

MMSA Wellness Policy

I. Purpose

The purpose of this policy is to assure a school environment that promotes and protects students' and staff members' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. General Statement of Policy

A.

The School Board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters staff and student attendance and performance.

B.

The School board recognizes that good nutrition and physical activity are essential for the long-term health of children. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have a responsibility to help students and encourage staff to establish and maintain lifelong, healthy eating and physical activity patterns.

C.

Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.

D.

The school environment should promote and protect students' health, well-being, and ability to learn by promoting healthy eating and physical activity.

E.

The MMSA encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing MMSA nutrition and physical activity policies.

F.

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.

G.

Related community services will provide opportunities, encouragement, and support for students to be physically active on a regular basis.

H.

The 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.

I.

The MMSA will provide clean, safe, and pleasant settings and adequate and appropriate time for students to eat.

III. Guidelines

A.

Foods and Beverages

1.

All foods and beverages made available on campus (including a la carte items, concessions, vending and catering) must follow and be consistent with the Minnesota Math and Science Academy Nutrition Guidelines and the current USDA Dietary Guidelines for Americans.

2.

Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.

3.

The MMSA will prevent the overt identification of students who are eligible for free and reduced-price school meals.

4.

The MMSA will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

5.

When building schedules and resources permit, the MMSA will encourage elementary schools to schedule lunch following recess periods.

6.

The MMSA will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

7.

To support children's health and school nutrition-education efforts, school fundraising activities should not involve food sales as the sole source of fundraising activities. Schools will encourage fundraising activities that promote academic or physical activities over food sales. The MMSA will make available a list of ideas for preferred fundraising activities.

8.

Snacks consumed during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Snack options should follow the

Minnesota Math and Science Academy Nutrition Guidelines. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

9.

Schools should limit the use of foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals) as a consequence. Foods used as rewards should meet the MMSA Nutritional Guidelines.

10.

Schools should limit celebrations that involve food during the school day. Items served should meet the MMSA Nutritional Guidelines.

11.

Foods and beverages offered or sold at school-sponsored events (such as, but not limited to, athletic events, dances, or performances) outside the school day will meet the MMSA Nutrition Guidelines.

B.

Nutrition Education and Promotion

1.

The MMSA aims to teach, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

i.

Provides a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

ii.
Comprises 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;

iii.
Includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as contests, promotions, taste testing, and field trips.

iv.
Promotes healthy food preparation methods that follows Minnesota Math and Science Academy's Nutrition Guideline and encourages the consumption of fruits, vegetables, whole grain products, dairy products, and health-enhancing nutrition practices;

v.
Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

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vi.
Links with school meal programs, other school foods, and nutrition -related community services; and

vii.

Teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff.

2.
Nutrition education will be provided to parents beginning at the elementary level with a goal to continue to educate parents throughout middle and high school levels. The nutrition education will be provided in the form of newsletters, postings on Minnesota Math and Science Academy website, and presentations on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.

3.
The MMSA will provide nutrition education and engage in nutrition promotion with staff with the purpose of:

i.
Encouraging all school staff, support staff and administrators to improve their own personal health and wellness.

ii.
Creating positive role models and improving staff morale.

iii.

Building the commitment of staff to promote health, improve nutrition, and encourage physical activity.

4.

The MMSA will promote and market healthy selections of foods and beverages to all students and staff, including those sold individually outside the reimbursable school meal programs, such as through a la carte, vending machines, fundraising events, concessions, catering and student stores.

C.

Physical Education and Physical Activity Promotion

1.

The District aims to teach the knowledge, skills, and values that will enable students to lead healthy, physically active lives. Schools will develop and implement a comprehensive plan to encourage physical activity that includes:

i.

A sequential program of physical education that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes diverse activities and sports that students enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff who embed best practice regarding developmentally appropriate curriculum and instruction; and is coordinated with the health education curriculum;

ii.

Comprises 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;

iii.

Includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as contests, promotions, taste testing, and field trips.

iv.

Promotes healthy food preparation methods that follows Minnesota Math and Science Academy's Nutrition Guideline and encourages the consumption of fruits, vegetables, whole grain products, dairy products, and health-enhancing nutrition practices;

v.
Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

vi.
Links with school meal programs, other school foods, and nutrition-related community services; and

vii.
Teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff.

2.
Regular physical activity is necessary to the optimum development and academic achievement of students. Therefore, schools will, whenever possible:

i.
Provide modified opportunities for meaningful movement during recess and physical education classes to students who are injured or who cannot fully participate for some other reason; and

ii.
Minimize the use of physical education facilities for non-instructional purposes.

3.
The MMSA encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

4.
The MMSA 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.

IV. Implementation and Monitoring

A.
School food service staff, at the school or District level, will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.

B.

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

C.

The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of the MMSA's compliance with the policy to the School Board.

Adopted: September 18, 2014