

World Learner School



POLICY: 488 WELLNESS POLICY

EFFECTIVE DATE: 6.24.17

REVISED DATE: 1.8.18, 11.23.20

I. PURPOSE

The purpose of this policy is to emphasize the important role nutrition and physical activity play in creating healthy students who are better able to grow, learn, and thrive.

II. GENERAL STATEMENT OF POLICY

The Wellness Policy is a guide for school district and building administrators, school employees, students, school board members, and community members to ensure students are able to form healthy life-long nutritional and physical habits. The World Learner School will provide our students and staff appropriate education in each of these areas, as well as healthy food choices and opportunities to participate in physical activities. The World Learner School (WLS) Wellness Policy follows the guidelines of the Child and Nutrition and WIC Reauthorization Act of 2004. A committee comprising parents, teachers, school board, school administrators, and the public developed the policy. Such broad participation lends itself to support for the elements and guidelines contained below.

III. ELEMENTS OF THE POLICY

A. Snacks and Celebrations

1. As part of an initiative to discourage the use of food as a reward, teachers and parents are strongly encouraged to recognize and celebrate students by methods that do not involve food.
2. Snacks offered during the school day or in after-school programs should make a positive contribution to children's diets and health, with an emphasis on fresh fruits and vegetables, water, low-fat milk, and other foods/beverages that are low in fat, sugar, salt, and caffeine, following the Smart Snacks Guidelines.

B. Physical Activity

The World Learner School will provide students with opportunities, support, and encouragement for physical education and activity in partnership with family, staff, and community through:

1. Physical education classes which incorporate national physical education standards. Every student will develop the knowledge and skills necessary to perform a variety of physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle.
2. Daily recess periods for elementary students:
 - a. WLS will be strongly encouraged to schedule recess or physical activity before lunch in order to increase food consumed, decrease plate waste, and improve behavior during mealtime.
 - b. WLS will provide staff to lead and supervise recess.
 - c. WLS will proactively teach and encourage positive recess behavior throughout the school year.

- d. The use of facilities for recess activities will not interfere with instructional classes: separate locations will be used for each activity.
 - e. WLS will avoid scheduling recess back to back with physical education classes whenever possible.
 - f. Recess will not generally be used for instructional make-up time.
 - g. WLS will not generally hold recess as a punishment.
3. Integration of physical activity into the academic curriculum where appropriate:
- a. Physical activity will be strongly encouraged to be integrated into the main school day, in the form of a brief movement and/or physical activity break at appropriate times in the school day.
 - b. Teachers and school staff are encouraged to support learning through movement by integrating physical activity into lessons in subjects such as math, reading, and science when appropriate.
 - c. WLS will not withhold physical activity as a punishment.

C. Nutrition Education

WLS will provide students with opportunities, support, and encouragement for nutrition education through:

1. Health education which incorporates national health standards
2. Recognition of nutritional diversity needs
3. Professional development support

D. Nutrition Education and Promotion

The World Learner School will be encouraged to not use food or beverages as rewards for academic performance or good behavior, and will not withhold food (including food served through school meals) or beverages as punishment except in the following circumstances:

1. If an individual student's Individualized Education Plan (IEP) recommends the use of food for behavior modification, a teacher may use food as a reward for that student. Food will be used as a last alternative for behavioral modification as part of an IEP, and teachers should minimize classroom use and provide healthy food when available

E. Nutrition Standards

The World Learner School will provide students access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students through:

1. Meeting the USDA nutritional requirements.
2. Participating in available federal and state meal and milk programs.
3. Accommodating individualized health plans.
4. Accommodating religious, ethnic, and cultural backgrounds.
5. Providing adequate time for students to eat.

F. Other School Based Activities

The World Learner School will model and promote students' health, well-being, and ability to learn by establishing an environment that:

1. Offers healthy and nutritional choices.
2. Limits unhealthy food choices provided to students.
3. Educates students, staff, and community on healthy choices.

Legal References:

- : 42 U.S.C. § 1751 et seq. (National School Lunch Act)
- 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)

Local Resources:

Minnesota Department of Education, www.education.state.mn.us
Minnesota Department of Health, www.health.state.mn.us
County Health Departments
Action for Healthy Kids Minnesota, www.actionforhealthykids.org
United States Department of Agriculture, www.fns.usda.gov