

## **WELLNESS**

*[Note: Not later than the first day of the school year beginning after June 30, 2006, all schools that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 (“the Act”) to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, and physical activity to promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.]*

### **I. PURPOSE**

The purpose of this policy is to assure 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**

1. Mary of Lourdes School recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
2. The school environment should promote and protect students’ health, well-being, and ability to learn by encouraging healthy eating and physical activity.
3. Mary of Lourdes School encourages the involvement of students, parents, teachers, food service staff, and other interested persons in reviewing school nutrition and physical activity guidelines.
4. Students need access to healthy foods and have opportunities and receive encouragement to be physically active on a regular basis, in order to grow, learn, and thrive.
5. 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

*[Note: The Act requires that MOLS have nutrition guidelines, selected by MOLS, for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.]*

1. All foods and beverages made available through the lunch program at Mary of Lourdes School will be consistent with the current USDA Dietary Guidelines for Americans.
2. 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, food and safety guidelines.
3. Mary of Lourdes School will adhere to the following specific guidelines for foods and beverages sold or provided separately from the reimbursable school lunch program:

##### Food:

The goal of Mary of Lourdes School is to encourage the consumption of nutrient dense foods, such as whole grains, fresh fruits, vegetables and dairy products. At any school function healthy food choice options should be available to students and staff.

Preference will be given to foods that do not list sugar as the first ingredient and do not have more than half of its calories from fat.

Mary of Lourdes School will limit celebrations that involve food during the school day to no more than two parties per class per month. Birthday celebrations will encourage healthy choices and other celebrations will include no more than one food or beverage that does not meet nutrition standards for food and beverages sold individually.

Mary of Lourdes School will encourage healthy choices as classroom snacks. A list of healthy snack choices and birthday treats will be made available to all staff. Every item offered for morning break will meet healthy standards with one exception per month.

##### Fundraising

Mary of Lourdes School will encourage the use of non-food items or foods with some nutritional value as fundraising choices. It will work toward limiting the use of candy and food items with minimal nutritional value.

4. Mary of Lourdes 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.

*[Note: The Act requires that the MOLS wellness policy provide an assurance 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)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations apply to schools.]*

5. The school will provide students access to handwashing or hand sanitizing before they eat meals or snacks.
6. The 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. The school will discourage tutoring, school clubs, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. The use of foods of minimal nutritional value as learning incentives should be limited, and healthy food choices or non-food items will be encouraged.

B. School Food Service Program/Personnel

1. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school designates 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 the current USDA Guidelines for Americans.
3. As part of the school's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel in schools.

C. Nutrition Education and Promotion

***[Note: The Act requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that MOLS determines is appropriate.]***

1. Mary of Lourdes 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 *healthy snacks*, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. Mary of Lourdes School follows standards for nutrition education in grades Preschool-Gr.8 and all instructional staff at Mary of Lourdes School will be encouraged to integrate nutritional themes into lesson plans where appropriate.

3. Staff primarily responsible for nutrition education will be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition education.
4. Nutrition education will reinforce the importance of physical activity and the health risks associated with a sedentary lifestyle.
5. Mary of Lourdes School will encourage 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 fundraising events and vending machines.
6. Mary of Lourdes School will limit the use of food or beverages as rewards for academic performance or good behavior as determined by individual staff members and will not withhold food or beverages as punishment.

#### D. Physical Activity

1. Mary of Lourdes School recognizes that students need opportunities for physical activity and view 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. Therefore, all students will receive 60-90 minutes of physical activity through physical education per week.
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 (*'brain breaks', etc.*)
4. Supervised unstructured active play, "recess," is offered daily for Preschool-Gr.8 students. Recess is in addition to a student's physical education class and not substituted for physical education class. Recess and other physical activity shall not be routinely taken away as a form of discipline unless doing so is directly related to a student's behavior during recess. Proper equipment and a safe area are designated for recess.
5. School staff will not use any form of physical activity as a punishment or withhold physical education class from students as a punishment.

#### E. Communicating with Parents

1. Mary of Lourdes School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Mary of Lourdes School will encourage parents' efforts to provide a healthy diet and daily physical activity for children by providing nutrition educational materials to parents. Materials may be provided in the form of handouts, articles and information

provided in school newsletters and any other appropriate means available for reaching parents.

3. Mary of Lourdes School will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value. A copy of the nutritional guidelines developed in this policy will be made available to parents in a printed format.
4. Mary of Lourdes School 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.

#### **IV. IMPLEMENTATION AND MONITORING**

*[Note: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more persons within MOLS, as appropriate, charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.]*

- A. After approval by the school board, the wellness policy will be implemented throughout the Mary of Lourdes School system.
- B. School food service staff will ensure compliance within the school's food service areas and will report to the hot lunch supervisor or the building principal, as appropriate.
- C. The hot lunch supervisor will annually report to the principals, setting forth the nutrition guidelines and procedures for selection of all foods made available on the two campuses.
- D. The principals will ensure compliance with the wellness policy and will annually report the school's compliance with the policy to the school board.

***Goals: to ensure that MOL School is fulfilling the guidelines of our wellness policy:***

- *To continue dialoguing with staff, parents, and students about ways we can develop more health-conscious practices into our school day.*
- *To ensure that these practices are implemented, recorded, and shared annually with the MOL School Board and school community.*

***The following are ways in which Mary of Lourdes School demonstrates wellness practices:***

- *The MOL principals, lunch program manager, and school cooks frequently evaluate school menu items and share ideas for offering and ensuring nutritious lunches.*
- \* *20-30 minute recesses are offered to all students K-8 on a daily basis.*
- *Both school playgrounds have received some new equipment in recent years, which has encouraged more physical activity.*
- \* *Several teachers in both buildings have encouraged daily healthy snacks in their classrooms by promoting that students bring fresh fruit or vegetables 4 days per week.*

- *Suggested snack lists are sent home by teachers to give families sharing ideas for healthy snacks.*
- *Healthy snacks are sold at our “School Store,” located in our middle school building.*
- \* *Only water is offered in our middle school beverage vending machine.*
- \* *Healthier snack items are offered in our middle school vending machine.*
- *The school integrates Health Education into its K-8 curriculum through its Science Standards.*
- *Students in our elementary building receive two 30-minute Physical Education classes per week. Our middle school students receive two to three 35-minute Physical Education classes per week (set on a weekly rotational schedule).*

*- From 2010 MOL Wellness Plan Report*

**Legal References:** 42 U.S.C. § 1751 *et seq.* (Richard B. Russell National School Lunch Act)  
 42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)  
 P.L. 108-265 (2004) § 204 (Local Wellness Policy)  
 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) and  
[www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf)

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