

WELLNESS

The School District will use the 2006-07 year to transition to the following procedures.

I. PROCEDURES**A. Foods and Beverages**

[Note: The Act requires that school districts have nutrition guidelines, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.]

1. All foods and beverages made available on campus (including school stores, concessions, vending, beverage contracts and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
 - a. Food and beverages offered over the course of a school week will be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables, to provide students a variety of choices to maintain a balanced diet.
 - b. Food and beverages available during the school day will include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
 - c. The school district will minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans. The school district will work toward offering a choice of at least two fruits and vegetables at all school sites where meals and food are served/sold. Such items will include, but not be limited to, fresh fruits and vegetables; 100% fruit and vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, frozen, and canned vegetables.
 - d. The school district will offer choices of water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk.
 - e. Food and beverages will be offered in portion sizes that meet the federal guidelines for elementary, middle, and high school students.
2. Designated personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all federal, state, and local laws and guidelines.
3. Nutritional Services personnel shall adhere to all federal, state, and local food safety and security guidelines. This includes school stores, concessions, vending, beverage contracts and a la carte cafeteria items.

4. Nutritional Services personnel will utilize electronic identification and payment systems; promote the availability of school meals, including breakfast, to all students; and offer nontraditional methods of serving school meals, such as bag lunch or classroom breakfast.

[Note: The Act requires that the school district's wellness policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a), as those regulations apply to schools.]

5. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day. To increase student nutrient intake and reduce food waste at the elementary level, the school district recommends scheduling lunch periods to follow recess periods and offering milk breaks two hours before the noon meal. Exceptions may apply to students with chronic health care needs.
7. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. School sites should discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.
9. The school district will encourage all children to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:
 - a. Schools, will, to the extent possible or by regulation, operate a School Breakfast Program.
 - b. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom or cafeteria.
 - c. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
10. Snacks. To the extent possible, snacks served during the school day (including breakfast and/or enrichment programs) will be allergy sensitive and make a positive contribution to children's diets and health, and will emphasize serving whole grains, fruits, vegetables and dairy as the primary snack items. The district will provide a list of healthful snack items to all buildings and post it on the district web-site.

11. Field Trips. When planning a field trip that will occur during the scheduled lunch periods, the classroom teacher will, to the extent possible, collaborate with Nutritional Services personnel to provide students the option of receiving a meal from school.
12. Rewards. All school sites within the district will limit the use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan), and will not withhold food and beverages (including food served through school meals) as a punishment. Rewards and incentives will be used that do not undermine the health of students and/or reinforce unhealthful eating habits. Non-food rewards and incentives will be used as the first choice to encourage positive behavior.
13. Celebrations. Schools should limit celebrations that involve food during the school day. Classroom celebrations, should encourage healthy choices and portion control.
14. Fundraising. Fundraisers that involve the sale of food must be approved by the building administrator. To support student health and school nutrition-education efforts, schools will encourage fundraising that promotes the sale of non-food and nutritious food items. Schools will encourage fundraising activities that promote physical and or academic activity.
15. School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Concession sales can be a great opportunity to provide and promote healthy choices. Concession sales can be profitable and contribute to the health and well being of students. Research shows that students will buy and consume healthy foods and beverages when the options are tasty, accessible, and affordable. To the extent possible, healthy choices will be made available.

B. School Nutritional Services Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school district shall designate an appropriate person to be responsible for the school district's food service program. Duties shall include the creation of nutrition guidelines and procedures for the selection of food and beverage choices that are consistent with current USDA Dietary Guidelines for Americans.
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 Nutritional Services personnel in schools.

C. Nutrition Education and Promotion

[Note: The Act requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school district determines is appropriate.]

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. offered as part of a comprehensive preK-12 program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. integrated into other areas of the curriculum such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
 - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities such as taste testing and field trips.
2. The school district will encourage all students to make 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.
3. Schools will limit the use of foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student’s individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.
4. The school cafeteria menu choices will serve as a “learning laboratory” to allow students to apply nutritional skills taught in the classroom. The promotion of healthy foods, including fruits, vegetables, whole grains, and low fat dairy products will be encouraged.
5. Staff Wellness. The school district highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school staff should act as role models for good nutrition and physical activity behaviors. The district recommends that each site establish and maintain a Site Wellness Committee. The Site Wellness Committee will promote staff health and wellness and identify a representative to participate on the District’s Wellness Committee.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, 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. All physical education will be taught by a certified physical education teacher. The physical education curriculum should be coordinated with the health education curriculum. Physical education courses will be in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Student involvement in other activities involving physical activity (i.e., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Accommodations will be made for students with special health needs. The goal will be to work toward 150 minutes of activity for all elementary students and 225 minutes of activity for all secondary students each week.
3. Integrating Physical Activity into the Classroom Setting. For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunity for physical activity beyond PE (Physical Education) education class. Toward that end:
 - Classroom health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
 - Whenever possible, opportunities for physical activity will be incorporated into other subject lessons (such as science, math and social studies) where appropriate; and
 - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
4. Daily Recess. All elementary school students will have supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity, verbally and through the provision of space and equipment.
5. Physical Activity Opportunities Before and After School. All elementary, middle, and high schools are encouraged to offer and support 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, girls, students with disabilities, and students with special health-care needs.

