

Ulen-Hitterdal School Local Wellness Policy (LWP)

Adopted 2012, updated May 1, 2025

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 food service staff and teachers.
- I. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- J. Consistent with and reinforces the objectives of the educational and nutritional health goals of the school, provide the knowledge and skills to promote health/physical activity (PA) and healthy food/ beverages. Food/beverages outside of the goals shall not be advertised or promoted.
- K. School administration shall encourage staff to model healthy eating habits and physical activity behaviors. School physical activity equipment will be available before and after school to all staff to support wellness.
- L. While selecting educational materials for the classroom, every effort will be made to select materials free of brand names, logos, and illustrations of unhealthy foods.
- M. All advertising of food and beverages that cannot be sold or do not meet Smart Snack nutrition standards will be prohibited.
- N. The school will not expose students to food marketing of any kind.

II. USDA School Meal Program

School Meals are:

- A. The main source of nutrition during the school day.
- B. School will provide breakfast through the USDA breakfast program.
- C. All students will receive breakfast and lunch, regardless of ability to pay.
- D. Applications for free/reduced meals are sent home to all families at the beginning of the school year. The application is also available in the school office by request.
- E. Affordable, nutritious, appealing, and served in a safe, clean, and enjoyable setting.
- F. Served in an environment that encourages healthy eating and food habits.
- G. 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)

Ulen-Hitterdal School

- E. Provides continuing professional development for food service director and employees, to meet training requirements of the USDA Professional Standards for School Nutrition Standards.
- 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.
Several drinking faucets are available throughout the school.
- 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. School administration are encouraged to limit the sale of beverages with caffeine to students during the school day.
- R. Discourages sharing of food/beverages due to concerns about allergies and diet restrictions.
- S. Obtains student feedback about menu items through taste testing, surveys, or other means.
- T. Encourages lunches from home meet guidelines for Nutritious Lunches from Home (Ap 4).
- U. 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).. 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. Smart snack food website is: www.fns.usda.gov/guide-smart-snacks-school

- A. Food and beverages sold through *vending, school stores, a la carte*, and shall follow or exceed standards described in Appendix 5. They will meet all federal, state, and local standards.
- B. *A la Carte*: entrees may be incorporated into reimbursable meals per USDA regulations.
- C. *Fundraisers*: Some number of exemptions for infrequent fundraisers are allowed during which

foods and beverages sold do not have to meet the Smart Snacks nutrition standards. Non-food 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. The school will make available to parents and teachers a list of healthy fundraising ideas. Some examples are: school spirit apparel and merchandise, discount cards/coupon books, magazine subscriptions, car washes, etc. For

more ideas go to: cspinet.org/sites/default/files/attachment/schoolfundraising_0.pdf

D. School Stores, Food carts, vending machines shall sell only food/beverage items meeting the Smart Snacks Nutrition Standards (Ap5) during, and up to 30 minutes following, the school day.

E.No competitive foods or beverages may be sold during the school day.

F. 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).

G. Afterschool programs in elementary schools follow food guidance from Smart Snacks Nutrition Standards (Ap5) or Child and Adult Care Food Program (CACFP).

H. 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>

- I. *Classroom Snacks* (brought for entire class): shall follow SSNS (Ap5) using Ap6, Ap8, and Healthy Snack List (link above). Fruit, vegetables, whole grain, low fat, low sugar and food <150 calories are encouraged.
 - a. *School Day Classroom Celebrations*, including birthdays, focus on physical activities rather than food (Ap9: Healthy Celebrations). Examples for healthy celebrations are: dance parties (Kidz Bop is a great resource), extra time at recess, treasure hunt with a non-food prize at the end, field trip to park. For more ideas go to: Healthy Celebrations Tip Sheet/Action for Healthy Kids website.
 - 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).
- J. 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 a curriculum written for high school students 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. Curriculum is aligned with established state physical education standards.
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.

10. School physical activity equipment will be available for use by staff before or after school to support employee wellness.

Integration of Physical Activity Throughout the School Day

- 1. Staff are strongly encouraged to use physical activities as a reward as feasible.
- 2. 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.
- 3. 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.
- B. Daily Physical Activity Opportunities Before and After School

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

 - 1. Child care programs held in schools shall encourage- verbally and via provision of safe space, activities, and equipment - daily periods of moderate to vigorous physical activity.
 - 2. 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.
 - 3. Safe bicycling and walking to and from school is promoted and encouraged.

V. Implementation and Monitoring of LWP

- A. 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.
- B. 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.

- 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:
 - 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.
- D. 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.
- E. 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.
- F. 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.
- G. 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 the school website, newsletter, weekly column and/or other means as designated by the superintendent.
- H. The school Wellness committee meets 3 times per year. The chair of the committee is Mary Aakre. Serving on the committee are Phy Ed and Health teachers, Food Service, Elementary school teacher, School Maintenance, school board members, students, and community members. The Wellness committee develops plans for policy implementation at the school level. Meeting dates are posted at the school.
- I. The public is invited by email annually to serve on the Wellness committee.
School Wellness policy and specific implementation plans are posted on the school website: www.ulenhitterdal.k12.mn.us
- J. The Wellness committee will conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool - Implementation (WellSat-I) or the School Health Index.
- K. The triennial progress report will be posted on the district website. The report will include an assessment on compliance, the extent to which our Wellness policy compares to model policies, and progress made in achieving goals.
- L. Every 3 years, the Wellness committee will review the latest national recommendations pertaining to school health and will update the Wellness policy accordingly.