

Adopted:  
Revised:

## Cannon River STEM School District's Wellness Policies on Physical Activity and Nutrition

### Wellness

Policy No. 533

Guidelines - 2010-2011

*{Note: Not later than the first day of the school year beginning after June 30, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 ("the act") to have a Wellness Policy that includes nutritional guidelines, goals for nutrition education and physical activity to promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority the school board, school administrators and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local education agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity and preventing diet-related chronic diseases.}*

#### I. PREAMBLE

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive.

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Cannon River STEM School District is committed to providing school environments that promote and protect the childrens' health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, outlined below is the Cannon River STEM School District's purpose and wellness policies.

## **II. PURPOSE AND POLICIES**

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.

### **A. General Statement of Policy**

1. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
2. All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis. Children need access to healthy food and opportunities to be physically active in order to grow, learn and thrive.
3. Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*. The school environment should promote and protect students' health, well-being and ability to learn by encouraging healthy eating and physical activity.
4. Qualified food service personnel, teachers, staff and parents will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will 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.

5. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
6. 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.

### III. GUIDELINES

#### A. Foods and Beverages

***{Note: The Act requires that school districts have nutrition guidelines, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.}***

1. All foods and beverages made available on campus (including concessions and a la carte cafeteria items) 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 district will make every effort to eliminate and social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

***{Note: The Act requires that school district's wellness policy provide an assurance that guidelines for reimbursable school meals shall not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations apply to schools.}***

5. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. 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.

7. The school district 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 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 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 district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

C. Nutritional Education and Promotion

***{Note: The Act requires that wellness policies include goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the school district determines is appropriate.}***

1. The school district 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 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 [snack] lines, vending machines, fundraising events, concession stands and student stores.

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 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; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

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.
2. The school district will support parents' efforts to provide a health diet and daily physical activity for their children.
3. The school district encourages parent to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
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.

## IV. IMPLEMENTATION AND MONITORING

***{Note: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more persons within the school district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.}***

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. School food service staff, at the school or district level, will ensure compliance with the school's food service areas and will report to the food service program administrator or the Executive Director's designee, as appropriate.
- C. The school district's food service program administrator will provide an annual report to the Executive Director setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The Executive Director or designee will ensure compliance with the wellness policy and will provide an annual report of the school district'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 (204) § 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 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)