

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.
- G.** Marketing will be restricted to foods/beverages that meet Smart Snacks standards.

III. GUIDELINES

A. Nutritional Guideline Goals

- 1.** Food service will continue to incorporate more whole and fresh foods into the school menus and decrease the amount of processed foods.
- 2.** Food service will maintain the nutritional value of the breakfast menus by including the following:
 - a.** a variety of whole grain cereals will be offered
 - b.** more protein items will be included in the menu, such as yogurt and cheese sticks, nuts, etc.
 - c.** food service shall provide 1% milk or chocolate skim milk as a beverage option.
- 3.** Food service will maintain the nutritional value of the lunch menus by making the following changes:
 - a.** 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.
 - b.** food service will provide Discovery Public School a limited selection of fresh vegetable and fruit items as supplemental items
 - c.** food service shall provide 1% milk or chocolate skim milk as a beverage option.
- 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 will make every effort to provide students with sufficient time (25 minutes) to eat after sitting down for school meals.
- 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
- 7.** 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.

8. 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>)

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

10. Required Health class – students in middle school and high school will learn the benefits of exercise and how it prevents chronic disease, etc. Health 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.** Drug/Alcohol Awareness
- f.** Conflict Management / Stress Management
- g.** Teenage Pregnancy

B. Physical Activity Guideline Goals

1. DPS requires Physical Education classes for grades 6, 7, and 8 all year, five days per week. Grades 9, 10, shall receive up to two full years of physical activity, five days per week. At least one year of physical education is required for graduation. Efforts will be made throughout the school year to offer more physical activity options for the 9, 10, 11, and 12 graders.

2. DPS offers more opportunities for all students to get physical activity through an after school Sports Club.

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.

C. Conditions Governing 'Snack Shack' (Currently Not Operational)

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

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.

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 post a copy of the Wellness Policy on its school website to make it available to parents and the public.

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 are encouraged to model healthy eating habits and physical activity behaviors.

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:

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