

## **STUDENT PERSONNEL – WELLNESS POLICY**

### **I. PURPOSE**

The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the Northwestern MN Juvenile Center (NMJC)/First City School (FCS) campus during the school day are consistent with applicable minimum local, state, and federal standards.

### **II. GENERAL STATEMENT OF POLICY**

A. NMJC and FCS recognize 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. NMJC and FCS environments should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.

C. NMJC and FCS encourage the involvement of parents, students, representatives of the school food authority, teachers, school administrators, health professionals, NMJC board of directors, NMJC staff and personnel, in the development, implementation, and periodic review and update of NMJC's wellness policy.

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

E. All students of NMJC/FCS 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 to eat.

### **III. WELLNESS GOALS**

#### **A. Nutrition Promotion and Education**

1. NMJC 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 health;
  - b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects or group activities, where appropriate; and

- c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as in-house/off-grounds visits, and independent living/cultural group.
2. NMJC 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 vending machines, fundraising events, off-grounds activities and visits.

#### B. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Health and physical 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 throughout the daily schedule, where appropriate; and
3. Classroom teachers and direct care staff are encouraged to incorporate short physical activity breaks between lessons or classes, as appropriate.

#### C. Communications with Parents

1. NMJC recognizes that parents and guardians have a primary role in promoting their children's health and well-being.
2. NMJC will support parents' efforts to provide a healthy diet and daily physical activity for their children upon release from NMJC.
3. NMJC will provide, upon release, information about physical activity opportunities in their home communities.

### IV. STANDARDS AND NUTRITION GUIDELINES

#### A. School Meals

1. NMJC will provide healthy and safe school meal programs that comply with all applicable federal, state, and local laws, rules, and regulations.
2. NMJC will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
3. Food service personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
4. NMJC will provide clean, safe, and pleasant settings and adequate time for students to eat.

5. 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.
6. Food service personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.
7. NMJC will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
8. NMJC 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.
9. NMJC will discourage tutoring, organizational meetings or activities during mealtimes unless students may eat during such activities.

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

1. NMJC shall designate an appropriate person to be responsible for the 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.
2. As part of NMJC's responsibility to operate a food service program, NMJC will ensure all food service personnel receive on-going continuing professional development.

#### C. Competitive Foods and Beverages

1. All foods and beverages sold on NMJC grounds to students, outside of reimbursable meals, are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and for in-school fundraisers. NMJC does not currently offer competitive foods during school hours.
2. All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.
3. After school snacks must also comply with all applicable USDA standards.

#### D. Other Foods and Beverages Made Available to Students

1. Student wellness will be a consideration for all foods offered, but not sold, to students at NMJC/FCS, including those foods provide through:
  - a. celebrations and parties. NMJC/FCS will provide a list of healthy party ideas to staff and teachers, including non-food celebration ideas.

- b. group work and planned activities with NMJC/FCS personnel.
- 2. Rewards and incentive. FCS 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.

#### E. Food and Beverage Marketing in Schools

- 1. School-based marketing will be consistent with nutrition education and health promotion.
- 2. NMJC/FCS will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.

### V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

#### A. Wellness Coordinator

- 1. The superintendent will oversee NMJC/FCS's wellness-related activities (Wellness Coordinator).
- 2. The Food Service Director and FCS Lead Teacher, will ensure compliance within their designated areas, and will report to the Wellness Coordinator regarding compliance matters upon request.

#### B. Public Involvement

- 1. The Wellness Coordinator will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, NMJC board of directors, NMJC staff/personnel, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.
- 2. The Wellness Coordinator will hold meetings, from time to time, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy.

### VI. IMPLEMENTATION AND MONITORING

#### A. Implementation and Publication

- 1. After approval by the NMJC Board of Directors, the wellness policy will be implemented.
- 2. NMJC will post its wellness policy on its website, to the extent it maintains a website.

## B. Annual Reporting

The Wellness Coordinator will annually inform the NMJC Board of Directors about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public.

## C. Triennial Assessment

1. At least once every three years, NMJC will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:
  - a. the extent to which NMJC/FCS are in compliance with the wellness policy;
  - b. the extent to which NMJC's wellness policy compares to model local wellness policies; and
  - c. a description of the progress made in attaining the goals of NMJC's wellness policy.
2. The Wellness Coordinator will be responsible for conducting the triennial assessment.
3. The triennial assessment report shall be posted on the school district's website or otherwise made available to the public

## D. Documentation

NMJC will retain records to document compliance with the requirements of the wellness policy. The records to be retained include, but are not limited to:

1. The school district's written wellness policy.
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the wellness policy and triennial assessments available to the public.
3. Documentation of the triennial assessment of NMJC's wellness policy and efforts to review and update the wellness policy (including documentation of who is involved in the update and methods NMJC uses to make stakeholders aware of their ability to participate on the Wellness Committee).