

Adopted: 8-25-07

Southside Family Charter School Policy 533

Orig. 2005

Revised: 4-28-18

Rev. 2016

533 WELLNESS

I. PURPOSE

The purpose of this policy is to set forth methods that promote student wellness and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. The Southside Family Charter School board recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school encourages the involvement of parents, students, teachers, school, staff, board, and other interested persons in implementing, monitoring, and reviewing school 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-8 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 nutritious and appealing foods that meet the health and nutrition needs of students. Qualified food service personnel will also accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Classroom teachers will provide clean, safe, and pleasant settings and adequate time for students to eat.

III. WELLNESS GUIDELINES

- A. Nutrition Promotion and Education

1. The school promotes development of healthy student attitudes toward nutrition and well-being by providing instruction in food production, sustainable food systems, and food justice movements. By studying in these areas and participating in activities such as gardening, cooking, and building aquaponics systems, students learn the benefits of a sustainable, varied diet.
2. The school encourages all students to make healthy selections of foods and beverages.
3. The school has placed a ban on pop, high fructose corn syrup beverages, and caffeinated drinks (e.g., coffee drinks, energy drinks, etc.) during the school day. These items are confiscated if seen by an adult. Family will be notified if this happens.

B. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, students spend at least 30 minutes every day doing physical activity, including structured group games and activities.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate, and in the form of short physical “brain breaks” in or out of the classroom. In addition, when weather permits, teachers provide other opportunities for physical activity outside the classroom such as nature walks, swimming, and field trips to local parks.
3. At least one of the monthly options for enrichment classes, or “clubs,” is focused on physical activity.

C. Communications with Parents

1. The school recognizes that parents and guardians have a primary role in promoting 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 encourages 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.
5. When food is provided in the classroom for any reason, the school will notify parents in advance.

IV. STANDARDS AND NUTRITION GUIDELINES

A. Foods and Beverages

1. All foods and beverages made available at school will be consistent with the current USDA Dietary Guidelines for Americans.
2. The, Student Services Coordinator, who administers Southside's food program, 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. The Student Services Coordinator 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. Classroom teachers will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

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, the Student Services Coordinator, to be responsible for the school's food service program, and 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 Student Services Coordinator will participate in continuing professional development for all food service personnel in schools.

C. Other Foods and Beverages Made Available to Students

1. Student wellness will be a consideration for all foods offered, including those foods provided through:
 - a. Celebrations and parties. The school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
 - b. Classroom snacks brought by parents. The school will provide to parents a list of suggested foods and beverages that are healthful.
 - c. Classroom activities. When teachers use food in the classroom as part of an instructional activity, the teacher will notify parents ahead of time and give parents the option to opt their child out or request an alternative.
2. The school will not use foods or beverages as rewards for individual student 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.

V. IMPLEMENTATION AND MONITORING

- A. All school staff are responsible for ensuring compliance with this policy, including communicating with parents when necessary about restrictions on what food may be sent with their children to school.
- B. The Student Services Coordinator will ensure compliance within the school's foodservice areas and will report to the School Leader.
- C. The School Leader will ensure compliance with the wellness policy and will report on the school's compliance with the policy to the board upon request.
- D. The school will post this wellness policy on its website, and will include a summary of the policy in the Family Handbook
- E. Members of the school community, including students, parents, staff, and community members, are welcome to participate in the review and revision of this

policy by attending policy committee meetings and/or board meetings, which are open to the public.

- Legal References:*** Minn. Stat. § 121A.215 (Local School District Wellness Policy)
42 U.S.C. § 1751 *et seq.* (National School Lunch 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)
- 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