

MINNEAPOLIS ACADEMY

Adopted:

Revised: December 19, 2011

WELLNESS

I. PURPOSE

The purpose of this policy is to ensure an environment that promotes and protects Minneapolis Academy students' 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 student attendance and education.
- B. The Academy environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Minneapolis Academy encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All Minneapolis Academy students 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 affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; accommodate the religious needs of the student body in meal planning and preparation; try to accommodate the 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. GUIDELINES

- A. Foods and Beverages
 - 1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.
 - 2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.

3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. Minneapolis Academy will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
5. Minneapolis Academy will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. Minneapolis Academy 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.
7. Minneapolis Academy will discourage tutoring, club, or organizational meetings, or activities during mealtimes, unless students may eat during such activities.

B. School Food Service Program/Personnel

1. Minneapolis Academy will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. Minneapolis Academy shall designate an appropriate person to be responsible for the school district's 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 Dietary Guidelines for Americans.
3. As part of Minneapolis Academy's responsibility to operate a food service program, it will provide continuing professional development for all food service personnel in schools.

C. Nutrition Education and Promotion

1. Minneapolis Academy 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, where appropriate; and
 - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. Minneapolis Academy will encourage all students to consume the school's healthy selections of foods and beverages, without access to vending machines and concession stands offering beverages and foods without nutritional value.

3. Minneapolis Academy will not use foods or beverages as rewards for academic performance or good behavior, unless allowed by a student's individual education plan, or behavior intervention plan, and will not withhold food or beverages as punishment.

D. Physical Activity

1. Students have opportunities for regular physical activity during an hour of physical education every day. Health education is also offered in addition to the physical education course, to reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

1. Minneapolis Academy recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Minneapolis Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Minneapolis Academy encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Minneapolis Academy 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. After approval by the Academy board, the wellness policy will be implemented throughout the school district.
- B. The Academy food service staff will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal, or the executive director's designee, as appropriate.
- C. The Academy's food service program administrator will provide an annual report to the executive director setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The executive director or designee will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.
- E. The school district will post this wellness policy on its website.