

A. Ulen-Hitterdal School Local Wellness Policy (LWP) (adopted: April 16, 2012) (updated May 2019)

Purpose: The purpose of this policy is to assure a school environment that enhances student attendance and academic performance by supporting healthy eating and physical activity. The policy promotes and encourages students to adopt lifelong healthy behaviors that can promote and protect students' health and well-being as well as reduce the risk of chronic disease.

I. Nutrition Education and Wellness Promotion is:

- A. Recognized as an essential component of the education process and formation of lifelong healthy behaviors.
- B. Provided as part of a standards-based, comprehensive program designed to provide students and families with knowledge and skills that facilitate healthy behaviors, and encouragement to promote and protect their health and ability to learn.
- C. Integrated into a sequential, interdisciplinary, age-appropriate, comprehensive PreK-12 health education program in which nutrition education is offered to each grade annually.
- D. Integrated into every classroom and physical education (PE), as appropriate.
- E. Supported by teachers, staff, and food service personnel through participation in worksite wellness opportunities, and role modeling of healthy behaviors.
- F. Linked with school food environment, the Coordinated School Health Program, afterschool programs, and nutrition-related community services.
- G. Communicated and promoted with consistent messaging throughout the district, as well as to parents and the community via posters, website, newsletters, and other means.
- H. Offered in the cafeteria and classrooms with coordination between nutrition-trained school foodservice staff and teachers.
- I. Consistent with and reinforces the objectives of the educational and nutritional health goals of the school, thus promoting physical activity (PA) and healthy food/ beverages. Food/beverages outside of the goals shall not be advertised or promoted.

II. USDA School Meal Program

School Meals are:

- A. The main source of nutrition during the school day.
- B. Affordable, nutritious, appealing, and served in a safe, clean, and enjoyable setting.
- C. Served in an environment that encourages healthy eating and food habits.
- D. In compliance with or exceeding the most updated safety standards, current Dietary Guidelines for Americans (DGAs), and USDA regulations (Ap1- Summary of USDA Nutrition Standards for School Nutrition Programs).

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- E. Provides continuing professional development for food service director and employees.
- F. Provides calorie, saturated fat, and sodium content of meals, as well as nutrition education for students, parents, and staff, through website and in school cafeterias.
- G. Is encouraged to offer nutrient-rich fresh fruit and/or vegetables, whole grains, and other minimally processed foods daily.

- H. Provides access to clean, free drinking water for students during the school day.
- I. Provides student access to hand washing or hand sanitizing prior to meals and snacks.
- J. Operates the USDA Breakfast Program in all schools, informing families of the program availability and the link between a healthy breakfast and ability to learn. (Ap2: Healthy Breakfasts).
- K. Encourages breakfast participation via methods such as bus arrival time or “grab and go.”
- L. Provides students with adequate time to eat meals (after sitting to eat: 20 minutes for lunch and 10 minutes for breakfast).
- M. Schedules lunch between 10 a.m. – 1 p.m. and after recess to increase student nutrient intake and reduce food waste.
- N. Utilizes a closed campus in order to encourage healthy eating. Evaluate their open campus policy taking into consideration the food choices and other choices that students make when they are able to leave campus.
- O. Discourages tutoring, club meetings, or activities during mealtimes unless lunch may be eaten during such activities.
- P. Uses no food/beverages as a reward unless healthy choices are allowed by student’s Individualized Education Plan (IEP); does not withhold food/beverages as a punishment (Ap3: Alternatives to Food as Rewards).
- Q. Discourages sharing of food/beverages due to concerns about allergies and diet restrictions.
- R. Obtains student feedback about menu items through taste testing, surveys, or other means.
- S. Encourages lunches from home meet guidelines for Nutritious Lunches from Home (Ap 4).
- T. Applies Smart Snack Nutrition Standards (SSNS Ap 5) to food brought into the cafeteria from outside food vendors.

III. Smart Snack Foods and Other Foods:

Smart Snack Foods are those food and beverages sold/served during the school day outside of reimbursable school meals. The district uses the current DGAs and/or IOM standards to establish Smart Snack Foods Nutrition Standards (SSFN) (Ap5). Smart Snack Nutrition Standards are based on the intent that school meals be the main source of nutrition for students during the school day. Smart Snack Foods shall help rather than hinder health and learning, and be within age appropriate serving sizes.

- A. Food and beverages sold through *vending, school stores, a la carte*, and shall follow or exceed standards described in Appendix 5.
- B. *A la Carte*: entrees may be incorporated into reimbursable meals per USDA regulations.
- C. *Fundraisers*: Nonfood fundraising is recommended (Healthy Fundraising -Ap7). Submit Approval Form (Ap11) and follow district procedure for all fundraisers. If food is sold as part of an out-of-school fundraiser, follow Appendix 5.
- D. *School Stores or Food Carts* shall sell only food/beverage items meeting the Smart Snacks Nutrition Standards (Ap5) during, and up to 30 minutes following, the school day.

