

533P WELLNESS

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 board of directors of New Discoveries Montessori Academy recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. New Discoveries Montessori Academy's environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. New Discoveries Montessori Academy encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school 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 all grades 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 AND GOALS

A. Foods and Beverages

1. 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.
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. New Discoveries Montessori Academy 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 school district's 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. New Discoveries Montessori Academy will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. New Discoveries Montessori Academy 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. New Discoveries Montessori Academy 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. New Discoveries Montessori Academy will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. New Discoveries Montessori Academy shall designate an appropriate person to be responsible for the school district'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 New Discoveries Montessori Academy's responsibility to operate a food service program, New Discoveries Montessori Academy 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 the school district determines is appropriate.]

1. New Discoveries Montessori Academy 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 includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. New Discoveries Montessori Academy 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 a la carte [snack] lines, vending machines, fundraising events, concession stands, and student stores.
3. New Discoveries Montessori Academy 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. New Discoveries Montessori Academy recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. New Discoveries Montessori Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. New Discoveries Montessori Academy encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. New Discoveries Montessori Academy 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 the school district or at each school, 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 school district.
- B. School food service staff will ensure compliance within New Discoveries Montessori Academy's food service areas and will report to the food service program administrator, the board appointed administrator or the board appointed administrator's designee, as appropriate.
- C. New Discoveries Montessori Academy's food service program administrator will provide an annual report to the director setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.

- D. The director or designee will ensure compliance with the wellness policy and will provide an annual report of New Discoveries Montessori Academy's compliance with the policy to the school board.

V. ASSESSMENT AND REVIEW

- A. The policy/governance and wellness committees will perform a triennial assessment of this policy.
- B. A copy of this policy and the notes from the triennial assessment will be available during school nutrition program reviews.
- C. This policy will be published on the school website.
- D. This policy will be added to the list of policies reviewed annually.

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
Minnesota Department of Health, www.health.state.mn.us
County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org
General Wellness Policy Resources

- [USDA Local School Wellness Policy Final Rule](#)
- [USDA Summary of the Local Wellness Policy Final Rule](#)
- [CDC Local Wellness Policy Brief](#)
- [Team Nutrition Wellness Policy Elements](#)
- [Alliance for a Healthier Generation-School Wellness Council Toolkit](#)
 - Tips for forming a team, how to plan for success, wellness meeting checklist and sample agenda.

Model Wellness Policies

- [Promoting Health in Minnesota Schools: School Wellness Policies](#)
 - A series of sample school wellness policies to fit in the Minnesota School Boards Association's model school wellness policy.
- [Alliance for a Healthier Generation's Model Wellness Policy](#)

Leadership Team Resource

- [Assembling the Team](#)
 - Information on how to assemble and promote a school health council as well as engage parents.

Content Resources

- [CDC Strategies for Creating Supportive School Nutrition Environments](#)
- [CDC Strategies for Supporting Quality Physical Education and Physical Activity in Schools](#)
- [CDC Strategies for Supporting Recess in Elementary Schools](#)

Marketing Resources

- [CDC Strategies to Improve Marketing and Promotion of Food & Beverages at School](#)
- [USDA Food and Beverage Marketing and Advertising in Schools](#)
 - Information on the Smart Snacks requirements.

Assessment Resources

- [CDC School Health Index: Self-Assessment and Planning Guide](#)
 - Online self-assessment and planning tool that schools can use to improve their health and safety policies and programs.
- [Alliance for a Healthier Generation: School Health Index](#)
 - Online self-assessment and planning tool to improve their health and safety policies and programs
- [WellSAT 2.0: Local Wellness Policy Assessment Tool](#)
 - Standard method for the quantitative assessment of written school wellness policies.
- [Action for Healthy Kids “Tools for Schools”](#)
 - Includes a School Health Index online assessment and planning tool.