

LoveWorks Academy for Visual & Performing Arts

Health & Wellness Policy

Adopted: _____

Revised: _____

533 WELLNESS

I. 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.

II. GENERAL STATEMENT OF POLICY

- A. The school board recognizes that nutrition education and physical education are essential components of the educational 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. The school district encourages the involvement of students, parents, district employees and other interested persons in 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. All students in K- 8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. All students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Nutrition staff will make every effort to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Students will be provided adequate time to eat in a clean, safe, and pleasant setting.

III. GUIDELINES

A. Foods and Beverages

Students' lifelong eating habits are influenced by the types of food and beverages available to them. Schools have a responsibility to help students establish and maintain lifelong healthy eating patterns

1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.
2. Foods and beverages sold individually during the school day (i.e. foods sold outside reimbursable school meals, such as vending machines, a la carte, school stores, etc) will meet the following guidelines:
 - Have no more than 9 grams of fat per serving (excluding entrees, nuts, seeds, peanut butter and other nut butters)
 - Contain 15 grams or less of sugar per serving excluding sugars occurring naturally in fruit vegetables and dairy products
 - Milk must be 2 % or fat free
 - Juices must contain 50% or more real fruit or vegetable juice.
3. School Nutrition 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.
4. School Nutrition personnel shall adhere to all federal, state, and local food safety and security guidelines.
5. 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.
6. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
7. The school district 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.

8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. The district will encourage school sponsored events and programs held outside of the school day to be supportive of the Wellness policy and guidelines. This will also be encouraged with any fundraising activities. The academy Cafeteria Manager is available to provide information related to the food and beverage guidelines.
10. Beverage vending machines will not available for the elementary and middle school levels.
11. Food vending machines will offer only those choices that meet the guidelines as set in the policy.
12. Food and beverage providers should offer modest portion sizes age-appropriate for elementary, middle school and high school students respectively.

B. School Nutrition 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 nutrition program, whose 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 the school district's responsibility to operate a school nutrition program, the school district will provide continuing professional development for all school nutrition personnel in schools.

C. Nutrition Education and Promotion

The primary goal of nutrition education is to positively influence students eating behaviors.

1. The school district will ensure that students in K through grade 8 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; healthy cooking methods; recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
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 lines, vending machines, fundraising events, concession stands, and student stores.
3. Schools will be discouraged from using food or beverages as reward or punishment for academic performance or good behavior. Individual Education Plans (IEP) or 504 plans will be exempt from this.
4. The district will provide educational information and encourage healthy eating and physical activity for families. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.
5. Nutrition concepts should be reinforced by all school personnel.

D. Physical Activity

The primary goal for a school's physical activity component is to provide opportunities for every student to: develop the knowledge and skills for specific physical activities; maintain physical fitness; regularly participate in physical activity; and understand the short and long term benefits of a physically active lifestyle.

1. Students in kindergarten through grade 8 will receive scheduled, developmentally appropriate physical education.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.
3. Students should be encouraged to participate in physical activities outside of the school day.
4. The importance of physical activity should be reinforced by all district personnel

E. Communications with Parents

It is important that students receive consistent messages throughout school, home, community and media regarding good nutrition and healthy lifestyles.

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being. The district will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.
2. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district will encourage parents to pack healthy lunches, snacks, treats and beverages. Parents will be provided with information that will offer suggestions for healthy snacks and lunches.

4. The school district 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. Schools will be encouraged to offer physical activities for both parents and children.
5. The wellness policy will be made available at each school building and on the district website for parent review.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school district and reviewed annually.
- B. The superintendent or designee will ensure compliance with the wellness policy and will provide a report of the school district's compliance with the policy to the school board as requested.

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)
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Local Resources: Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

County Health Departments

Action for Healthy Kids Minnesota, www.actionforhealthykids.org and

www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-

[Healthy%20Foods%20for%20Kids%208-2004.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf)

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