- E. *Elementary Schools* have no vending, a la carte, school store, food fundraising during the school day. Any *food cart* sells only items meeting the Smart Snacks Nutrition Standards (Ap5).
- F. *Afterschool programs* in elementary schools follow food guidance from Smart Snacks Nutrition Standards (Ap5) or Child and Adult Care Food Program (CACFP).
- G. *Individual Student Snacks*: Families are encouraged to send healthy snacks that enhance their student's learning and health (Ap8: 150-200 Calorie Snacks, and Ap6: Discretionary Calories, and the Healthy Snack List)
<http://www.healthycc.org/uploads/resources/330/snack-booklet---revised-7-11.pdf> .
- H. *Classroom Snacks* (brought for entire class): shall follow SSNS (Ap5) using Ap6, Ap8, and Healthy Snack List (link above). Fruit, vegetables, and food <150 calories are recommended.
 - a. *School Day Classroom Celebrations*, including birthdays, focus on physical activities rather than food (Ap9: Healthy Celebrations).
 - b. *Concessions*:
 - Encouraged to include healthy food/beverage options (Ap5).
 - Encouraged to offer the following in appropriate portion sizes: low-fat or fat-free milk, fruits, vegetables, and at least one healthy entrée option (Ap12).
- I. Anytime food is served at a school function, healthy food options shall be available.

IV. Physical Education and Physical Activity

- A. Physical Education (PE) is:
 1. Standards-based, using national or state-developed standards, such as the National Association for Sport and Physical Education Guidelines, and incorporates adequate PE/PA specific space and equipment that conforms to all applicable safety standards.
 2. Recognized as an essential component of the educational process and forming lifelong healthy behavior and lifestyle.
 3. Offered daily 150 minutes/week for elementary and 112 minutes/week for middle and high school students for the entire school year. It is in compliance with specialized IEP or 504 Plans for students with disabilities, special healthcare needs, and in alternative educational settings. Elementary schools do not substitute recess for PE.
 4. Composed of at least 50% of the time spent in moderate to vigorous PA.
 5. Taught with curriculum written for each grade that is sequential, provides an opportunity to learn, practice, and be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, physical fitness, and PA benefits.
 6. Taught by certified PE staff trained to educate, and trained to teach other school staff to integrate PA into the classroom and promote enjoyable, lifelong PA among students.
 7. Consistent with student-teacher ratios of other academic subjects though enrollment caps.
 8. Not to be withheld or used as punishment. PA (physical activity) or recess shall not be withheld or used as punishment, with the following exceptions:

a. Teacher will use only as last resort, and with consultation and approval by administration.

b. Recess will be withheld if student is in in-school suspension.

c. If child is in danger of hurting self or others, recess time may be used to keep the child safe in an indoor setting.

9. To be participated in by all students; students may be temporarily excused from PE but will not receive waivers. Adapted PE is identified through an IEP.

B. Integration of Physical Activity Throughout the School Day (Ap10).

1. Elementary school students have at least a 20 minute supervised recess break daily, preferably outdoors and before lunch; moderate to vigorous PA is facilitated verbally and via adequate equipment and outdoor/indoor space.

2. Integrating Physical Activity into the Classroom Settings (Ap10) – In order that students are active the recommended amount of at least 60 minutes of PA per day:

a. Classroom health education reinforces knowledge and self-management skills to maintain a physically active lifestyle and reduce sedentary activities, such as watching TV and video games.

b. PA is integrated into classroom lessons and celebrations, and school events.

c. Short PA breaks are offered between lessons and classes, as appropriate.

C. Daily Physical Activity Opportunities Before and After School

1. Daily PA programs such as before-school/after-school supervised active play time, and activity clubs or intramurals, are offered and promoted.

2. Child care programs held in schools shall encourage- verbally and via provision of safe space, activities, and equipment- daily periods of moderate to vigorous PA.

3. Schools shall make outdoor and indoor PA facilities available for community use when not being used for school activities. School safety policies apply at all times.

4. Safe bicycling and walking to and from school is promoted and encouraged.

V. Implementation and Monitoring of LWP

B. The district engages students, parents, PE and other teachers, food service professional, school health professionals, school board, school administrators, and the public in developing, implementing, annual monitoring, periodic review, and revising of LWP through its wellness committee.

C. The Superintendent or designee shall execute administrative procedures that designate district level and site-based staff responsible for policy implementation and compliance of the LWP with an implementation work plan, including timeline and evaluation of outcomes and compliance. The plan will include a communications plan to inform and update the

school and community regarding rationale for and content of the policy. Staff will be trained to facilitate the implementation plan.

- D. The Superintendent or designee shall execute administrative procedures that designate district level and site-based staff responsible for policy implementation and compliance of the LWP with an implementation work plan, including:
 - 1. A communications plan to inform and update the school and community regarding rationale for, and content of, the policy,
 - 2. A timeline and evaluation of outcomes and compliance,
 - 3. Training of staff to facilitate the plan.
- E. Monitoring will be repeated annually to help review LWP compliance, assess progress, and determine areas in need of improvement and/or revision. Measurable outcomes will include School Health Index, Body Mass Index, School Meal Participation, youth survey data, Cardiovascular Fitness, and/or other outcomes determined by the wellness committee.
- F. District Food Service (DFS) staff will ensure compliance in food service areas, and report to the food service director, building principal, or superintendent's designee.
- G. The DFS director will provide an annual report to the superintendent identifying the nutrition guidelines and procedures for selection of all foods made available on campus, as well as the most recent USDA School Meal Initiative (SMI) review findings and updates.
- H. The superintendent or designee will develop an annual summary report on assessment of implementation, extent of compliance with the LWP, extent to which the LWP compares to model LWP, and progress made in attaining goals of the LWP based on input from all district schools. This report will be provided to the school board and wellness committee, and communicated to school staff, parents, and the public through school website, newsletter, weekly column and/or other means as designated by the superintendent.