

## 533.00 WELLNESS

### PURPOSE

The purpose of this policy is to promote the health and wellness of students, families, and staff of Saint Paul Public Schools (the District) with a focus on healthy eating habits and increased physical activity. Health and academic success are closely linked. Healthy students and staff can better achieve our primary mission of education. The District embraces the principles of the Whole Child, Whole Community, Whole School from the Centers for Disease Control and Prevention (CDC), which form the structure of this policy.

### I. COORDINATED APPROACH

*Principle: Use a coordinated approach to develop, implement and evaluate policies and practices regarding healthy eating and physical activity.*

#### A. Implementation

The Superintendent will ensure implementation of the wellness policy districtwide. Each building administrator is responsible for implementation of the policy at that site.

#### B. Site Wellness Team

Each building administrator/principal will establish a Site Wellness Team, consisting of staff, parents/guardians, students, and members of the community that meet and are recognized as a standing committee. Each Site Wellness Team will:

1. Develop an annual action plan that supports the implementation of this policy,
2. Evaluate the implementation of the plan, and
3. Incorporate wellness policy implementation within site or department plans.

#### C. District Wellness Team

The District Wellness Team will support monitoring and evaluation of the policy, with representation from staff working in the areas of: nutrition services, student health and wellness, human resources, health education, physical education, and other areas as appropriate; students and parents/guardians; and community members. Representation from Site Wellness Teams is encouraged. The District Wellness Team will provide data/information regarding implementation of the policy annually to the Superintendent (or designee) and/or the Board of Education.

### II. HEALTHY SCHOOL ENVIRONMENTS

*Principle: Establish school environments that support healthy eating and physical activity.*

- A. Staff will not use exercise or physical activity, or any restrictions on them, as a consequence for negative student behaviors or academic status.
- B. Staff will use non-food items as rewards for academic performance or good behavior for individuals or classrooms.

- C. All students will have access to breakfast and lunch at school every day. During mealtimes, the District will discourage other activities, unless students may eat during such activities.
- D. Celebrations: Classroom teachers will allow no more than one celebration per month that involves food or beverages.
- E. Sites are encouraged to develop physical activity opportunities before, during, and after school.
- F. Students at the elementary level will participate in frequent, active recess.
- G. Schools will offer safe and developmentally appropriate fitness equipment and activity areas for students.
- H. Fundraising, marketing, or advertising activities will not conflict with messages supporting healthy eating and physical activity. As such, sites will limit food and beverage marketing to the promotion of foods and beverages that meet U.S. Department of Agriculture (USDA) nutrition standards.
- I. For the safety and health of students with disabilities and health conditions, including food allergies, the District will make reasonable accommodations in the school environment, according to a student's individual plan.

### **III. QUALITY OF FOOD AND BEVERAGES SERVED AND SOLD**

*Principle: Provide a quality school meal program, and ensure that students have only appealing healthy food and beverages choices offered outside of school meal program.*

- A. For the purposes of this section, the school day is defined as the period from a half hour before school starts until after the school bell rings at the end of the school day.
- B. The district will inform families of the free/reduced price lunch program, and provide all families with applications for the program.
- C. Drinking water will be available at no charge and accessible in all cafeterias during lunch service, as required by USDA.
- D. Meals Provided During the School Day
  - 1. To protect the privacy of all students, including those who are eligible for free or reduced priced meals, all cafeteria registers will be cashless. Instead, students will use a personal identification number (PIN) when purchasing food.
  - 2. Foods and beverages sold at school during the school day will meet the standards defined by the District Wellness Team, which will meet or exceed the USDA standards. The district will share the nutritional contents of meals with students and families.
  - 3. The District will make reasonable accommodations for the special dietary needs of students in the school meal programs.
  - 4. Students are required to stay on school grounds during lunch periods.
  - 5. School schedules should allow for adequate seat time for lunch periods. Schools are also encouraged to schedule recess prior to lunch.
  - 6. Students will be provided a clean and supervised environment to eat during meal periods.
- E. Other Food Offered During the School Day
  - 1. Schools will assess if and when to allow snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
  - 2. Non-USDA snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health.

3. All foods or beverages sold to students during the school day, including in vending machines, must meet USDA Smart Snacks in School regulations
- F. Food Sold Outside the School Day
1. All food and beverages sold through student-accessible vending machines and school stores will meet the District Wellness Team guidelines.
  2. The District will pursue healthy food and beverage options for concessions sold at extracurricular events, with implementation determined by the Superintendent.

