

# PROPOSED POLICY REVISION

*Adopted:* 5/16/2006  
*Revised:* 6/17/2008

*Saint Paul Public Schools Policy*

*533.00*

## **533.00 WELLNESS POLICY**

1. The school district provides tools, strategies, techniques and connections to develop healthy and optimistic learners.
2. School district personnel engage in collaborative efforts between school and community services to ensure a continuum of services.
3. The school environment shall promote and protect student safety, well being and ability to learn by providing programming, curriculum and services that address healthy behavior, skills and knowledge.
4. School district personnel shall seek to accommodate special needs by identifying barriers to learning.
5. Future Considerations -- The District Wellness Committee will make additional recommendations to the Board of Education in January 2008.

### **REPORTING**

The Superintendent shall implement administrative procedures that ensure the implementation of the wellness policy. These procedures shall include designation of site-based and district-level personnel responsible for the implementation of the policy.

### **TRAINING**

The school district shall develop and implement a method of discussing this policy with students and school district personnel. The district shall ensure that students and school district personnel receive additional training as necessary, regarding behaviors that promote good health and steps to change or improve health.

### **PHYSICAL ACTIVITY**

1. Schools shall strive to make continuous progress towards physical education classes that meet or exceed the National Standards.
2. Students shall demonstrate an understanding of skills and techniques to achieve and maintain life-long personal fitness.
3. Students shall have access to physical education class and/or fitness-oriented activities regardless of behavioral or academic status.
4. Schools shall refrain from using exercise as a consequence for negative behaviors.
5. Schools shall work to develop and coordinate physical activity opportunities before, during and after school.
6. Students at the elementary level shall participate in frequent, active recess.

7. Schools shall engage students in a variety of physical activities throughout all disciplines.
8. Schools shall hire physical education teachers that are certified and licensed instructors.
9. Schools shall maintain safe and developmentally appropriate fitness equipment and activity areas.

#### **NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED DURING AND OUTSIDE THE SCHOOL DAY**

1. Foods and beverages sold or served at school shall meet or exceed the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
2. Nutrition Services shall provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; shall accommodate the religious, ethnic and cultural diversity of the student body in meal planning; shall accommodate the special dietary needs of students and shall provide clean, safe and pleasant settings and adequate time for students to eat.
3. To the maximum extent practicable, all schools in our district shall participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks] and Summer Food Service Program.)
4. Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and shall establish linkages between health education and school meal programs and with related community services.
5. The school district shall provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. The school district shall discourage tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
7. Schools shall not use foods or beverages as rewards for academic performance or good behavior: unless it meets the standards of food or beverages sold individually (Refer to District Wellness Committee Procedures) or unless this practice is allowed by a student's individual education plan or behavior intervention plan and shall not withhold food or beverage as punishment. Rewards and incentives shall be used that do not undermine the health of students or reinforce unhealthy eating habits.
8. District shall, to the extent possible, arrange bus schedules and schools shall utilize methods to encourage school breakfast participation.
9. School Meals served through the National School Lunch and Breakfast Programs shall:
  - Offer a variety of fruits and vegetables;
  - Serve only low-fat (1%) and fat-free milk, except when whole or 2% milk is recommended for students with special nutritional needs; offer lactose reduced milk when requested by students and/or parent/guardian.
  - Ensure that half of the served grains are whole grain.

10. Elementary Schools-During The School Day  
Food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills.
11. Middle/Junior High and High Schools-During The School Day
  - The only beverages sold through the reimbursable meal lines, a la carte (snack line), and student accessible vending machines shall be water, 8 ounce milk, and 4 ounce 100 % fruit juice.
  - All foods sold individually through a la carte (snack lines) in the cafeteria, and or student accessible vending machines shall meet the nutrition and portion size standards outlined in the District Wellness Committee Procedures.
12. Middle/Junior High and High Schools-Outside The School Day  
All food and beverages sold individually through student accessible vending machines and school stores outside of the school day (school day is defined as the period from ½ hour before school starts until after the school bell rings at the end of the school day) shall meet the District Wellness Committee Guidelines.
13. Sharing of Foods and Beverages -- Schools should not allow students to share their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
14. Snacks\_served during the school day or in after-school care or enrichment programs shall make a positive contribution to children's diets and health. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
15. Celebrations -- Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

## **NUTRITION EDUCATION AND PROMOTION**

The school district aims to teach, encourage and support healthy eating by students. Schools shall provide nutrition education and engage in nutrition promotion that:

1. Is offered as a comprehensive (PreK-12<sup>th</sup> Grade) part of a sequential, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
3. Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities such as contests, promotions, nutrition center made taste testing, farm visits and school gardens;
4. Teaches media literacy with an emphasis on food marketing;

5. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
6. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
7. And links with school meal programs, other school foods and nutrition-related community services.

### **FOOD MARKETING**

1. School based marketing shall be consistent with nutrition education and health promotion. As such, schools shall limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or foods and beverages sold individually.
2. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

### **FUND RAISERS**

1. Fundraising efforts are supportive of healthy eating, by emphasizing the sale of non-food items or healthy food items.
2. Fundraising activities which involve the sale of food and beverages should take place outside the school day and must meet the District Wellness Committee Procedures.

### **STAFF WELLNESS**

School staff serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, the district and schools shall offer staff wellness programs, which may include workshops and presentations on health promotion, education and resources that shall enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases, and foster exceptional role modeling.

### **IMPLEMENTATION AND EVALUATION**

1. District Wellness Committee  
The District Wellness Committee, with representation from Nutrition Services, Student Health and Wellness, Employee Health, Guidance and Related Services, Health Education and Physical Education, parents and community members, shall support monitoring and evaluation of the policy.
2. School Wellness Committees  
Individual schools shall establish a wellness committee consisting of school staff, parents, students and members of the community that meet monthly and recognized as a standing committee. The wellness committee shall develop an annual action plan which supports the implementation of the wellness policy and participate in evaluation.
3. The wellness policy shall be implemented throughout the school district.

4. The District Wellness Committee shall set forth the nutrition guidelines and procedures for selection of all foods made available on campus.
5. The superintendent or designee shall ensure compliance with the wellness policy and shall provide an annual report, upon request, of the school district's compliance with the policy to the school board.
6. Schools shall incorporate wellness policy implementation plans within school continuous improvement plans.

#### **COMMUNICATIONS WITH FAMILIES**

1. The district shall support parents' efforts to provide a healthy diet and daily physical activity for their children.
2. The district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
3. The district shall provide information about ways to promote healthy lifestyles.

#### **EXEMPTIONS**

Exemptions from this policy may be granted by the Board of Education upon recommendation of the Superintendent based upon the best interests of the School District.

#### **LEGAL REFERENCES:**

- 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. 108-265 (2004) § 204 (Local Wellness Policy)
- 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)

**CROSS REFERENCES:**

Policy 414.00 – Tobacco Free Environment