

Mountain Lake Christian School  
Wellness Program  
Adopted September, 2021

**I. PURPOSE**

The purpose of this policy is to ensure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

**II. GENERAL STATEMENT OF POLICY**

A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.

B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.

C. The Mountain Lake Christian School 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.

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-12 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 affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; 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.

### **III. GUIDELINES**

#### **A. Foods and Beverages**

1. Mountain Lake Christian 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.
2. All foods and beverages made available on campus (including concessions and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
3. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
4. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
5. Mountain Lake Christian School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. Mountain Lake Christian School 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 school day.
7. Mountain Lake Christian School will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

#### **B. School Food Service Program/Personnel**

1. Mountain Lake Christian School will strive to provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. Mountain Lake Christian School will designate an appropriate person to be responsible for the school's food service program, 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 Mountain Lake Christian School's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

#### C. Nutrition Education and Promotion

1. Mountain Lake Christian School will encourage and support healthy eating by students and engage in nutrition promotion that is:

- a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
- c. enjoyable, developmentally appropriate, culturally relevant, and strive to include participatory activities, such as contests, promotions, taste testing, and field trips.

2. Mountain Lake Christian School will encourage, not force, all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte [snack] lines, vending machines, fundraising events, concession stands, and student stores.

3. Schools will not use foods or beverages as rewards for 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.

#### D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and

3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

## E. Communications with Parents

1. Mountain Lake Christian School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Mountain Lake Christian School will strive to support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Mountain Lake Christian School encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Mountain Lake Christian School will strive to 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.

## IV. IMPLEMENTATION AND MONITORING

- A. After final approval by the Mountain Lake Christian School Board, the wellness policy will be implemented in the school.
- B. Mountain Lake Christian School food service staff will ensure compliance within the school's food service areas and will report to the food service program administrator and the Head of School, as appropriate.
- C. Mountain Lake Christian School's food service program administrator will provide an annual report to the Head of School setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The Head of School or designee will ensure compliance with the wellness policy and will provide an annual report of the school's compliance with the policy to the school board.
- E. Mountain Lake Christian School will post this wellness policy on its website, to the extent it maintains a website.

### ***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](http://www.education.state.mn.us)
- Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)
- County Health Departments
- Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov)