

# Concordia Classical Academy, North Mankato, MN

## Wellness Policy

### 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

A. The school board recognizes that nutrition education and physical education are essential components of the educational process, that good health fosters student attendance and education, and that healthful eating and physical activity can have a positive impact on student behavior.

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

C. The 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. Students in pre-kindergarten – through grade 8 will have opportunities, support and encouragement to physically active on a regular basis.

F. We will purchase our food from an institution that has qualified food service personnel and that provides nutritious, and appealing foods that meet the health and nutrition needs of students.

### III. GUIDELINES

#### A. Foods and Beverages

1. The current USDA guidelines will be used in planning the availability of all foods and beverages on campus.
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 and guidelines.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. The 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.

5. The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks and students should be encouraged to use such facilities.
6. The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will make every effort to schedule meal periods at appropriate times during the school day.
7. The school will discourage activities during mealtimes, unless students may eat during such activities.
8. The school lunches meet current USDA guidelines.

#### **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 shall designate the Food Service Manager to be responsible for the school's food service program, whose duties shall include the school's food service program, whose duties shall include the creation of nutrition guidelines and the 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. A Nutrition Advisory Group (NAG) will be appointed by the school board to provide advice to the Food Service Manager with these responsibilities.
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.

#### **C. Nutrition Education and Promotion**

1. The 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. As information is made available by the government and companies it is recommended that signs or posters be placed where students can easily read them.
  - b. Part of health education classes and in other classes where appropriate.
2. The school district 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 concession stands, and student stores.

#### **D. Physical Activity**

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, comprehensive school 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, when appropriate.
3. Students will have a full 30 minutes after eating for physical activity.

#### **E. Communications with Parents**

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The school will make available 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.
5. The school newsletter and school site newsletters may be used to communicate to parents and guardians about the school's Food and Beverage Guidelines, Nutrition Education Guidelines, and Physical Education and Activity Guidelines.

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

- A. After approval by the school board, the wellness policy will be implemented throughout the school.
- B. The Food Service Manager will ensure compliance within the school's food service areas and will report to the Principal, or the Principal's designee, as appropriate.
- C. The school's Food Service Manager will provide an annual report, if requested, to the school board setting forth the nutrition guidelines and procedures for selection of all foods made available at the school.
- D. The Nutrition Advisory Group will provide advice to the Food Service Manager on guidelines, advice on encouraging healthy eating, and advice on information which should be communicated to parents and guardians to support a healthy diet and physical activity for children outside the school day.
- E. The Nutrition Advisory Group will meet quarterly to review and improve the wellness policy.
- F. The principal or designee will ensure compliance with the wellness policy.

#### **Legal References:**

- 42 U.S.C. \_1751 ET DEQ. (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.actionfor](http://www.actionforhealthykids.org/filklib/toolsforteam/recom/MN_Healthy%20Foods%20for%20Kids%208-2004.pdf)

[healthykids.org/filklib/toolsforteam/recom/MN\\_Healthy%20Foods%20for%20Kids%208-2004.pdf](http://healthykids.org/filklib/toolsforteam/recom/MN_Healthy%20Foods%20for%20Kids%208-2004.pdf)

## **Wellness Policy Guidelines for Food and Beverage**

1. Foods and beverages offered over the course of a school week should be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
2. Foods and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
3. Foods and beverages available during the school day should minimize use of trans and saturated fats, sodium, and sugar as defined by the USDA guidelines.
4. Food and beverage providers should offer modest portion sizes, age-appropriate for elementary students.
5. Charts about food nutrition, as they become available, will be displayed in the lunch line.
6. No carbonated beverages will be sold during the school day.
7. No vending machines will be allowed in the school.
8. The school will encourage healthy choices for snacks in the classroom, on field trips, and at school picnics.
9. Classroom celebrations should encourage healthy choices and portion control.
10. Schools should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events.

## **Nutrition Education Guidelines**

1. School programs should ensure that student in pre-kindergarten through grade 8 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles.
2. Nutrition concepts should be reinforced by all school personnel.
3. Nutrition education should include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.
4. Staff primarily responsible for nutrition education should be properly trained and regularly participate in professional development activities to effectively deliver quality nutrition education.
5. The school should provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home. Children will be encouraged to share educational information with their family. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.

## **Physical Activity and Education Guidelines**

1. Students from pre-kindergarten through grade 8 will receive regular, age-appropriate physical education.
2. Physical education should be designed to build interest and proficiency in the skills, knowledge, and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of the student's lives.
3. Physical education should provide safe and satisfying physical activity for all students, including those with special needs.
4. Concordia school provided daily recess that encourages physical activity.
5. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

## **Nutrition Advisory Group (NAG) Purposes**

1. Provide advice to the Food Service Manager on the creation of nutrition guidelines and procedure for the selection of foods and beverages served to students in order to ensure that food and beverage choices are consistent with current USDA guidelines.
2. Provide advice on ways to encourage healthy eating by students.
3. Provide advice on information which should be communicated to parents and guardians to support a healthy diet and physical activity for children outside of the school day.

## **Nutrition Advisory Group Timelines/Schedules**

The NAG will meet quarterly (June, October, January, and April)

This institution is an equal opportunity provider.

Adopted 6/2017

Revised 1/2018 (Name change to Concordia Classical Academy)

The Nutrition Advisory Group is always seeking new members to participate in the wellness policy process. We welcome any parents and caregivers; students; representatives of the school nutrition program, teachers, health and mental health professionals, school board members; or the general public. Anyone interested may contact Alice Brase at 388-4336 for information.

