

Adopted: 08-14-06

Revised: 03-06-17

ALDEN-CONGER PUBLIC SCHOOL 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 district encourages the involvement of students, parents, teachers, food service staff, 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 grades K-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; 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. The school district will have a wellness committee that meets quarterly at a minimum. (See Appendix A).

H. This policy will be reviewed, evaluated and updated every three years by the district wellness committee.

I. This policy will be posted on the school website and will be included in the school newsletter annually.

J. A copy of this written local school wellness policy will be kept on file at the school district office.

III. GUIDELINES

A. Foods and Beverages

1. All food and beverages sold to students during the school day will be consistent with Federal regulations for: 1) School meal nutrition standards and 2) Smart Snacks in School nutrition standards. (See Appendix C for these standards)

12 All foods and beverages made available on campus (including a la carte cafeteria items) will be consistent with the current USDA regulations.

23 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.

34 Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.

45 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.

67 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.

78 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 [The Food Service Director will be](#) responsible for the school district's food service program. [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 [regulations](#).
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. Nutrition Education and Promotion

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, [field trips](#), [and the display of nutrition and health posters in the cafeteria](#)
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.
3. Schools 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.
4. During the school day, the school district will only permit the marketing of those foods and beverages that are consistent with the Smart Snacks standards. (See Appendix C for standards). This applies to marketing on: exterior of vending machines, posters, menu boards, coolers, trash cans, cups used for beverage dispensing, and more.

5. School Nutrition Services shall use the Smarter Lunchrooms Self-Assessment Scorecard to determine ways to improve the school meals environment.
6. School nutrition services shall implement at least one Smarter Lunchroom Technique.

SEE APPENDIX A FOR SCHOOL PROGRAM & NUTRITION GUIDELINES

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

4. The elementary school will offer at least 20 minutes of recess on all days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play. Indoor recess will be offered when weather is not feasible for outdoor play.

5. The district will offer staff wellness training to inspire staff to serve as role models to students.

SEE APPENDIX B for PHYSICAL ACTIVITIES

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 healthy diet and daily physical activity for their children.
3. The school district encourages parents 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

- 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 within the school's food service areas and will report to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.
- C. The school district's food service program administrator will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.

D. Brian Shanks, Superintendent, is the school official responsible for ensuring the compliance of this school wellness policy. He can be reached at Alden-Conger School, 215 N. Broadway, Alden, MN. 56009, (507)-874-3240

E. Triennial Assessment

i. The district conducts an assessment of the wellness policy every three years, at a minimum.

ii. The assessment contains the following components: 1) Compliance with the wellness policy, 2) How the wellness policy compares to model wellness policies, 3) Progress made in attaining the goals of the wellness policy.

iii. The most recent triennial assessment will be kept on file.

F. The school district will update and modify this school wellness policy as appropriate.

G. Public Involvement

1. The school district permits and encourages parents, students, school food authority representatives, physical education teachers, school health professionals, school board members, school administrators and the general public to participate in the development, implementation, review and updating of this school wellness policy.

2. The school district will make available to the public via the school website and on file:

-This wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and

-The Triennial Assessment, including progress toward meeting the goals of the policy.

3. Documentation is kept on file of efforts to provide annual updates to the local wellness policy including who was involved in the process and how stakeholders were permitted to participate.

4. Documentation is kept on file demonstrating how the policy and updates are made available to the public. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be kept on file.

Legal References: Minn Stat. § 121A.215 (Local School District Wellness Policy)
42 U.S.C. § 1751 et seq. (Healthy and Hunger-Free Kids Act)
42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)
42 U.S.C. § 1758b (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
Minnesota Department of Health, www.health.state.mn.us
County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org
United State Department of Agriculture, www.fns.usda.gov

APPENDIX A

NUTRITIONAL EDUCATION AND PROMOTION

1. [Jamie Kirsch](#) – Food Service Director will maintain guidelines for reimbursable school meals that follow regulations and guidance issued by the Secretary of Agriculture and the Child Nutrition Act and sections of the Richard B. Russell National School Lunch Act, as those regulations apply to schools. **She will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.**
2. Vending Machine – Machine will include foods following the nutrition guidelines and will not include candy, high fat chips, or gum.
3. Pop Machines – No student access to pop machines during school day. Machines are on timers and not available during school hours. Students are not permitted to access the pop machine in the staff lounge.
4. Water Machine – Students do have access to water at all times.
5. For Health classes, the course syllabus includes learning to make healthy choices towards personal health care and nutrition.
6. Health & Nutrition Education will be addressed to all students K-6 in their regular classrooms.
 - Kindergarten – Food
 - 1st Grade – Staying Healthy- Nutrition and Fitness/Exercise
 - 2nd/3rd Grade – Nutrition and February Fitness- Phy. Ed.
 - 4th/5th Grade - Nutrition
7. Wellness Committee will consist of the following staff positions:
Teacher Representative, Food Service Director, Administrator, School Board Member and will meet at least quarterly Participation in the wellness committee is permitted for the general public and the school community (including parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) to participate in the wellness policy process.

APPENDIX B

Physical Education classes are offered Kindergarten through Grade 12. Physical Education classes are mandatory for students Kindergarten through grade 10. Weight Aerobics is offered as electives for students in Gr. 11 & 12.

High School students are required to have 1½ credits in Physical Education and Health to graduate. They receive these in their PE/Health 9, PE/Health 10 courses. All physical Education classes are held for 49 minutes each day class is in session.

Physical education teacher-to-student ratio shall not exceed 30/1. Physical Education courses will educate all students to understand and participate in physical activities that will assist them in developing and maintaining physical fitness throughout their lifetime.

Other yearly physical activities held include: Jump Rope for Heart (Gr.1-5), Hoops for Heart (Gr. 6-8), Rollerskating (Gr. K-6), Softball-A-Rama (Gr. 6-8), Elementary Track & Field Days (Gr. 1-5), Weight Lifting & Conditioning (Gr. 7-12), Golfing (Gr. 9), and **Pins & Alleys Obstacle Course** (Gr. K-6).

Physical activities sponsored through the school through community education include: Summer T-Ball, Summer Softball, Summer Baseball, Fall Volleyball and Winter Basketball.

The school state high school league activities include: Football, Volleyball, Boys & Girls Basketball, Wrestling, Baseball, Track & Field, Softball and Golf.

APPENDIX C

School Meal Nutrition Standards: <https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

Smart Snacks in School nutrition standards:
https://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf