

Adopted: August 21, 2007
Amended: April 26, 2012
Amended: January 1, 2016
Amended: November 6, 2018

732 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 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, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of students, 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 grades 6-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified contracted food service personnel will provide students with access to affordable and nutritious foods.

III. GUIDELINES

- A. Foods and Beverages
 - 1. The school district 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. The school district 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.
 - 3. The school district 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. The school district will contract to provide healthy and safe school meals.
 - 2. The contracted service provider, along with the school, shall be responsible for the planning and service of nutritious foods and beverages during designated school meal periods.
- C. Nutrition Education and Promotion
 - 1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that:

- a. Is offered as part of the regular and project based curriculum and enhanced by elective opportunities.
 - b. Will work to provide students with the knowledge and skills necessary to promote and protect their health.
2. The school district will encourage all students to make healthy selections of foods and beverages and will follow federal guidelines related to the nutritional value of all foods sold to students.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end students will meet the state standards in physical education which will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
2. Opportunities for physical activity will be incorporated into project and other curriculums, when appropriate.

E. Communications with Parents

1. The school district 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 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 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 district newsletter may be used to communicate to parents and guardians about the school district's food and beverage choices.

IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented by Kato Public Charter School.
- B. The school district's School Nutrition Program Coordinator will provide an annual report to the school board summarizing the food service program.
- C. The Academic Director will ensure compliance with the wellness policy.

(Legal and Cross References are constantly changing; these items shall remain under review)

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)

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 and
www.actionforhealthykids.org/filelib/toolsforteam/recom/MN