
Subject: Wellness Policy **No:** HR-403
Approved: Karen Wolf, Executive Director
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WELLNESS

[Note: All school districts that participate in the National School Lunch and School Breakfast Programs are required by the Healthy, Hunger-Free Kids Act of 2010 (Act) to have a wellness policy that includes standards and nutrition guidelines for foods and beverages made available to students on campus during the school day, as well as specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the public in the development, implementation, and periodic review and update of the wellness policy. The Act also requires a plan for measuring implementation of the policy and reporting wellness policy content and implementation issues to the public, as well as the designation of at least one person charged with responsibility for the implementation and oversight of the wellness policy to ensure the school district is in compliance with the policy.]

I. PURPOSE

The purpose of this policy is to set forth methods that Nexus-Gerard utilize to promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages made available on the school campus during the school day are consistent with applicable minimum local, state, and federal standards.

II. GENERAL STATEMENT OF POLICY

- A. Nexus-Gerard recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.
- B. The Nexus-Gerard environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Nexus-Gerard encourages the involvement of parents, students, representatives of the school food authority, teachers, school health professionals, school administrators, and the general public in the development, implementation, and periodic review and update of the school district's wellness policy.

- D. Nexus-Gerard believes children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades K-12 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 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 to eat.

III. WELLNESS GOALS

[Note: The Act requires that wellness policies include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.]

Nutrition Promotion and Education

- Nexus-Gerard will encourage and support healthy eating by students and engage in nutrition education that is:
 - offered at all K-12 grade levels as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
 - part of health education classes, as well as classroom instruction in subjects such as math, science, language arts and social sciences where appropriate
 - enjoyable, developmentally appropriate, culturally relevant

Physical Activity

- Nexus-Gerard will provide physical education activities that:
 - is for all youth in grades K-12 for the entire school year.
 - is taught by a certified physical education teacher using written curriculum
 - includes youth with disabilities, youth with special health-care needs may be provided in alternative educational settings.
 - Physical Education teacher receives continuing education annually
 - engages youth in moderate to vigorous activity during at least 50 percent of physical education class time.
 - Elementary 2-3x per week for 30-40 minutes
 - Middle School 2-3x per week for 30-40 minutes
 - High School 5x per week for 45-60 minutes
 - Provide physical activity breaks during class time
 - Provide recesses for all elementary students
 - Nexus-Gerard will provide physical before and/or after school activities for all youth

Wellness Promotion

- Staff members are encouraged to model healthy eating and physical activity behaviors
- Staff wellness committee provides monthly activities to encourage staff wellness
- Staff are encouraged to use extra physical activities as rewards
- Physical activity may not be assigned to students or withheld from students as punishment for any reason

Communications with Parents

- Nexus-Gerard recognizes that guardians have a primary role in promoting their children's health and well-being
 - Nexus-Gerard will provide information about physical education and other school-based physical activity opportunities and will support guardians' efforts to provide their children with opportunities to be physically active outside of school.

IV. STANDARDS AND NUTRITION GUIDELINES

[Note: The Act requires that school districts have standards, 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 childhood obesity. For foods and beverages sold to students during the school day on school campus, the Act requires that school districts also have nutrition guidelines.]

School Meals and Snacks

[Note: The Act specifically requires that the wellness policy contain standards and nutrition guidelines for all foods and beverages sold to students during the school day that are consistent with the meal requirements for lunches and after-school snacks set forth in 7 Code of Federal Regulations section 210.10 and the meal requirements for breakfasts set forth in Code of Federal Regulations section 220.8.]

- Nexus-Gerard will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.
- Food service personnel will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students.
- Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
- Food service personnel will provide clean, safe, and pleasant settings. After obtaining food, students will have a minimum of 20 minutes to eat.
- Water is available in the cafeteria and on units at every meal.
- Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards and comply with National School Lunch and/or Breakfast standards for meal patterns, nutrient levels and calorie requirements
- Nexus-Gerard will provide breakfast through the USDA School Breakfast Program.
- Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
- All students at Nexus-Gerard qualify for free meals. The cafeteria does not take payments.

