



# DISCOVERY PUBLIC SCHOOL OF FARIBAULT

## WELLNESS POLICY

### I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects student's health, well-being, and ability to learn by supporting healthy eating and physical activity.

### II. GENERAL STATEMENT OF POLICY

- A.** The school board recognizes that nutrition education, physical education and having nutritional guidelines for the school are essential components of the learning process and that good health fosters 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.** Discovery Public School encourages the community involvement of students, parents, teachers, food service staff, and other interested persons implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D.** Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E.** Students in grades 6-12 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. Food service will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.

126 Eighth Street NW  
Faribault, MN 55021

Phone \* 507-331-5423 \* Fax \* 507-331-2618

[www.isd4081.org](http://www.isd4081.org) \* [discovery@isd4081.org](mailto:discovery@isd4081.org)

### **III. GUIDELINES**

#### **A. Nutritional Guideline Goals**

- 1.** Food service will gradually incorporate more whole and fresh foods into the school menus and decrease the amount of processed foods.
- 2.** Food service will improve the nutritional value of the breakfast menus by making the following changes:
  - a.** a variety of whole grain cereals will be offered
  - b.** more protein items will be added to the menu such as yogurt and cheese sticks, nuts, etc.
  - c.** food service shall provide 1% milk the all school year. Chocolate Skim milk will be served no more than once per week.
- 3.** Food service has improved the nutritional value of the lunch menus by making the following changes:
  - a.** food service will add a salad bar style lunch to the menu and offer it minimum of once per month
  - b.** food service will add a deli style (sandwich bar) style lunch to the menu and offer it minimum of once per month
  - c.** food service will continue to use the best possible commodity items: turkey corn dogs, turkey ham, reduced fat items, light dressing and will add more whole grain, fresh fruit and vegetable items during the year.
  - d.** Sugar based desserts shall be served no more than twice per week. Low or no sugar based desserts shall be served the rest of the time such as jell-o, vitamin fortified cereal bars, frozen yogurt, etc.
  - e.** food service will allow Discovery Public School to have a limited selection of fresh salad and fruit items on site as supplemental items
- 4.** Food service will calculate the nutritional value and calorie count of a typical breakfast and lunch for the 6 week cycle menu and report information to Discovery Public School.
- 5.** Discovery Public School has a closed lunch policy in place and will make every effort to provide students with sufficient time (35-40 minutes) to eat after sitting down for school meals.

126 Eighth Street NW  
Faribault, MN 55021

Phone \* 507-331-5423 \* Fax \* 507-331-2618

[www.isd4081.org](http://www.isd4081.org) \* [discovery@isd4081.org](mailto:discovery@isd4081.org)

**6.** Discovery Public School will discourage the use of foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual educational plan or behavior intervention plan and will not withhold food or beverage as punishment.) Discovery Public School will encourage staff to use alternatives such as earning free time on the internet, movie passes, raffles, 'Discovery Bucks', bonus points, etc,.

**7.** Discovery Public School will encourage students to only bring healthy foods in the event of special occasions (birthdays, holidays, etc.) to share with everyone as explained in the 2006-2007 student handbook.

**8.** Discovery Public School will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal program, such as through 'Snack Shack', fundraising events, etc.

**9.** Discovery Public School programs should ensure that students receive nutritional education that provides the knowledge they need to adopt healthy lifestyles. Instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. Including but not limited to:

- a.** Guidelines –
- b.** Meal Planning –
- c.** Reading Labels –
- d.** Principles of Nutrition –
- e.** Food Safety –
- f.** Community members to speak to class –
- g.** USDA Team Nutrition Curriculum incorporated  
(<http://www.fns.usda.gov/tn/Default.htm>)

**10.** Discovery Public School will make every effort possible to accommodate special nutritional needs including but not limited to lactose intolerance, food allergies, etc.

