

# TWIN CITIES INTERNATIONAL ELEMENTARY SCHOOL

## 533 WELLNESS POLICY

### 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 will involve parents, teachers, food service staff, and community experts in implementing, monitoring and reviewing the Wellness Policy and Guidelines.
- D. All students will have access to a variety of affordable nutritious and appealing foods that meet their health and nutrition needs.
- E. All students 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; 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.
- G. All foods and beverages made available on site will meet the USDA Dietary Guidelines where appropriate.
- H. The religious, ethnic and cultural diversity and food allergies of a student will be respected in meal planning, physical activity; and school sites will provide clean, safe and pleasant settings with adequate time for students to eat.
- I. The school will fully participate in the federal school meal programs to the maximum extent practicable.

### **III. ACCOUNTABILITY**

The director shall execute administrative procedures that ensure the implementation of and compliance with the school Wellness Policy and Guidelines. These procedures shall include adoption of guidelines, designation of school staff responsible for policy implementation. An annual report from the food service staff will be made to the school board to ensure school wide compliance with the Wellness Policy and Guidelines.

### **IV. GUIDELINES**

#### **A. Foods and Beverages**

1. All foods and beverages made available on site 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. The 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. The 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. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
  2. The school shall designate an appropriate person to be responsible for the school district's food service 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's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel in schools.

#### C. Food and Behavior

1. The school will not use food or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's Individual Education Plan or Behavior Intervention Plan, or 504 Individual Accommodation Plan).
2. The school will not withhold foods or beverages as punishment.
3. Classroom celebrations involving food should be preapproved by administration and encourage healthy choices and portion control and not include more than one item that does not meet the requirements for foods sold outside of the reimbursable meals menu.
4. The school shall not allow students to share their foods with one another during meal or snack times given concerns about allergies and other restrictions on some children's diets.
5. Snacks served during the regular school day or at the after school programs will make a positive contribution to the children's diets and health.
6. The school will work toward serving whole grains, fruits, vegetables and low fat dairy as the primary snack items.

#### D. Nutrition Education and Promotion

1. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
  - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.

2. The school 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. The school will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

E. 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 the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
4. All physical education will be taught by a certified physical education teacher.
5. Physical education classes will provide an opportunity for students to learn, practice and be assessed on developmentally appropriate motor skills, social skills, and knowledge.

F. Communications with Parents

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

#### **IV. IMPLEMENTATION AND MONITORING**

- A. After approval by the school board, the Wellness Policy will be implemented throughout the school.
- B. School food service staff will ensure compliance within the school's food service areas and will report to the food service program contractor, the building director, as appropriate.
- C. The school's food service program contractor will provide an annual report to the director and school setting forth the nutrition guidelines and procedures for selection of all foods made available.
- D. The director or designee will ensure compliance with the Wellness Policy and Guidelines.

**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)

**Local Resources:** Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)  
Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)  
County Health Departments  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

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