After school childcare and enrichment programs will provide and encourage, verbally and through the provision of space, equipment and activities, daily periods of moderate to vigorous physical activity for all participants.
6. Physical Activity and Punishment. Teachers and other school and community personnel are encouraged not to use physical activity (i.e., running laps, pushups) or withhold opportunities for physical activity (i.e., recess, physical education) as punishment. The school district will discourage tutoring, club or organizational meetings or activities during recess or physical education class times.

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 provide 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.

II. IMPLEMENTATION AND MONITORING

[Note: The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more persons within the school district or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.]

- A. After approval by the school board, the wellness policy will be implemented throughout the school district.
- B. Nutritional Services personnel, at the school and district level, will ensure compliance within the school's food service areas and will report to the Nutritional Services personnel coordinator, the building principal, or the superintendent's designee, as appropriate.
- C. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board. The District Wellness Committee will meet at least quarterly to review and discuss implementation issues. The first meeting of the year will be held by September 15th.

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)
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 and
www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%for%20Kids%208-2004.pdf

*St. Cloud Area School District 742
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Administrative Procedures
Date: June 29, 2006

WELLNESS - Addendum A**District Wellness Goals for the 2006-07 School Year:**

1. Establish a district-wide Wellness Committee with representatives from each site who have expertise and are committed to supporting a healthy school environment.
2. Develop and implement a method of discussing the Wellness Policy with students, staff and parents.
3. Share healthy snack and bag lunch ideas (Addendum B) with parents through the district website and school newsletters.
4. Incorporate nutritional information as it relates to the food pyramid into the daily breakfast and lunch menus.
5. Promote more physical activity within the classrooms on a daily basis (e.g., energizers).
6. Create and maintain a district-wide, vending machine beverage and snack “approved” list (Addendum C and D) that will be used by Nutritional Services personnel as a specifications list when soliciting vendor bids.
7. Evaluate the current fundraising policy; implement fundraisers that enhance student and staff wellness.
8. Explore options for other healthy school lunch program alternatives.
9. Examine Health class options for Grade 7-8 students.

Note: The above goals will be updated annually by the District Wellness Committee.

WELLNESS - Addendum B**Healthy Snack and Bag Lunch Ideas (Encouraged)****Grain Products:**

Low-fat breakfast or granola bars	Angel food cake - plain or topped with fruit
Mini Rice Cakes, flavored rice cakes	Low-fat popcorn
Non-sugar coated cereals	Whole grain breads, bread sticks, Pita bread, muffins
Mini bagels	Baked chips
Pretzels-Hard or Soft	Vanilla wafers
Trail mixes, cereal mixes	Goldfish Grahams
Graham crackers	Goldfish Crackers
Wheat crackers	Granola Bars
Low sodium pretzels	Cereal Bars
Triscuits or other whole grain crackers	
Animal crackers	

Fruit:

Apples	Dried fruit	Nectarines	Raisins
Applesauce	Frozen fruit bars	Oranges	Tangerines
Apricots	Grapefruit	Papaya	Watermelon
Banana	Grapes	Peaches	Fruit Snacks (with fruit being 1 st ingredient)
Berries	Kiwi	Pears	
Cantaloupe	Mango	Pineapple	
Cherries	Melon	Plums	

Vegetables (raw, with or without dip):

Asparagus	Celery	Radishes	Bell pepper strips
Broccoli	Cherry Tomatoes	Snow pea pods	Kohlrabi
Carrots	Cucumber	Zucchini	Rutabaga
Cauliflower	Mushrooms	Jicama	Turnip strips

Milk Products:

Low fat milk/flavored milk	Individual puddings	Low fat cottage cheese
Cheese cubes (low fat)	Yogurt/Gogurt	
String cheese	Low fat ice cream/ice milk	

Meat and Meat Alternatives:

Sunflower seeds	Sandwich quarters (whole wheat bread and peanut butter, or meat)
Pumpkin seeds	
Peanut butter (on crackers)	Small pieces of bagels with peanut butter
Hummus	
Nuts	
Turkey breast	
Chicken breast	
Low fat brands of cold cuts such as ham, roast beef	

Beverages:

Water, flavored water (calorie-free)

100% Juice

Low fat milk/flavored milk

Yogurt smoothies

Vegetable juice

Quick to Fix Ideas:

Yogurt parfaits or banana splits made with low fat granola and fruit

Fruit and cheese kabobs

Quesadilla with salsa

Baked tortilla chips with salsa

Whole-wheat crackers with cheese or peanut butter

Bagels with tomato sauce and melted cheese

Apple nachos: melt cheese over apple slices

Kiddy kabobs: cheese, fruit, vegetables, and cubed meat on small skewer

Mexicali melt: refried beans or canned chili on tortillas topped with cheese

Pizza bites: English muffins, spaghetti sauce, cheese, and lean protein

Snack mix: whole grain cereal, dried fruit, popcorn, pretzels, soy nuts, and mix with 1
tablespoon of honey in a bag.

