

## **FIT Academy**

### **533 WELLNESS**

#### **PURPOSE**

The purpose of this policy is to assure a school environment that promotes, protects and supports student and staff health, well-being, ability to learn and participate, as well as each person's overall health, including healthy eating and physical activity.

#### **I. GENERAL STATEMENT OF POLICY**

- A.** The FIT Board of Directors (BOD) recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B.** The school environment should promote and protect student and staff health, well-being, and ability to learn and participate by encouraging healthy eating and physical activity.
- C.** The FIT Academy (FIT) 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.** All students and staff 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, and will provide clean, safe, and pleasant settings and adequate time for students and staff to eat.

#### **II. GUIDELINES**

##### **A. Foods and Beverages**

1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines within the Healthy Hunger-Free Kids Act.
2. The FIT 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-priced school meals.

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3. The FIT will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
4. The FIT will make every effort to provide students and staff with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
5. The FIT will encourage tutoring, club, or organizational meetings or activities occurring during mealtimes to allow students to eat during such activities.

#### **B. School Food Service Program/Personnel**

1. The FIT will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulation.
2. The FIT shall designate an appropriate person to be responsible for the FIT'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 the current USDA Healthy Hunger-Free Kids Act.
3. As part of the FIT's responsibility to operate a food service program, the FIT will provide continuing professional development for all food service personnel working in schools.

#### **C. Nutrition Education and Promotion**

1. The FIT 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 long term health, including posting nutrition information for meals in the cafeteria and on the menu which is available in each building and on the district website.
  - b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; (Note: the FIT will make available training/clock hours that address this for their subject area) and
  - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing and field trips.
2. The FIT 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 and fundraising events.
3. The FIT encourages the use of alternatives to 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.

**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. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons and classes, as appropriate.

**E. Physical Education**

1. Schools will implement a sequential, developmentally appropriate physical education curriculum that helps students acquire the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.
2. The physical education program will follow the state's physical education standards, which are the National Standards for Physical Education; devote at least 50 percent of class time to moderate-to-vigorous physical activity either indoors or outdoors, weather permitting; meet the needs of all students, especially those who are not athletically gifted; actively teach cooperation and fair play; promote participation in physical activity outside of school; and focus on helping students at the high school and middle school levels develop an active lifestyle that will be carried on throughout their lives.
3. Student/teacher ratios in physical education classes will be comparable to those in other curricular areas.
4. Teachers will aim to develop students' self-confidence and maintain a safe psychological environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

**F. Communication**

1. The FIT recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The FIT will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The FIT encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The FIT will provide information about physical education and other school-based physical activity opportunities and will support parent's efforts to provide their children with opportunities to be physically active outside of school. Information will be communicated in a variety of ways utilizing district resources such as the district website, student handbooks and regular Community Education mailing as well as

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local print and radio media outlets. In addition, beginning of the year meetings with students and staff will be avenues to provide this information.

5. The FIT will support a wellness committee composed of teachers, parents, staff members and/or students, to communicate and carry out the wellness policy.

### III. IMPLEMENTATION AND MONITORING

- A. After approval by the BOD, the wellness policy will be implemented throughout the FIT. This will be done in the following ways:

1. An overview of the wellness policy will be presented to staff at the annual school year kick off meetings.
2. An overview of the wellness policy will be presented to students in their first Home Room of the year or in their classroom early in the year and periodically throughout the year.
3. The Director will notify, reinforce and include the wellness policy in staff and student handbooks.

- B. School food service staff will ensure compliance with all policies and procedures related to food service and will report to the food service program administrator or the Director, as appropriate.

- C. The FIT's food service program administrator will provide an annual report to the Director setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.

- D. The Director will ensure compliance with the wellness policy and will provide an annual report of the FIT's compliance with the policy to the BOD.

- E. The FIT will post this wellness policy on its website.

- F. The FIT wellness committee will meet annually at a minimum and as needed.

**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. ~ 1758b (Local School Wellness Policy)  
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 References:** Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)  
Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)  
County Health Departments  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)