- Nexus-Gerard will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Nexus-Gerard 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 day.
- Nexus-Gerard is committed to engaging youth in selecting or identifying the foods offered through the meal program in order to support healthy and appealing food choices. This will be done through a quarterly survey of the youth so that they are empowered to provide input into the Nexus-Gerard menu planning.
- Nexus-Gerard discourages youth from sharing their foods or beverages with one another during meal or snack times

School Food Service Program/Personnel

- Nexus-Gerard contracted food service provide shall designate an appropriate person to be responsible for the Nexus-Gerard 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 current USDA guidelines.
- The contracted food services provider must provide continuing professional development for all food service personnel.

Competitive Foods and Beverages

- Nexus-Gerard does not offer ala carte or separate sales of food items. Pop machines are available and intended primarily for staff use. These vending machines are not available to youth during the school day.
- Advertising, marketing or displaying of foods not meeting nutrition standards under 210.11 is prohibited on school property, publications and materials of any kind.

Other Foods and Beverages Made Available to Students

- Student wellness will be a consideration for all foods offered to students on the school campus.
- Reimbursable afternoon school snacks will follow USDA Smart Snacks guidelines
- Nexus-Gerard continually evaluates its celebration practices that involve food during the school day.
 - ***[Note: Healthy party ideas are available from the USDA.]***
- Rewards and incentives. Schools will not 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 or beverages as punishment.
- No food or beverage is marketed to students at Nexus-Gerard
- Water is available to students throughout the day

V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

Wellness Coordinator

[Note: The Act requires that local school wellness policies identify the position of the local education agency or school official(s) responsible for the implementation and oversight of the local school wellness policy.]

- The Wellness Committee will designate an official to oversee the Nexus-Gerard’s wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that Nexus-Gerard implements the policy.

Public Involvement

[Note: The Act requires a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy.]

- The Wellness Coordinator will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.
- The Wellness Coordinator will meet annually or as needed for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy.

VI. POLICY IMPLEMENTATION AND MONITORING

Implementation and Publication

[Note: The Act requires a description of the plan for measuring the implementation of the local school wellness policy.]

- After approval by the Wellness Committee, the wellness policy will be implemented throughout campus
 - The School Administrator will ensure compliance with these wellness policies in the school and will report on the school’s compliance to the Wellness Committee.
 - The Food Service Staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the Wellness Committee.
 - Youth surveys of the Food Program are conducted quarterly and reviewed by the Food Service Manager and Finance Staff member. The results are given to the Dietary Manager who will implement any needed changes and are reported at the Wellness Committee meeting.
 - Compliance will be reviewed by the Wellness Committee on an annual basis.
- Nexus-Gerard will post its wellness policy on its website.

[Note: Per Minnesota Statutes section 121A.215, when available, a school district must post its current local school wellness policy on its website.]

Annual Reporting and Assessment

[Note: The Act requires that school districts inform the public about the content and implementation of the local wellness policy and make the policy and any updates to the policy available to the public on an annual basis.]

- The Wellness Coordinator will ensure the Wellness Policy and any updates are posted on the Nexus-Gerard website.

Triennial Assessment

[Note: The Act requires a triennial assessment of schools' compliance with the wellness policy. The Act also requires school districts to inform the public about progress toward meeting the goals of the wellness policy by making the triennial assessment available to the public in an accessible and easily understood manner.]

- No less than once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
 - the extent to which school is in compliance with the wellness policy
 - the extent to which the school's wellness policy compares to model local wellness policies
 - create a plan to update the policy based on the assessment
 - a description of the progress made in attaining the goals of the school's wellness policy
- The Wellness Coordinator will be responsible for conducting the triennial assessment.
- The triennial assessment report shall be posted on the school's website

Recordkeeping

[Note: The Act requires school districts to retain records to document compliance with the requirements of 7 Code of Federal Regulations section 210.30.]

- Nexus-Gerard will retain records to document compliance with the requirements of the wellness policy. The records to be retained include, but are not limited to:
- Nexus-Gerard written wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public.
- Documentation of the triennial assessment of the local school wellness policy and efforts to review and update the wellness policy (including an indication of who is involved in the update and methods the school uses to make stakeholders aware of their ability to participate on the Wellness Committee).