

WELLNESS

PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. St. Wenceslaus School encourages and promotes life long healthy eating and physical activity.

GENERAL STATEMENT OF POLICY

- St. Wenceslaus School recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- St. Wenceslaus School 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.
- Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- All students in grade K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- 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.

GUIDELINES

A. Food and Beverages

1. All foods and beverages made available will be consistent with the current USDA Dietary Guidelines for Americans.
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.

4. St. Wenceslaus School 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 will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. St. Wenceslaus School 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 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. St. Wenceslaus School will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The Director of Food Services will be responsible for the food service program. 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 Dietary Guidelines for Americans.
3. As part of St. Wenceslaus School's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel.

C. Nutrition Education and Promotion

1. St. Wenceslaus School 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;
 - part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and enrichment subjects, where appropriate; and
 - enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. St. Wenceslaus School will encourage all students to make age appropriate, healthy selections of food and beverages, including those sold at fundraising and special events, concession stands, and in student stores.
3. St. Wenceslaus School will encourage healthy selections of food and beverages distributed during classroom parties.
4. Students will have the opportunity to participate in serving lunch as volunteers under the supervision of qualified food service personnel.
5. The school will use a variety of rewards for academic performance and/or good behavior that may include healthy food choices.

6. Food or beverage will not be withheld as a punishment.

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 that knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities including watching television or videos and excessive screen time;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. St. Wenceslaus School will provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

1. St. Wenceslaus School recognizes that parents and guardians have a primary and fundamental responsibility in promoting and protecting their children's health and well-being.
2. St. Wenceslaus School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. St. Wenceslaus School encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. St. Wenceslaus School 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.

IMPLEMENTATION AND MONITORING

- After approval by the school board, the wellness policy will be implemented throughout St. Wenceslaus School.
- School food service staff will ensure compliance within the school's food service areas and will report to the building principal or designee as appropriate.
- St. Wenceslaus School's food service director will provide an annual report to the principal setting forth the nutrition guidelines and procedures for food served as part of the school food service program. The principal or designee will determine how these guidelines will be applied to other selections of all foods made available on campus.
- The principal or designee will ensure compliance with the wellness policy and will provide an annual report of the school's compliance with the policy to the school board.

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. – (School Breakfast Program Regulations)

Resources: Minnesota Department of Education, www.education.state.mn.us
Minnesota Department of Health, www.health.state.mn.us
Action for Healthy Kids, Minnesota, www.actionforhealthykids.org and
www.actionforhealthykids.org/filelib/toolsforteachers/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf