

Blackduck Public School District

Health/Wellness Committee

Updated
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Committee Membership

Parents: Carla Brown, Wendy Jordain

Nutritional Supervisor: Tracy Mystic-Schaar

School Board Member: Cynthia Nord

Administration: Mark Lundin, Susan Frank

Public: Sandy Lien, Ginger Kaiser

Physical Education: Risto Kutala

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. All beverages made available on campus (including concessions and ala carte cafeteria items) will be consistent with the current USDA Dietary 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:
 - 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, cocurricular 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 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 wellbeing.
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 schoolbased 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. Longterm 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.

