

# Blooming Prairie Public School ISD 756 Wellness Policy

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# Blooming Prairie Public School ISD 756 Wellness Policy

## Preamble

Blooming Prairie Public School ISD 756 (hereto referred to as the District) is committed to the optimal physical and academic development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>3</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. Participation in active transportation to and from school (e.g., walking and bicycling), recess, physical activity breaks, physical education, and extracurricular activities involving physical activity results in better academic outcomes for students. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the district have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school district in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

**I. School Wellness Committee**

***Committee Role and Membership***

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

***Leadership***

The School Nurse Amanda Rennie will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Phone number</b>
Chris Staloch	Superintendent	507-583-4426 x427
John Worke	High School Principal	507-583-4426 x434
Jacob Schwarz	Elementary Principal	507-583-6615 x223
Isaac Ille	Physical Education Teacher	507-583-6615 x231
David Lassahn	Physical Education Secondary	507-583-4426 x462
Missy Taylor	Food Coordinator	507-583-4426 x464
Katy Clayton	Community Member	
Cara Smith	School Counselor	
Dean Meschke	Board Member	
Ethan Rindfleisch	Steele County SHIP Coordinator	(507) 444 - 7645

Emma Johnson	Health Educator Steele County Public Health	(507) 444 – 7646
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**II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

***Implementation Plan***

- 1. Upon approval by the school Board, the Wellness Policy will be implemented throughout the school district.***
- 2. The school district will post its Wellness Policy on its website***

***Recordkeeping***

The school district will retain records to document compliance with the requirements of the wellness policy. The records to be retained include, but are not limited to:

1. The school district’s written Wellness policy
2. Documentation demonstrating eth community’s involvement in the Wellness Policy development and implementation processes.
3. Documentation of the triennial assessment of the Wellness Policy including an indication of who is involved in the update and methods the school district uses to make stakeholders aware of their ability to participate on the Wellness Committee.

***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy.
- The extent to which the District’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy.
- A description of the progress made in attaining the goals of the District’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Amanda Rennie Blooming Prairie School Nurse.

ARennie@blossoms.k12.mn.us

The District will notify households/families of the availability of the triennial progress report.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

### ***Public Involvement***

1. The wellness coordinator will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the School board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the Wellness policy.
2. The wellness coordinator will hold meetings for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be posted on school's districts website and be open to the public.

## **III. Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), and mobile snack cart,

1. The school district will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.  
<https://www.fns.usda.gov/schoolmeals>
2. Nutrition service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet health and nutrition needs of students,

3. Nutrition service personnel will try to accommodate the religious, ethnic and cultural diversity of the student body in meal planning along with accomadating special dietary needs and food allergies as required by federal regulations.
4. Nutrition service personnel will provide clean, safe and pleasant settings and adequate time to students to eat.
5. Nutrition service personnel will include fresh, locally grown food in school meals or provide taste tests from chefs as available for students within the district.
6. Nutrition service personnel will take every measure to ensure that student access to foods and bevarges meets or exceeds all applicable federal, state and local laws, rules and regulations and that reimbursable school meals meet USDA nutrition standards
7. The school district 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. Applications for free/reduced priced meals are made available to all families at beginning of school year.
8. All school district must serve students a reimbursable meal, regardless of whether the student has money to pay or owes money.
9. The school district will provide students access to handwashing or hand sanitizing before they eat meals and snacks.
10. The school district will make every effort *for students* to have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
11. School district will provide 20 minutes of daily recess for all elementary/intermediate school students.
12. The School district will encourage that meals be available to students when participatind in tutoring, clubs, or organizational meetings, occurring during scheduled school day mealtimes.

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutritional personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school within the district. The District will make drinking water available where school meals are served during mealtimes. All students in District # 756 will be allowed to bring and carry (approved) water bottles filled only with water in classrooms.

