

Farmington Area Public Schools
Wellness Guidelines

This set of District Wellness Guidelines support District Policy NEPN CODE: JLA. The Wellness Guidelines are intended to serve as district procedures that staff, parents, students, and community will adhere to in support of the Wellness Policy.

A. Foods and Beverages

1. All foods and beverages made available during the school day in all buildings will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Minnesota and the current United States Department of Agriculture Dietary Guidelines for Americans and the Institute of Medicine (IOM) Nutrition Standards for Foods in Schools.
2. Food service personnel will take every reasonable measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local guidelines, and that varied and nutritious food choices are available.
3. Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available wherever food is sold or offered in buildings during the school day.
4. The 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.
5. The District encourages that menus be planned with input from students, family members, and staff, and will take into account students' cultural food and meal preferences.
6. The District will provide consideration to scheduling recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat.
7. The District encourages parents and guardians to support a healthy eating school environment by providing nutritious foods and beverages that are brought into school.

B. School Food, Food Service Program, Personnel, and Safety

1. The District will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The Food Service Director will be responsible for the District school meal programs. This includes the development of nutrition guidelines and procedures for the selection of foods and beverages served in the cafeterias

during the school are to ensure food and beverage choices are consistent with current federal guidelines.

3. As part of the District's responsibility to operate a nutritious food service program, it will provide continuing professional development for all food service personnel in the buildings.
4. The Food Service Area and dining areas will be organized to accommodate adequate serving space that provides for efficient methods of food preparation and delivery which ensures that students have access to school meals with a minimum wait time.
5. The District will provide adequate staff supervision in the dining areas and the dining areas will be clean, orderly, inviting, and adequate seating will be available in the dining area during meals.
6. All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.
7. In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), the District will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.
8. The District food service program is aware that some students have specific food requirements and in knowing this it makes accommodations in food preparation, ordering, and menu selection.

C. Nutrition Education and Promotion

1. The District will encourage and support healthy eating by students and engage in nutrition and wellness promotion with staff as necessary during the Planning, Evaluation, and Review process wherever possible. And, will be:
 - Offered as a sequential, E-12 comprehensive and integrated health education program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - Integrated into other areas of the curriculum such as science, social science, math, and language arts, where appropriate;
 - Enjoyable, developmentally appropriate, culturally engaging, participatory activities such as contests, promotions, taste testing, field trips, school gardens, and familial involvement;
 - Media literacy with an emphasis on food marketing;
 - Focused on principals of healthy weight management and the use and misuse of dietary supplements;
 - Healthy food preparation, handling, and storage methods, health-enhancing nutrition practices, and an emphasis on caloric balance

between food intake and energy expenditure (physical activity and exercise);

- Nutrition related skills including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising.
2. The District will provide information to families that encourages them to teach their children about health, nutrition, and the importance of daily physical activity.
 3. The District and buildings will promote fruits, vegetables, whole grains, and low fat dairy products for healthy meals and snacks.
 4. The District will promote student hand-washing or hand-sanitizing before meals or snacks.
 5. Nutrition education will be offered in the dining and serving areas and the school dining area will serve as a “learning laboratory” engaging students in the application of critical thinking skills taught. Nutrition educational materials will be displayed in these areas.
 6. The District will discourage the sharing of foods and beverages between students during meals or snack time. This is important due to childhood food allergies and other restrictions often placed on children’s diets.

D. Food Marketing and Fund Raising

1. School based marketing shall be consistent with nutrition education and health promotion. School based marketing and vending of brands promoting predominantly low-nutrition foods and beverages are prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.
2. The nutritional needs of students will take precedence over profit generation.
3. The District encourages the sale of non-food items as part of school-sponsored fundraising activities. By the end of the 2011-12 school years, 50% of funding raising efforts will incorporate non food items or healthier food options which follow the IOM Nutrition Standards for Foods in Schools.
4. The District ensures that concession stands at afterschool activities include some healthier items.

E. Physical Activity

1. Students need physical activity and they need to fully embrace regular physical activity as a personal behavior. The Physical Education curriculum shall be developed and reviewed with the Health curriculum through the Program, Evaluation, and Review process (PER) in the District.

2. During the school day, Physical Education as a class, will take place in an environment where students learn, practice, and are assessed on developmentally appropriate motor and social skills and knowledge.
3. During the school day, students will be given opportunities for physical activity through daily recess periods at the elementary, physical education classes, and other general and special education classes with non-licensed P.E. teachers engaging in classroom activities for students that involve physical movement and brain development skills.
4. The District will promote schools and buildings that are supportive of physical activity and students will be provided opportunities for physical activity through a range of after-school, before-school, summer and community education programs including intramurals, interscholastic athletics, and all other physical-related program offerings.
5. Physical education classes are taught by licensed Physical Education teachers in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
6. Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
7. In order to create a positive environment for physical activity, information will be provided to families to help them incorporate physical activity into their students' lives.
8. Physical activity such as running laps and push-ups will not be used as a form of punishment for behavior management. Opportunities for physical activity such as recess and physical education will not be withheld as a form of discipline. This guideline may not apply to extracurricular sports.
9. Cancellation of recess for instructional make-up time is discouraged.
10. Elementary, middle, and high schools are encouraged to offer extracurricular physical activity programs and interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys and girls, students with disabilities, and students with health-care needs.

F. District Wellness Committee

1. The District will maintain a staff Wellness Committee. The committee will develop, promote, and oversee a multifaceted plan to support and promote staff health and wellness. The Wellness Committee will bring the District Wellness Plan to the Board of Education annually for information. School staff will serve as role models for students and are the key to successful implementation of student wellness.

2. The Wellness Committee will support District policy regarding nutrition, healthy eating and healthy lifestyles, and physical activity. Further, it will serve as a resource to school sites for school wellness policy implementation.
3. The Wellness Committee membership will include representatives of school or District administration, school food service, students, parents, staff, and community and school board if possible.
4. The Wellness Committee will establish a plan to monitor and measure the District Wellness Policy.
5. The Wellness Committee will establish standards for all foods and beverages available to students in District buildings during the school day.