126 Eighth Street NW  
Faribault, MN 55021

Phone \* 507-331-5423 \* Fax \* 507-331-2618

[www.isd4081.org](http://www.isd4081.org) \* [discovery@isd4081.org](mailto:discovery@isd4081.org)

**11.** Proposed Healthy Lifestyles class – students will learn the benefits of exercise and how it prevents chronic disease, etc. Healthy Lifestyles class will also include:

- a.** Environment
- b.** Learning Environment
- c.** Risky Sexual Behaviors
- d.** Smoking – Once per school year, Discovery Public School will offer a smoking cessation class.
- e.** Alcohol – Task Force
- f.** Drugs
- g.** Conflict Management / Stress Management
- h.** Project Sight – Teenage Pregnancy
- i.** 'Walk to School' program
- j.** Annual Health Fair

## **B. Physical Activity Guideline Goals**

- 1.** Keep Physical Education classes for grades 6, 7, and 8 all year. Grades 9, 10, 11, and 12 shall receive one full semester of physical activity. Efforts will be made throughout the school year to offer more physical activity options for the 9, 10, 11, and 12 graders.
- 2.** Offer more opportunities for all students to get physical activity through the creation of an intramural program.
- 3.** Encourage students to use non-motorized transportation (walking, biking, etc.) to get to and from school.
- 4.** Discovery Public School will make every effort possible to accommodate special physical needs including but not limited to physical disabilities, wheelchairs, blindness, etc.

126 Eighth Street NW  
Faribault, MN 55021

Phone \* 507-331-5423 \* Fax \* 507-331-2618

[www.isd4081.org](http://www.isd4081.org) \* [discovery@isd4081.org](mailto:discovery@isd4081.org)

## **C. Pre and Post Testing**

- 1.** Implement a pre and post physical endurance test for all students during the regular school year. Ex: How long does it take each student to complete a mile? Include the 'President's Challenge' in curriculum.
- 2.** Implement a pre and post test regarding student health knowledge and existing student behaviors. Rice County Public Health Educator to assist in implementation.

## **D. Conditions Governing 'Snack Shack'**

Discovery Public School is committed to assisting students to make healthy food and beverage choices through the implementation of the 'Snack Shack'. The product mix, hours of operation, equipment, and pricing specifications listed below were determined with that goal in mind. Student access to the 'Snack Shack' is made available to all students via a cart that will visit each classroom and will not be used as a positive or negative reinforcement to behavior. Each student will be requested to only purchase one item for immediate consumption.

- 1.** Product Mix to include foods that have 30% or less of calories from fat and higher protein contents:
  - Snacks – granola bars, bananas, power bars, peanuts, raisins, yogurt covered raisins, banana chips, dried fruit, mixed nuts, cheese snacks, trail mix, baked chips, pretzels
  - Beverages – 100% fruit juices, water, milk
  - Items that are not be included – Candy, soft drinks, sweetened drinks, juice cocktail, fried chips, deep fried foods, snack cakes, etc.
- 2.** Hours of Operation: (Times may vary according to teaching schedule)
  - Mid-Morning – Snack Shack shall be made available 9:45-10:00
  - Mid Afternoon – Snack Shack shall be made available 12:45-1:00
  - After School – Snack Shack shall be made available 2:45-3:00

## **E. Communication with Parents**

- 1.** Discovery Public School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and wellbeing.
- 2.** Discovery Public School will support parents' efforts to provide a healthy diet and daily physical activity for their children.

126 Eighth Street NW  
Faribault, MN 55021

Phone \* 507-331-5423 \* Fax \* 507-331-2618

[www.isd4081.org](http://www.isd4081.org) \* [discovery@isd4081.org](mailto:discovery@isd4081.org)

**3.** Discovery Public School will make available 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.

**4.** Distribution of useful articles and information as provided by various state and federal organizations such as MN Dept. of Education, MN Parent magazine, etc.

**5.** Discovery Public School will send a copy of the Wellness policy along with a signature page for return to denote that the parents have received, read and understand the policy as it states. Future students and parents shall receive a copy of the Wellness policy upon enrolling with Discovery Public School. Discovery Public School will send updates to the policy out to each of the parents at such time.

#### **IV. IMPLEMENTATION**

**A.** After approval by the school board, the Wellness policy will be implemented throughout Discovery Public School.

**B.** Discovery Public School's Food Service Director will report to the director setting forth the nutrition guidelines and procedures for selection of all foods made available through food service.

**C.** The director will ensure compliance with the Wellness policy and report to the school board on an annual basis.

**D.** Staff incentives for participating in the Wellness program including nutritional and physical guidelines will include prizes, vacation hours, etc.

#### 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 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F.R. § 220.8 (School Breakfast Program Regulations)

Policy History:

Reviewed March 2010, Adopted on: Xxx, xxxx

Revised Jun 2006, Adopted on: Aug 17, 2006

126 Eighth Street NW  
Faribault, MN 55021

Phone \* 507-331-5423 \* Fax \* 507-331-2618

[www.isd4081.org](http://www.isd4081.org) \* [discovery@isd4081.org](mailto:discovery@isd4081.org)