#### **IV. PHYSICAL ACTIVITY AND EDUCATION**

*Principle: Implement a comprehensive physical activity program with quality physical education as a cornerstone.*

- A. Students will have access to physical education class and/or fitness-oriented activities regardless of behavioral or academic status.
- B. The District will provide physical education classes that strive to meet the national standards of the Society of Health and Physical Educators (SHAPE) and District priority benchmarks.
- C. The District will hire physical education teachers only if they are certified and licensed instructors.
- D. Waivers, exemptions, or substitutions for physical education classes are not allowed at the high school level, and strongly discouraged at the middle school level.
- E. Schools' wellness plans must include a physical activity component.
- F. The District will include in its portfolio of professional development opportunities, courses focused on integrating physical activity in the classroom.
- G. Schools are encouraged to provide physical activity breaks for students throughout the school day. School staff are encouraged to participate in physical activity and well-being opportunities as well.
- H. Schools are encouraged to promote and support active transport to schools including participating in Safe Routes to Schools programs and activities, providing bicycle and walking safety programs, and using crossing guards.
- I. The indoor and outdoor physical activity facilities and spaces will be open to the community outside of school hours. District permitting requirements must be followed.

#### **V. HEALTH EDUCATION AND PROMOTION**

*Principle: Implement health education that provides students with the knowledge, attitudes, skills and experiences needed for healthy eating and physical activity.*

- A. Students will have access to health education that should include grade level appropriate nutrition education and health literacy, which may include behavioral health, sleep, and accessing health services, regardless of behavioral or academic status.
- B. The District will provide health education classes that strive to meet the national standards of the Society of Health and Physical Educators (SHAPE) and District priority benchmarks.
- C. Schools should engage students in variety of health promotion activities that include skill building, which may include menu planning, food preparation, and label reading.

#### **VI. CONNECTIONS AND REFERRALS**

*Principle: Connect students to health, mental health and social services to address healthy eating, physical activity and chronic disease prevention.*

The District will partner with community agencies to assist students and their families to access available health, oral health, mental health, and social services to address healthy eating, physical activity, and related chronic disease prevention.

## **VII. FAMILY AND COMMUNITY HEALTH**

*Principle: Partner with family and community members in the development of healthy eating and physical activity policies, practices and programs.*

- A. The District will partner with parents/guardians and community members to support parents/guardians' efforts to provide a healthy diet and daily physical activity for their children.
- B. The District encourages parents/guardians who pack lunches and snacks to refrain from including foods and beverages without nutritional value.
- C. School staff will communicate with parents/guardians to convey to students the potential health risks of sharing food or beverages, including to individuals with life-threatening allergies.
- D. Schools are encouraged to plan family wellness activities.
- E. The District recognizes that some students have chronic health conditions that are impacted by food and physical activity, particularly life threatening food allergies, asthma and diabetes. The District works with students, their families and health care providers to put plans in place to safely manage their condition.
- F. The District will continue to invite input from families and community members in development of menus, activities, and physical education programs, considering cultural restrictions and preferences.

## **VIII. EMPLOYEE WELLNESS**

*Principle: Provide an employee wellness program that supports healthy eating and physical activity of all employees.*

The District will offer or partner to offer staff wellness programs, which may include workshops and presentations on health promotion, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases, and foster exceptional role modeling. In particular, the District will partner to provide incentives for sites that implement healthier practices, including adopting standards for foods and beverages sold to employees.

## **IX. PROFESSIONAL DEVELOPMENT AND CAPACITY BUILDING**

*Principle: Employ qualified persons, and provide professional development opportunities for physical education, health education, nutrition services, and health, mental health, and social services staff members as well as adults who supervise recess, cafeteria time and out of school time programs.*

The District will provide school district personnel with access to professional development to promote good health and steps to change or improve health.

## **X. EXEMPTIONS**

Exemptions from this policy may be granted by the Board of Education upon recommendation of the Superintendent based upon the best interests of the District.

## **LEGAL REFERENCES**

29 U.S.C. § 794 (Section 504 of Rehabilitation Act of 1973, as Amended)  
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)  
42 U.S.C. § 12101 et seq. (Americans with Disabilities Act of 1990, as Amended)  
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)

## **CROSS REFERENCES**

Policy 414.00 – Tobacco Free Environment  
Policy 504.00 – Drug Free Schools  
Policy 505.00 – Bullying Prohibition  
Policy 602.00 – Curriculum, Development, and Accountability  
Policy 716.00 – Advertising in the Schools

## **GUIDELINES/STANDARDS**

American Association for Health Education (AAHE)  
Coordinated School Health Programs: Improving the Health of Our Nation's Youth—At A Glance 2011, Atlanta: CDC; 2011  
Society of Health and Physical Educators (SHAPE)  
United States Department of Agriculture (USDA)  
USDA Smart Snacks in School regulations