

## WELLNESS

The Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a new requirement for all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with federally-funded National School Lunch Program (NSLP). The local agencies are required to develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year. Four (4) criteria are required in meeting the objective; nutrition education, physical activity, nutrition standards and other school based activities. New rules for public input, transparency and implementation were added with the Healthy, Hunger-Free Act of 2010, PL 111-296.

The Big Stone City School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students.

The school will convene a committee to develop its wellness policy. The most effective wellness policy is one that has input from stakeholders in the community. The committee must include the following:

- Food service representative
- Administrators
- Classroom teacher (for example health and physical education, nutrition, and general subject matter)
- Student
- School board member/Community member/Parent

### General Guidelines

- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Food and beverages sold or served on school grounds or at school sponsored events during the normal school day will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this document. These guidelines are to be administered 30 minutes before the school bell and 30 minutes after the school bell(c3).
- The school utilizes Offer vs. Serve procedures. Students are given a choice of three items, with one item being a fruit or vegetable. This process eliminates the waste of food.

### Nutrition Standards Component(c2)

- Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and whole grain products will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte, snacks, and school sponsored events.

### **Daily Physical Education Classes K-8 (Goals)(c1)**

- Between the hours of 8:00AM – 8:30AM all K-8 students receive recess.
- Elementary students receive 30 minutes of recess during lunch time and 15 minutes in the AM.
- Middle school students receive 15 minutes of recess during lunch time.
- Elementary students will receive 30 minutes of physical education classes per day.
- Middle school students will receive a minimum of 40 minutes of physical education classes for 3 days per week.
- Health instruction, provided by physical education, science, and school counseling classes, will be given to all K-8 students for a minimum of 1,080 minutes per school year.

### **Other school wellness and nutrition activities(c1)**

- Every day at the lunch line the school's head cook encourages and teaches the students about nutrition. New fruits and vegetables that are offered are mentioned to the students as they pass through the line. Done daily.
- Nutrition sheets are given to each school teacher by the head cook if there are any new food items that have not been used before. The school teachers will then teach the students about the new food item and its nutritional importance. This is done throughout the school year.
- The Safe Routes to School Grant was completed several years ago that enhanced the ability for students to walk and ride bike to school by constructing more sidewalks to and from school grounds. This is an ongoing push for our students and also benefits the public for wellness.
- School wide back to school event (ex: pool party, roller skating, or ballfield) done in August before school starts for one day. Fresh Fruits and Vegetables are served for those new and returning students.
- School wide Bonanza Retreat Center on Big Stone City Lake. Grades K-8<sup>th</sup> grade participate. Field trips are scheduled twice/year, Fall and Spring, one day events.
- The school participates in Winter Olympics. Random activities to promote fun and exercise are done in the gymnasium. This is done for one day during the winter.
- K-8 hiking at refuge in Ortonville MN. This is done during the fall for one day.
- Hiking at Hartford Beach (K and 5<sup>th</sup> grade). This is done in the fall or spring determined by the teacher for one day.
- Jump Rope for Heart is done through the physical education class. This is done during the month of March for approximately two weeks.
- 4<sup>th</sup> Grade Black Hills Trip, which promotes walking and hiking. This trip is in the spring of the year and is one week in duration.
- Our school participates in Fuel Up to Play 60 throughout the school year. During the fall of 2018, at P/T conferences, an obstacle course was set up by our physical education assistant teacher Miss Kelly Wollschlager, where all students, and even parents, were able to partake in this activity in between conference times.

## **Eating Environment**

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax, and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow ten minutes for breakfast and twenty minutes for lunch once the student is seated.

## **Snacks**

- Healthy snacks will include fresh, dried, or canned fruits (in 100% juice only); vegetables; 1%, skim milk, flavored skim milk; and/or grains meeting the Standards for Food and Beverages set forth in this document.

## **Parties and Celebrations**

- Schools should limit celebrations that involve food during the school day.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.
- The school would like to recommend pre-packaged foods be brought for these event.

Every year, during the fall of the current school year, the CEO/Business Manager and Head Cook will review the wellness policy to determine if there are any major changes/updates that need to be brought before the committee or made. Areas to review or discuss will be, but not limited to: purpose of the committee, improvements, recommendations, and review any new rules and regulations that need to be adopted by the school board policy. If the policy needs major changes/updates, then the committee will meet to discuss and make the necessary major changes/updates. If there are no significant changes/updates to be made, the committee will meet every 3 years to formally go over the wellness policy. Regardless, if meeting every year or every 3 years, the CEO/Business Manager will relay any minor or major changes/updates via email to the committee members.

School students, parents, staff, and the general public will be invited to attend if they wish by means of school letters, Facebook page, and website (c5, d1). Minutes will be taken at this meeting, including a member's present list and the topics discussed. The Wellness Policy and minutes will be filed online via the school's website (d2, d3).

The wellness policy will be reviewed and approved every year in the fall by the school board of education.

