

Adopted (initially): February 12, 2015
Revised and board approved: August 2019

UMA Policy 857

533: Wellness

Policy reflects Minnesota statute and aligns with other District 4210 policies.

I. PURPOSE The purpose of this policy is to assure a school environment that promotes and protects students' and staff members' general health and well-being.

II. GENERAL STATEMENT OF POLICY

- A. The School District recognizes that health education is an essential component of the educational process and that optimum health fosters improved attendance, performance, and quality of life for students and staff.
- B. The School District recognizes that good nutrition and physical activity are essential for the long-term health of children. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have a responsibility to help students and encourage staff to establish and maintain lifelong, healthy eating and physical activity patterns.
- C. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- D. The school environment should promote and protect students' health, well-being, and ability to learn by promoting healthy eating and physical activity.
- E. 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.
- F. School 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.
- G. Related UMA community services will provide opportunities, encouragement, and support for students to be physically active on a regular basis.

- H. The contracted food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students.
- I. The School District will provide clean, safe, and pleasant settings and adequate and appropriate time for students to eat.
- J. The School District recognizes that social-emotional learning is a key component of a quality health education and will provide education in this area.
- K. The School District recognizes that sex education is a key component of a quality health education and will provide education in this area.

III. GUIDELINES

A. Foods and Beverages

1. All foods and beverages made available on the UMA campus (including a la carte items, concessions, vending and catering) must follow and be consistent with the UMA School District Nutrition Guidelines and the current USDA Dietary Guidelines for Americans (<https://health.gov/dietaryguidelines/2015/guidelines/>).
2. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
3. The School District will prevent the overt identification of students who are eligible for free and reduced-price school meals.
4. The School District will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
5. When building schedules and resources permit, the School District will encourage schools to schedule lunch following physical education/recess periods.
6. The School District will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
7. To support children's health and school nutrition-education efforts, school fundraising activities should not involve food sales as the sole source of fundraising activities. Schools will encourage fundraising activities that promote academic or physical activities

over food sales. Edible School Yard dinner events are exempt from this provision but all food served and prepared must follow the guidelines of this policy.

8. Snacks consumed during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Snack options should follow the School District Nutrition Guidelines, USDA Dietary Guidelines for Americans (<https://health.gov/dietaryguidelines/2015/guidelines/>), and the CDC recommendations regarding smart snacks (https://www.cdc.gov/healthyschools/nutrition/pdf/nutrition_factsheet_parents.pdf). Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
9. Schools should limit the use of foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals) as a consequence. Foods used as rewards should meet School District Nutritional Guidelines.
10. Schools should limit celebrations that involve food during the school day, with the exception of Edible School Yard (ESY). Items served should meet the School District Nutritional Guidelines.
11. Foods and beverages offered or sold at school-sponsored events (such as, but not limited to, athletic events, dances, or performances) outside the school day will meet the School District Nutrition Guidelines.

B. Nutrition Education and Promotion

1. The School District aims to teach, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:
 - a. provides a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. comprises part of health education and ESY classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where

appropriate;

- c. includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as contests, promotions, taste testing, and field trips.
 - d. promotes healthy food preparation methods that follows the District Nutrition Guidelines and encourages the consumption of fruits, vegetables, whole grain products, dairy products, and health-enhancing nutrition practices;
 - e. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
 - f. links with contracted school meal programs, other school foods, and nutrition-related community services; and teaches media literacy with an emphasis on food marketing; and may include training for teachers and other staff.
2. Nutrition education will be provided to parents beginning at the middle school level with a goal to continue to educate parents throughout middle and high school levels. The nutrition education will be provided in the form of newsletters, postings on the UMA/ESY website, presentations on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.
 3. The School District will provide nutrition education and engage in nutrition promotion with staff with the purpose of:
 - a. encouraging all school staff, support staff and administrators to improve their own personal health and wellness.
 - b. creating positive role models and improving staff morale.
 - c. building the commitment of staff to promote health, improve nutrition, and encourage physical activity.
 4. The School District will promote and market healthy selections of foods and beverages to all students and staff, including those sold individually outside the reimbursable school meal programs, such as through a la carte, vending machines, fundraising events, concessions, catering and student stores.

C. Physical Education and Physical Activity Promotion

1. The District aims to teach the knowledge, skills, and values that will enable students to lead healthy, physically active lives. Schools will develop and implement a comprehensive plan to encourage physical activity that includes:
 - a. a sequential program of physical education that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes diverse activities and sports that students enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff who embed best practice regarding developmentally appropriate curriculum and instruction; and is coordinated with the health education curriculum;
 - b. integration of physical activity opportunities into other subject lessons, and provision of short physical activity breaks between lessons or classes, as appropriate;
 - c. opportunities and encouragement for all students to voluntarily participate in a diverse selection of competitive and noncompetitive before- and after- school physical activity programs, such as intramurals, clubs, and interscholastic athletics, whose primary focus is on facilitating participation by all interested students, regardless of their athletic ability; and
 - d. active engagement of families as partners in their children's education and collaboration with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.

2. Regular physical activity is necessary to the optimum development and academic achievement of students. Therefore, UMA will, whenever possible:
 - a. provide modified opportunities for meaningful movement during physical education classes to students who are injured or who cannot fully participate for some other reason; and
 - b. minimize the use of physical education facilities for non-instructional purposes.

D. 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.

E. Overall General Health Education

1. The District recognizes the importance of comprehensive health education centering around the promotion of life long health, decision making, sex, gender, sexuality, and disease avoidance. The goals for Health Education are:
 - a. Support an integrated health education curriculum that is designed to motivate and help students maintain and promote their health, prevent disease and injury, and reduce or eliminate behaviors that put their health and safety at risk. The curriculum addresses National Health Standards as outlined by the CDC
(<https://www.cdc.gov/healthyschools/sher/standards/index.htm>)
 - b. Provide comprehensive health education taught in Health Education classes or self-contained multiple subject classes.

F. Social-Emotional Wellness

1. Our district shall provide students and staff with resources to enhance social and emotional wellness. The goals for Social-Emotional wellness are:
 - a. Maintain school environments that promote students' development of resilience while enhancing and promoting development of protective factors.
 - b. School sites will have methods, strategies and supports to screen,

early identify and provide support to students with of behavioral concerns.

- c. Assess students' social and emotional wellness and provide resources, tools and strategies as needed to address concerns while identifying the strengths of students and families.

IV. IMPLEMENTATION AND MONITORING

- A. 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 Business Manager and the Co-Director or Co-Director's Designee, as appropriate.
- B. The School District's contracted food service program administrator will provide an annual report to the Co-Director setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- C. The Co-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.