

533 KELLIHER SCHOOL WELLNESS POLICY

I. Purpose

The Kelliher Public School district shall strive to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student. We will afford students the opportunity to fully participate in the educational process. The district shall promote a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The district shall support a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the school contributes to the basic health status of children. Improved health optimizes student performance and helps ensure that no child is left behind.

II. GENERAL STATEMENT OF POLICY

Healthy eating and physical activity are demonstrably linked to reduced risk for mortality and a reduction in the development of many chronic diseases as adults. To help insure the health and well-being of all students, it is the policy of the Kelliher School Board to support a School-wide Wellness Plan that allows for the provision and teaching of an active school day and healthy eating habits that will become life-long habits for students and staff as follows:

- A. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices. All meals or food sold to students at Kelliher School must:
1. Be a “whole grain-rich” grain product; or
 2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the *2010 Dietary Guidelines for Americans* (calcium, potassium, vitamin D, or dietary fiber).*
 5. Staff members are prohibited from using food as a reward or denying food as a form of punishment.

* On July 1, 2016, foods may not qualify using the 10% DV criteria

- B. Ensure that food sales/parties for students are held during hours that will not conflict with the lunch and breakfast programs. The district operates under the National School Lunch, National School Breakfast and National After-School Snack/Supper program regulations.
- C. Support and promote proper dietary habits contributing to students' health status and academic performance. All food available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the **district nutritional guidelines**. Emphasis should be placed on foods that are nutrient dense per calorie. Food should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. Staff should be encouraged to focus on **the Dietary Guidelines for Americans. Kelliher School does not advertise or market foods and beverages that do not meet the Smart Snacks criteria to students**
- D. Provide a comprehensive learning environment for developing and practicing life-long wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue.

[FARM TO SCHOOL INITIATIVES]: Whenever possible, the district will be proactive in seeking out opportunities for farm-to-school connections that will provide fresh produce for school meals, help teach students where their daily produce comes from, and help students become knowledgeable regarding what constitutes a healthy farm or school diet. In addition, the district will utilize the farm to school and school garden initiatives as an educational tool assisting in the teaching of nutrition in school.

- E. Coordinate school food service with this policy to reinforce messages about healthy eating and to ensure that food offered promote good nutrition and contribute to the development of life-long, healthy eating habits. Food service personnel shall adhere to all federal, state and local food safety and security guidelines while making every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.
- F. Regularly evaluate the effectiveness of this policy in promoting healthy eating and change the program as appropriate to increase effectiveness.
- G. 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.

- H. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that ensure that student access to foods and beverages meet or exceed all federal, state and local laws and guidelines; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- I. The Kelliher School District requires that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and sections 9(f) (i) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f) (I), 1776(1), as those regulations apply to schools.
- J. The Kelliher School district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- K. The Kelliher School District will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the day.
- L. The Kelliher School District will discourage tutoring, club or organizational meeting or activities during mealtimes, unless students may eat during such activities.
- M. Provide School staff involved in nutrition education and in supporting a healthy school environment, with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.**
- N. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating lifestyles.**
- O. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis. The following opportunities for physical activity will be provided for all students:**
 - 1. Every-day physical education classes lasting 25 minutes for elementary students;**
 - 2. Supervised, unstructured recess for 30 minutes prior to lunch;**
 - 3. from either denying or requiring physical activity as a means of punishment.**

4. **Two 10-minute classroom exercise activity breaks: aerobics, yoga, palates and/or balance routines will be encouraged;**
5. **Provide opportunities for junior high and high school students to receive more access to the gym in the morning or after school for physical activity;**
6. **Provide more supervision for the weight room for better accessibility for students before and after school hours and during lunch;**
7. **Provide structured exercise sessions for students and staff (P90x, Aerobics videos, organized dance, etc.) before and after school;**
8. **Dental hygiene and personal hygiene information given to the students on a regular basis**

P. Require the Kelliher School Health Committee meet a minimum of four times yearly and report results of said meetings to the board.

Q. Communications with parents:

1. The school district recognizes that parents and guardians have a primary role in promoting 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.

III. GUIDELINES

The following nutritional guidelines shall apply to all students:

A. Foods and Beverages

All foods & beverages served and offered during the school day meet the USDA's Smart Snacks in School nutrition standards: All foods and beverages served and offered to students during the school day meet or exceed the USDA's Smart Snacks in School nutrition standards. This includes snacks that are not part of a federally reimbursed child nutrition program, **birthday parties, holiday parties, and school-wide celebrations.**

All foods & beverages sold during the extended school day meet the USDA's Smart Snacks in School nutrition standards: All foods and

beverages **sold** to students during the **extended school day** meet or exceed the USDA's Smart Snacks in School nutrition standards. This includes vending machines, school stores, and snack or food carts. This includes snacks that are not part of a federally reimbursed child nutrition program, birthday parties, holiday parties, and school-wide celebrations.

1. Water Consumption

Staff should encourage increased consumption of water throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. The Principal may want to authorize students to carry water bottles during the school day using the suggested water bottle policy shown below. Teachers may need to call for extra water breaks too. Even during periods of moderate temperatures, staff members should remind students of the value of consuming water.