The plan for measuring implementation and assessment of the policy will be done annually at the wellness policy meeting that is held in the fall (c6, d3). The school official responsible for the implementation and oversight of the local school wellness policy, plan and annual meeting will be the CEO/Superintendent of the school district, with the help of the Head Cook and school PE Teacher (c4, e1). This assessment report will include a description of the school's progress in meeting the wellness policy goals, a summary of our school wellness events, and activities, and information on how individuals can get involved. (information on how individuals can be involved will more than likely be by school flyer, newsletter, Facebook page, and website). The school's assessment tool will be the annual meeting minutes. (e2, e3, f1, f2, f3)

## Standards for Food and Beverages

### 1. Beverages:

- a. Provide 100% fruit and vegetable juices and limit portion sizes to 4-12 ounces.
- b. Provide water - non-carbonated and unflavored without added sugar, artificial sweeteners, or caffeine.
- c. Provide milk-skim or 1% in portion sizes of 8-16 ounces.
  1. Flavored milk (chocolate or strawberry), low fat, 1%, or skim may be offered in up to 12 ounce serving sizes with no more than 36 grams of sugar in a 12-ounce portion.
- d. Eliminate the sale of soft drinks, sports drinks, punch, fruit drinks, iced tea, coffee and coffee-like beverages, and other items not included in allowable beverages listed above.
- e. Allow only water as a beverage in the classroom.

### 2. Grains:

- a. Serve whole grains which contain at least 2 grams of fiber per 1 ounce serving. One half of all grains served should be whole grain.
- b. Limit portion sizes to 1.25 ounces - 2 ounces with most being 1.25 ounces.
- c. Limit total calories from fat to no more than 30%.
- d. Limit total calories from saturated fat to no more than 10%.
- e. Limit sugar content to no more than 35% of calories by weight, or less than 6 grams from sugar per serving.
- f. Limit the amount of trans fats.
- g. As of July 1, 2019, two days/week enriched grain products can be used instead of whole grain products.

### 3. Fruits and Vegetables:

- a. Offer fruits and vegetables prepared/packaged without added fat, sugar, or sodium. Low-fat dips and sauces on the side may be served in small portions to make foods more appealing.
- b. Offer ½ cup serving sizes of fruits and vegetables. Offer additional fruits and vegetables to help students reach the recommended 5 - 9 servings per day.
- c. Offer a variety of fruits and vegetables, especially colorful ones.

### 4. A la carte entrees and side dishes:

- a. Offer meat/meat substitutes in portions no greater than 3 ounces with 5 grams of fat per ounce or less (except nut butters).
- b. Offer nuts and seeds in portion sizes no greater than 1.25 ounces.
- c. Offer nut butters in portion sizes of 2 - 4 Tbsp.
- d. Offer non-fat and low-fat yogurt in portion sizes of 8 ounces or less. Sugar should not be the first ingredient on the label.
- e. Limit ice cream and frozen desserts to portion sizes of 4 ounces or less with 5 grams or less of fat. Sugar should not be the first ingredient.
- f. Offer cheese in portion sizes of 1- 2 ounces.

### 5. Condiments and miscellaneous:

- a. Offer salad dressing containing no more than 6 - 12 grams of fat per ounce.
- b. Remove salt shakers from tables.

### 6. Sodium Targets

- a. As the third final rule published on 12/13/18 from the USDA website in terms of sodium, it will provide schools in the lunch and breakfast programs more time for gradual sodium reduction by retaining Sodium Target 1 through the end of school year (SY) 2023-2024, continuing to Target 2 in SY 2024-2025, and eliminating the Final Target that would have gone into effect in SY 2022-2023.
- b. See table below in regards to sodium targets and timelines.

Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs (1/26/12)

<b>Sodium Reduction: Timeline &amp; Amount</b>				
<b>Age/Grade Group</b>	<b>Baseline: Average Current Sodium Levels As Offered<sup>1</sup> (mg)</b>	<b>Target 1: July 1, 2014 SY 2014-2015 (mg)</b>	<b>Target 2: July 1, 2017 SY 2017-2018 (mg)</b>	<b>Final Target: July 1, 2022 SY 2022-2023 (mg)</b>
<b>School Breakfast Program</b>				
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430
6-8	629 (middle)	≤ 600	≤ 535	≤ 470
9-12	686 (high)	≤ 640	≤ 570	≤ 500
<b>National School Lunch Program</b>				
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740

<sup>1</sup>SNDA-III

**Legal References:**

SEC. 204 of Public Law 111-296 Local School Wellness Policy Implementation  
 7 Code of Federal Regulation (CFR) 210.31 and 220.7 (tick marks referenced above in the policy, ex (c2), are from the stated CFR)

USDA website for Sodium Table – <https://fns-prod.azureedge.net/sites/default/files/sodium.pdf>

USDA website for final rules – <https://www.fns.usda.gov/school-meals/fr-121218>

1<sup>st</sup> Reading – 1/20/2020

2<sup>nd</sup> Reading – 2/17/2020

Date Adopted – 11/17/2015

Last Revised – 2/17/2020