and productive work

 environment free from physical dangers or emotional threat that is

 as safe as possible and consistent with applicable occupation and

 health laws, policies and rules.

 (c) Employees shall be encouraged to engage in daily physical activity during the

 workday as part of work breaks and/or lunch periods, before or after

 work hours in site sponsored programs or as part of discounted

 membership in local fitness facilities.