Water sales should be significant option through school vending and concession services. Water should be available during mealtimes, at least through water fountains.

2. Water Bottles

Each wing shall determine when students may bring water bottles for use during the school day and establish a policy for whether or not bottles may be refilled during school time.

- Water bottles must be clear and have secure caps.
- Students may not share water bottles.
- Empty bottles should on a regular basis be recycled (if appropriate), discarded or take home for sanitized reuse.
- Students misusing water bottles shall be subject to disciplinary actions.
- Teachers have discretion in determining classroom use.
- Water bottles may not be used in computer labs, science labs and the school media center.

3. Fat Content

Foods from reimbursable meals shall over the course of five days, derive no more than 30 percent of their total for calories from fat and less than 10 percent of their total calories from saturated fats. These recommendations are consistent with federal mandates.

4. Content from Added Sugars

No individual item served by food service as a part of a traditional meal, as an ala cart item, or as a snack item may contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.

5. Milk Products

Milk shall be promoted during all meals. **Milk shall be available to students who bring sack lunches. Only unflavored milk shall be served during the school breakfast program. Both flavored and unflavored milk shall be made available during the school lunch program. No products shall be served which derive more than one-third of their weight from added sugars. Low-fat (one percent) and non-fat (Skim) forms of milk shall be featured in single serving sizes whenever possible. Whole milk or lactose free milk shall be available when medically indicated.**

6. Juice-Based Drinks

Pure juice may be available as an additional beverage during the school breakfast time.

Other juice based drinks without added sugars (e.g., juice diluted with water or flavored waters) may be served. No sweetener-based "juice drinks" or sport drinks which derive more than one-third of their weight from added sugars shall be served at mealtimes.

In all cases, single-serving sizes shall be featured.

Children who bring sack lunches from home are encouraged to bring 100 percent juice or water with them instead of consuming heavily sweetened "juice drinks" and sport drinks.

7. Soda Pop

No soda pop shall be allowed during the school day including students bringing lunches or snacks.

8. Caffeine and Additives

Products containing caffeine shall not be available during mealtimes. An exception shall be made for chocolate.

The food service shall be sensitive to the presence of dyes, sulfites, MSG and other additives to food by limiting their use whenever possible or finding alternative products that have fewer additives. The food service shall follow federal guidelines regarding sodium content in all food.

9. Food and Beverages Offered to Students at Food Functions

Kelliher School may sell the following beverages:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Kelliher Elementary school may sell up to 8-ounce portions to its students, while Kelliher High School (grades 7-12) may sell up to 12-ounce portions of milk and juice to its students. There is no portion size limit for plain water.

The district encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school functions (e.g., parties, celebrations, feasts, sporting events) healthy food choice options should be available. Some suggested foods are listed below:

- Raw vegetables sticks/slices with low –fat dressing or yogurt dip
- Fresh fruit and 100 percent fruit juices
- Frozen fruit juice pops
- Dried fruits (e.g., raisins, banana chips)
- Trail mix
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked Corn chips and fat-free potato chips with salsa and low-fat dips (e.g., ranch, French, onion, bean)
- Multi-grain granola bars

- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Jell-O and low fat pudding cups
- Frozen yogurts and sherbets
- Low-fat and skim milk products
- Pure ice cold water

10. Fund-Raising Activities and Concessions

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold.

Any fund-raising requires administration approval. The following recommendations are made to promote healthy choices for children related to fund-raising activities supported by the school:

- Offer only non-food items as the items that raise funds such as books, gift wrap, candles, plants, flowers and school promotional items.
- Whenever food and beverages are sold that raise funds for the school, such food items MUST meet SMART Snacks guidelines.
- The majority (greater than 50%) of school-sponsored fundraising events conducted outside of the school day will include only non-food items or only foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.

Organizations operating concessions at school functions must include at least some healthy food and drink choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

- Food items that meet nutrition requirements are not limited.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

11. Learning Incentives

Staff members are prohibited from using food as a reward or denying food as a form of punishment.

Kelliher School staff members are directed to utilize other incentives as rewards during the school day. Teachers are encouraged to use incentives and rewards that promote physical activity, encourage

further learning, or provide an alternative to the routine schedule. The following are ideas that may be used as incentives:

- Plan a scavenger hunt or relay race to encourage exploration, physical activity, and intellectual stimulation;
- Plan a fun community service outing in the community;
- Provide “free choice” activities at the end of day;
- Provide additional time for recess;
- Schedule an arts and crafts activity;
- Schedule a dance or inflatable game party;
- Read a book related to the party theme;
- Allow a trip to the “treasure or prize box”;
- Allow students to pick a book of their choice and ask the principal, superintendent, parent or other visitor to read it;
- Other activities as approved by administration.

