

Adopted: December 6, 2023

Revised:

545 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 Immanuel Lutheran 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. Immanuel Lutheran 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 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.

III. GUIDELINES

- A. Foods and Beverages

1. The current Dietary Guidelines for Americans will be used in planning the availability of all foods and beverages on campus (including concessions and a la carte cafeteria items.) See Attachment A - Food and Beverage Guidelines.
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. Immanuel Lutheran 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. Immanuel Lutheran 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. Immanuel Lutheran 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. Immanuel Lutheran 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. Immanuel Lutheran will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. Immanuel Lutheran shall designate the Food Service Director 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. A School District Nutrition Advisory Committee will be appointed by the school board to provide advice to the Food Service Director with these responsibilities.
3. As part of the school district'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. Immanuel Lutheran will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.
2. Immanuel Lutheran 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 and in other classes where appropriate. See attached Nutrition Education Guidelines.
3. Immanuel Lutheran 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 using Smart Snack guidelines.
4. Immanuel Lutheran recognizes that eating disorders, namely Anorexia Nervosa and Bulimia, are significant problems.
 - a. The Building Problem Solving Team shall provide assistance to students in need.
 - b. The Building Problem Solving Team may be composed of the following: Building Administrator, Counselor, Nurse, Principal, School Board Member Community Member, Registered Dietitian, Faculty Representative and/or Health Education Teacher. The membership of this team will be the decision of the building administrator.
 - c. The building administrator shall designate the interventionist for the team who will act as case manager for the student.

CI. 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. See attached Physical Activity and Education Guidelines.

E. Communications with Parents

1. Immanuel Lutheran recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Immanuel Lutheran will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Immanuel Lutheran encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Immanuel Lutheran 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 Immanuel Lutheran newsletter and school site newsletters may be used to communicate to parents and guardians about the school district'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 district.
- B. School food service staff will ensure compliance within the school's food service areas and will report to the Food Service Director, the building principal, or the administrator's designee, as appropriate.
- C. Immanuel Lutheran's Food Service Director will provide an annual report to the administrator and school board setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The administrator or designee will ensure compliance with the wellness policy.

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. § 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
Minnesota Department of Health, www.health.state.mn.us

County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org

Cross References: District 77 Procedures Manual - [Wellness Guidelines](#)