Ants on a log: celery with peanut butter topped with raisins

Snacks Discouraged

Regular Chips

Fruit Snacks (which provide no fruit)

Soda Pop

Candy

Chewing Gum

Cookies/Bars

WELLNESS - Addendum CSpecifications for Bids
Vending - Beverages

Water: plain or carbonated; no added sweeteners

Juice: 100% fruit or vegetable juice, plain or carbonated; no added sweeteners

Juice/Water Blends: no added sweeteners

Milk: 1% or fat free (skim) milk; enriched rice, nut or soy milk (may be “lowfat”); preferably no Bovine Growth Hormone

Partial list of Approved Beverages:

Plain bottled water (Dassani, Aquafina, Crystal Geysers, etc.)

Minute Maid premium original 100% pure squeezed orange juice

Veryfine 100% juice, orange, apple, grape, orange tangerine

Welch’s 100% juice, apple, grape, orange

Tropicana pure premium original or calcium + vitamin D orange juice

Campbell’s tomato or V8 vegetable juice

Crystal Geysers Sparking Mineral Water (plain or flavored, no added sweetener)

Crystal Geysers Juice Squeeze

The Switch carbonated juice

Silk Soy Milk, plain, vanilla or chocolate

Vita Soy Milk, Creamy Original, Smooth Vanilla, Rich Chocolate, Light Original, Light Vanilla, Light Chocolate, Complete Original, Complete Vanilla

Rice Dream Enriched, all flavors

Soy Dream Enriched, all flavors

The following beverages are **NOT** approved for sale; sports drinks, electrolyte-replacement drinks, “vitamin water”, “energy water”, “smart water”, “fruit water”

WELLNESS - Addendum DSpecifications for Bids
Vending - Snacks

PowerBar Energy Bites, all flavors

PowerBar Harvest, all flavors

Luna Bars, these flavors only: Sweet Dreams, Chocolate Peppermint Stick,, Cherry Covered Chocolate, Peanut Butter n Jelly, Tropical Crisp, S'Mores, Sesame Raisin Crunch, Lemon Zest, Nuts over Chocolate, Toasted Nuts n Cranberry, Chocolate Pecan Pie

Mojo Bars, all flavors

Stacy's Thin Crisps, white cheddar or sweet BBQ

Chex Morning Mix, cinnamon or honey nut

General Mills Milk'n Cereal Bar (Rice Chex only)

Kellogg's Nutri-Grain Fruit Bar (no icing)

Kellogg's Nutri-Grain Muffin Bars (Banana)

Kellogg's Nutri-Grain Chewy Granola Bar (Chocolatey Chip or Mixed Berry)

Kellogg's Single Serve Cereals (Cheerios, Special K; Total; Froasted Flakes 1/3 less sugar version only)

Kellogg's Cinnamania, cinnamon bun or French Toast

Quaker Fruit and Oatmeal Toastable Strawberry (no icing)

Quaker Fruit and Oatmeal – Oatmeal on the Go bar (Cinnamon Roll flavor)

Quaker Oatmeal Breakfast Squares

Mott's Natural Style Applesauce

Musselman's Natural Applesauce

Dole FruitBowls (tropical, pineapple, mixed fruit, diced peaches)

Dole Easy Open Fruit Snacks (pineapple wedges, tropical fruit salad)

Sun-Maid Fruit Snacks (raisins, diced apricots, golden cherries, cranberries)

Dakota Gourmet Sunflowers Kernels, honey roasted or lightly salted

Dakota S'More Mix

Dakota Honey Nutz

Snyder's Mini Pretzels

Genisoy Soy Crisps (all flavors)

Blue Diamond Smokehouse Almonds (single serve bag)

Bumble Bee Tuna Salad with Crackers

Starkist Lunch-to-Go Tuna Salad Kit

Bumble Bee Chicken Salad with Crackers

Beef Jerky

Steak Bites

Cashews (single serve bag)

Carrots with Ranch Dip

Celery with Ranch Dip

Yoplait Go-Gurt

Healthy Valley Bars

Individually Wrapped Bagel

Individually Wrapped Bagel with cream cheese

Soy Nuts, all flavors

Fruit Squeezies, all flavors

Smoothie

Yogurt, lowfat or nonfat, all flavors

Fruit Bar, all flavors

Super Snax, Cool Ranch Pretzel Poppers, Cheezy Nacho Pretzel Poppers, Zesty Pizza Pretzel Poppers, Sour Cream and Onion Pretzel Poppers, Cinnamon Toast Bites only

Yoplait Nouriche, all flavors

Frozen Fruit Treats

Dried Fruit (all varieties)

Fresh Fruit