### ***Competitive Foods and Beverages***

1. All foods and beverages sold on school grounds during the school day to students, outside of reimbursable meals, are considered “competitive foods.” Competitive foods include items sold a la carte in the cafeteria, and from vending machines. All these competitive foods will meet all federal, state and local standard guidelines.
2. All competitive foods will meet or exceed the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards. [Overview of Smart Snack Requirements](#) Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

### ***Celebrations and Rewards***

The district will ensure that celebrations and rewards are consistent with our nutrition policies. All foods offered and served on the school campus will be encouraged to meet or exceed the USDA Smart Snacks in School nutrition standard. The district recommends utilizing rewards that promote physical activity and/or promote educational messages.

1. **Celebrations and parties:** The school district may provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. **Classroom snacks brought by parents:** The District will make available a list of party foods and beverages that meet the Smart snack standards.
3. **Rewards and incentives:** If foods or beverages are used as rewards for academic performance or good behavior, schools will encourage those that meet USDA Smart snack nutrition standards and will not withhold foods or beverages as punishment unless this practice is allowed by a student’s individual education plan or behavior intervention plan. We strongly encourage staff to use physical activity as a reward when feasible.
4. **Fundraising:** The school district may provide to parent and teachers a list of suggested healthy fundraising ideas. There will be no food-related fundraisers held during the school day.

### ***Nutrition Promotion and Education***

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education integrated into other subjects as part of health education and/or offer stand-alone classes at each grade level K-12.

1. Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.

2. Part of health education classes as well as classroom instruction subjects such as math, science, language arts, social studies, and elective subjects.
3. It will be developmentally appropriate, culturally relevant, and may include participatory activities such as contests, promotions, taste testing, school gardens and field trips.

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

## **IV. Physical Activity**

Children and adolescents including those with disabilities ,should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. All schools in the district will be encouraged to participate.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment unless deemed necessary by administration due to student and/or staff safety concerns.

To the extent practical, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education for all students taught by a licensed teacher. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students K-12 within the district will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education instruction for at least **60-89** (should be 150 )minutes per week throughout the school year.

All District **intermediate students** (5<sup>th</sup> and 6<sup>th</sup> grade) shall receive 225 minutes per week of physical instruction throughout the school year.

All District **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education programs will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

### ***Recess (Elementary & Secondary)***

All elementary schools will offer at least **20 to 25 minutes of recess (elementary) and 9 minutes (secondary)** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

### **Outdoor recess**

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

### ***Before and After School Activities***

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school.

## V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC.

### *Glossary:*

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

**Wellness Goals for the 2025 – 2026 school year are on the next two pages.**

## **Wellness Goals**

**2025 - 2026**

### **Nutrition Promotion**

- Add more fruit and vegetables to the snack cart (K-6)
- Healthy Snack Days – Staff
- Promote drinking water

### **Nutrition Education**

- Taher – bring in a Chef
- High School Health Classes – 9<sup>th</sup> – 12<sup>th</sup>
- FACS – 7<sup>th</sup> – 8<sup>th</sup>
- Taher – add posters/information – foods served

### **Physical Activity**

- Walking Challenge (record data)
  - Staff
  - Students
- Ride your bike to school – 1<sup>st</sup> Wed. of May
  - Include Law Enforcement / Leaders
- SMART Room (Pre-K / K)
- Brain Breaks / Movement (Elementary)
- 2<sup>nd</sup> Recess (Elementary)
- Add(ed)/Continue – Extra Phy. Ed. Classes (HS)
- Cross Country Skiing (Nature Center) – HS Phy. Ed. Classes
- Nature Center (Austin) – K – 8

### **Promoting Wellness**

- Limit Screen Time (Kindergarten – Legislation)
- Wellness Newsletter – SHIP Template (Share out)
- Wellness Wednesdays
- 1 day a month – different activities provided
- Caught Being Awesome – Prairie Pride

## **Mental Health**

- Mindful Mondays
- Check Ins
- Morning Meetings
- Advisory
- Caring Classroom Community
- Limit Social Media
- Hand in Hand Club
- Kind Kids Club – 2<sup>nd</sup> grade
- Counselor Sessions – (K – 6) – Class
- Prompts (Mental Health Flower)