

Revised August 18, 2015

533 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. NLCS also supports efforts to reduce childhood obesity.

II. Wellness Committee

A wellness committee that includes the following membership will support the wellness policy: the food service manager, a physical education advisor, a project manager, a building company representative, one parent, and one student.

III. Nutrition Education Goals

- A. Nutrition education will be integrated into advisory projects, seminars, and individual projects at every grade level.
- B. Students will be encouraged to choose activities that foster healthy lifestyles and promote knowledge of nutrition through the project-based learning model.
- C. Students will utilize produce from the school garden to enhance nutritional values of the school meal program. The garden will also be used as a learning lab for a variety of cross-curricular activities at every grade level.
- D. Within the school community, opportunities will be made to demonstrate healthy food safety procedures and to apply nutritional topics integrated across the curriculum, throughout the year.
- E. Families, friends, and community members will be invited to attend presentation nights where student projects related to nutrition, healthy lifestyles, and physical fitness will be on display.

- F. There is an expectation that nutrition education will be integrated across the curriculum at all grade levels. Students will be required to master .715 credit hours in health-related education aligned with the Minnesota standards for graduation. Work will be documented in Project Foundry.
- G. Licensed staff members will be offered four hours of continuing education credits that focus on nutrition during each school year.

IV. Guidelines

- A. Standards for U. S. Department of Agriculture Child Nutrition and School Meals
 - 1. The food service programs at NLCS will provide school breakfasts and lunches that meet nutrition standards required by the USDA, and cooking methods will favor decreasing fat, calories, and sodium levels in foods served.
 - 2. Students, family members, and staff members will have opportunities to provide input via school breakfast/lunch surveys available on presentation nights.
 - 3. Students will be encouraged to taste test new healthy foods introduced on the school menu. Kitchen personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body.
 - 4. All students will be served USDA approved lunches or an alternative under "special" circumstances required by written doctor's orders.
 - 5. All staff members and students are required to eat within the cafeteria. Breakfast is served from 8:20-8:45 a.m. and lunch is served between 11:14 and noon. Events or meeting are prohibited during lunchtime unless staff members and students are allowed to eat during the activities.
 - 6. Students will be provided at least 20 minutes to eat lunch. The wellness committee believes this is an adequate amount of time to eat.
 - 7. The food service manager must have an appropriate food handling degree and certification according to current

standards. The food service manager will be the only person administering the child nutrition program.

8. Food service personnel will have adequate training in food service operations and will be allowed to participate in professional development opportunities that arise.
9. All persons will be reminded to practice healthy hand washing before eating, and there will be access to convenient facilities.
10. NLCS will strive to reach 90 percent participation in school meal programs. Participation will be encouraged through multiple mailings, annual student surveys, and enforcement of a closed campus. Students are not allowed to leave school grounds.
11. NLCS will share and publicize school menus, and information about the nutritional content of school meals will be available upon request.
12. NLCS will strive to provide a pleasant environment in which to eat lunch through consistent enforcement of safe behaviors and ensuring adequate space and appropriate supervision.

B. Nutrition Standards for Foods and Beverages Offered Outside the Cafeteria

1. All foods and beverages served during the school day or at school-sponsored events shall comply with state and federal guidelines.
2. Vending machines are not permitted on campus.
3. Foods of minimal nutritional value shall not be sold until after 2 p.m.
4. The wellness committee will provide a suggested list of food items allowed as well as a comprehensive list of foods that may not be sold for fundraising purposes.
5. The wellness committee must preapprove food-related items that are to be sold on campus. The nutrition quality of such items will be assessed to regulate the amount of calories, sugars, sweetened beverages and saturated fat content:

- No more than 35 percent sugar by weight
 - No more than 35 percent calories from fat
 - No more than 250 mg. of sodium per servicing
 - No more than 200 calories per package of individual snacks
 - No more than 10 percent saturated fat
6. The school wellness committee will encourage healthy snack choices in appropriate portions.
 7. The use of food or candy as a reward for student achievement is strongly discouraged.
 8. The wellness committee may enforce a rule that prohibits energy drinks and beverages containing sugar or other calorie sweeteners as first ingredients and the allows only 100 percent fruit juice, milk, caffeine free soda, or water.
 9. NLCS is committed to providing access to free, safe, and fresh drinking water throughout the day.

C. Physical Activity

1. Throughout the school year a quality physical education program will be offered to all students and taught by a licensed physical education teacher.
2. NLCS will promote daily active recreational activities for all grades. Activities will incorporate a variety of lifelong physical activities through team sports, individual and dual games, sports skills, personal fitness, and a number of recreational games.
3. Rec time will meet the needs of all students including those who are not athletically gifted. Goals will be to teach participation, cooperation, fair play, and sportsmanship.
4. NLCS requires 2.86 credits in physical education in order to graduate — with improvised standards to meet a project-based learning school.
5. NLCS will devote staff development time toward educating, learning, and participating in a variety of team building activities.

6. All staff members and students are expected to participate in physical activities and model healthy behaviors.
7. Physical education/recreational activities shall be provided with adequate space and equipment. If equipment is unavailable, students may be taken off campus to foster opportunities in the outdoors.
8. Physical activity may not be used as a punishment.

IV. Management and Evaluation

- A. The wellness plan must have approval of the school's board of directors. It will be implemented throughout the year and reevaluated annually.
- B. The wellness committee will meet semi-annually and report to the NLCS Board of Directors annually.
- B. The food service manager will provide an annual report to the director setting forth the nutritional guidelines and procedures for the selection of all foods made available on campus.
- D. The school director will ensure compliance with this policy within Northern Lights Community School and will report the school's compliance with the policy annually.