

## **POLICY 533 WELLNESS**

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### **I. PURPOSE**

The purpose of this policy is to support all students with knowledge that cultivates life-long personal wellness, through promoting nutritional habits, physical activity, and social-emotional development. This support is fulfilled through ongoing engagement with the community, while building on applicable minimum local, state, and federal standards.

### **II. GENERAL STATEMENT OF POLICY**

- A. Each child needs access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. Good health fosters student attendance learning and positive behaviors. Nutrition promotion and education, physical activity, and other school-based activities are essential components of the educational process.
- B. The school environment promotes students' health, well-being, and ability to learn by encouraging healthy eating and physical activity while accommodating any student's individual educational program (IEP) or 504 Plan.
- C. The school district involves parents, students, representatives of the school district food and nutrition program, teachers, school health professionals, the school board, school administrators, and the general public in the development, implementation, and ongoing review and update of the school district's wellness policy.
- D. All students are encouraged to be physically active before, during and after school.
- E. The school district food and nutrition program provides students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students through culturally responsive and equitable meal planning whenever possible.
- F. The school district will provide clean, safe, and pleasant settings and adequate time for students and staff to eat.

### **III. WELLNESS GOALS**

- A. Nutrition Promotion and Education
  - 1. The school district encourages and supports healthy eating by students and engages in nutrition promotion that is:
    - a. 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 encourages all students to make age appropriate, healthy food and beverage choices, including those available outside the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising events, celebrations, concession stands, and student stores.
- B. Physical Activity
  1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
  2. Opportunities for physical activity are incorporated into other subject lessons and Individual Educational Programs whenever possible.
  3. Classroom teachers will provide short physical activity breaks between lessons or classes, whenever possible.
- C. Communication with Parents
  1. The school district recognizes that parents and guardians have the primary influence in promoting their children's health and well-being.
  2. The school district provides information to parents and guardians to support families in providing a healthy diet and daily physical activity for their children.
  3. The school district provides information about physical activity opportunities and supports parents' and guardians' efforts to provide their children with opportunities to be physically active outside of school.

#### IV. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

##### A. Wellness Coordinator(s)

1. The superintendent designates one or more school district officials to oversee the school district's wellness-related activities (Wellness Coordinators). The Wellness Coordinator(s) ensure that each school implements the policy.

2. The Wellness Coordinator(s) will consider the health and wellness needs of all school district communities, especially the diverse needs of students in implementing this policy and setting health and wellness goals at each site.
3. The principal of each school, or a designated school official, ensures compliance within the school, and will report to the Wellness Coordinator(s) regarding compliance matters upon request.

B. Public Involvement

The school district will develop and implement a system of collective accountability for the school district, parents and guardians, and students in order to ensure equitable health and wellness outcomes.

Policy Revised: 08/22/2017  
Policy Adopted: 09/19/2006

**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. § 1758b (Local School Wellness Policy)  
42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)  
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)

School Board  
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