12. Breast-feeding Policy

Kelliher School's workplace breastfeeding policy supports employees in providing their child(ren) with the healthiest food nature has to offer, their own mother's breast milk. **The District will disseminate this policy in a fashion that informs all employees of this policy. This policy is a part of the District's written policies.**

The policy of this school district is to support best practices as set forth by research and to be in compliance with the Fair Labor Standards Act. Kelliher School District adopts this policy to support the health and well-being of employees and their infant children by providing a workplace that supports a decision of an employee to breastfeed. The District supports and encourages the practice of breastfeeding and the expression of breast milk by employees who are breastfeeding when they return to work. Additionally, it is the policy of the District to prohibit discrimination and harassment of breastfeeding employees who exercise their rights under this policy.

Upon return to work after the birth of a child, and for one year thereafter, breastfeeding employees are allowed reasonable time to express milk during work hours.

Responsibilities:

Employee: The employee is responsible for requesting and arranging with their supervisor appropriate and reasonable break times or flexible scheduling for expressing milk. Employee must provide her own pump, adapter, and accessories as well as a small cooler or insulated bag.

District: The District is responsible for providing reasonable paid break times each day for employees wishing to express breast milk. The District will assist in providing a positive atmosphere of support for breastfeeding employees. The District will allow for creative use of normal breaks and earned time/leave for nursing and pumping. Examples of creative use include: taking flexible meal breaks, using break times, coming in to work earlier, providing substitutes to cover work time while employee is nursing or expressing milk.

The District will provide a clean, private space (not a toilet stall or restroom) with a lock on the door for nursing or expressing milk. The area shall include:

- A. Accessible electrical outlets for an electric breast pump;
- B. Comfortable chair;
- C. Small table;

The breastfeeding room shall be near a clean water source for washing hands and rinsing out any breast pump equipment.

The breastfeeding room shall be near a place for storing breast milk (a refrigerator) or the employee can bring a small cooler or thermos to work.

Private space for the expression of breast milk for employees:

- The District will provide a private space with a lock on the door for expressing milk.
- A bathroom stall or storage area does not serve as a lactation space.
- If employees prefer, they may also express milk in their own private office.

V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Coordinator

1. The superintendent will designate a school district official to oversee the school district's wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that each school implements the policy. The Wellness Coordinator for Kelliher School District is the Superintendent.

2. The principal of each school, or a designated school official, will ensure compliance within the school and will report to the Wellness Coordinator (the Superintendent) regarding compliance matters upon request.

B. Public Involvement

The Final Rule of the Healthy, Hunger-Free Kids Act requires a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy. Therefore:

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, from time to time, 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 the school district's website and will be open to the public.

VI. POLICY IMPLEMENTATION AND MONITORING

A. Implementation and Publication

The Final Rule of the Healthy, Hunger-Free Kids Act requires a description of the plan for measuring the implementation of the local school wellness policy. Therefore:

1. After 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, to the extent it maintains a website.

B. Annual Reporting

The Final Rule of the Healthy, Hunger-Free Kids Act requires that school districts inform the public about the content and implementation of the local wellness policy and make the policy and any updates to the policy available to the public on an annual basis. Therefore:

The Wellness Coordinator will annually inform the public about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public.

C. Triennial Assessment

The Final Rule of the Healthy, Hunger-Free Kids Act requires a triennial assessment of schools' compliance with the wellness policy. The Act also requires school districts to inform the public about progress toward meeting the goals of the wellness policy by making the triennial assessment available to the public in an accessible and easily understood manner. Therefore:

1. At least once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
 - a. the extent to which schools under the jurisdiction of the school district are in compliance with the wellness policy;
 - b. the extent to which the school district's wellness policy compares to model local wellness policies; and
 - c. a description of the progress made in attaining the goals of the school district's wellness policy.
2. The Wellness Coordinator will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the school district's website or otherwise made available to the public.

D. Recordkeeping

The Final Rule of the Healthy, Hunger-Free Kids Act requires school districts to retain records to document compliance with the requirements of 7 C.F.R. § 210.30. Therefore:

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 compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.

3. Documentation of the triennial assessment of the local school wellness policy for each school under the school district's jurisdiction efforts to review and update 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).

VII. KELLIHER SCHOOL MEAL DEFICIT POLICY

Policy:

Kelliher School will strive to maintain fiscal responsibility when dealing with student meal debt, without penalizing students through the use of food.

Procedure:

1. Throughout the following process, students will continue to receive the same service and the same posted menu meals at breakfast and lunch as all other students.
2. A monthly billing is sent to all students who carry a deficit on their meal account, requesting payment.
3. When no payment is received after 1-2 months, a note is typed onto the monthly billing requesting payment and signed by the superintendent.
4. If the meal deficit is greater than or equals \$25.00, an automated call is set up to call the family each day Monday through Thursday at 6pm, with a friendly reminder for payment on account.
5. If the family with the account in arrears is potentially eligible for free or reduced meals, information is sent regarding this opportunity in the monthly billing.
6. Seniors are provided with documentation of any outstanding debts, including meal account deficits, two weeks prior to graduation. Any debts must be paid for the Senior to attend graduation rehearsal.

Legal References: Minn. Stat. § 121A.215 (Local School District Wellness Policy)
42 U.S.C. § 1751 *et seq.* (Healthy and Hunger-Free Kids 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
United States Department of Agriculture, www.fns.usda.gov

