



100 West 66th Street
Richfield, Minnesota 55423

Local Wellness Policy

I. Purpose

The purpose of this policy is to provide guidance to develop healthy learners through a school environment that promotes and protect students' health, well-being and ability to learn by supporting healthy eating and physical activity.

II. General Statement of Policy

- A. Flex Academy of Minnesota 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 school district will involve students, parents, teachers and food service staff in implementing, monitoring, and reviewing our district Wellness Policy and Guidelines.
- C. The school environment will promote and protect students' health, well-being and ability to learn by providing opportunities for healthy eating and physical activity.
- D. All students enrolled at Flex Academy of Minnesota will have opportunities, support and encouragement to be physically active on a regular basis.
- E. All student will have access to affordable, nutritious foods that meet National School Food programs.
- F. Vending machines or alternatives to the food program will not be available on campus.
- G. The religious, ethnic and cultural diversity and food allergies of the student body will be respected in meal planning, nutrition education and physical activity; and school sites will provide clean, safe and pleasant settings with adequate time for students to eat.
- H. Flex Academy will participate in the National school meal programs to the extent that is necessary to meet the needs of our students.

III. Nutrition Education and Promotion

- A. Flex Academy aims to teach, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:
 - a. Is offered at each grade level as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. Is part of health integrated classrooms across the educational spectrum;
 - c. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contents, promotions, taste testing, farm visits and school gardens;
 - d. Promotes fresh fruits and vegetable;
 - e. Emphasizes caloric balance between intake and physical energy expenditure;
 - f. Links to school meal programs.



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- B. **Communication with Parents:** The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating tips for parents and send home nutrition information as it is available from caterer. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual food and beverages.

IV. **School Meal Program**

A. School Meals

- a. The school will contract with a food service vendor that will provide healthy and safe school meal programs that comply with all federal, state and local statutes and regulations.
- b. The food service department will aim to be self-supporting; however, budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- c. The Food Service Director will establish a committee of students to taste test items for school menu.
- d. The school will accommodate the changing special nutrition needs of students and will accommodate the cultural, ethnic and religious diversity of our community.
- e. Meals served through the National School Lunch and Breakfast Programs will:
 - i. Offer a variety of fruits and vegetables
 - ii. Serve only fat free milk and offer lactose reduced milk when request by parent/guardian
 - iii. Work towards ensuring that all served grains are whole grain
 - iv. Continue to replace higher fat main entrée items with lower fat items as available
 - v. Continue to replace trans fats with food that do not contain trans fats
 - vi. Be served in portion sizes that meet NSLP and NSBP requirements
 - vii. Meet current USDA nutrition requirements

B. Food Safety

- a. All foods sold or served to students will be prepared in health inspected facilities under the guidance of food safety certified staff.
- b. The school will provide student access to hand washing or hand sanitizing before students eat meals.

C. Scheduling of Meals

- a. School will provide sufficient time for all students to eat in the school cafeteria and will schedule meal periods at appropriate times during the school day. School will work to:



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- i. Provide students with at least 10 minutes to eat after sitting down for breakfast
- ii. Provide students with at least 15 minutes to eat after sitting down for lunch
- iii. Schedule lunch between 11:00 and 1:00 daily
- iv. Offer clean dining areas which have enough space for all students
- b. The school will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation, including “grab and go” breakfast.

V. Other Foods and Beverages

A. Food and Behavior

- a. School will not use foods or beverages as rewards for academic performance or good behavior (unless stipulated in IEP, BIP or 504 accommodation plan).
- b. School will not withhold foods or beverages as punishment

B. Fundraising

- a. Fundraising efforts will be supportive of health eating by emphasizing the sale of healthy food items or of non-food items.
- b. Fundraising activities which involve the sale of food will take place outside the school day and must meet the guidelines for foods sold outside of reimbursable meals menus.
- c. Students and staff will be prohibited from personal fundraising efforts that include the sale of foods and beverages on campus.

C. Celebrations

- a. Classroom celebrations will encourage healthy choices and portion control and not include more than one item that does not meet the requirements for foods sold outside of the reimbursable meal menus.

D. Sharing Foods and Beverages

- a. Schools will not allow students to share their food or beverages with one another during meal or snack times given concerns about allergies and other restrictions on some children’s diet.

E. Snacks

- a. The school does not provide snacks for students. Families are encouraged to make healthy choices of fruit, vegetables or whole grain items.

F. Food Sales Outside of Reimbursable Meal Menu

- a. School will not utilize vending machines.
- b. Food and beverage marketing will not be permitted unless they meet the Smart Snacks in School nutrition standards.
- c. Items sold will be :
 - i. Reimbursable meal menu items
 - ii. Foods that contain 7 grams of fat or less per serving
 - iii. Foods that do not have sugar or other caloric sweeteners as the first ingredient



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G. Beverages

- a. The school will provide fat free milk options at lunch and breakfast meal times.
- b. Water without added sweeteners are acceptable for consumption
- c. 100% juice

H. Portion Sizes

Except in cases where the NSLLP or SBP require a larger serving to meet meal pattern requirements, portion sizes of the following items will be limited to:

- 1 ¼ ounces for baked chips, crackers, popcorn, cereal or dried fruit
- 1 oz. for cookies
- 2 oz. for cereal bars, granola bars and other bakery items;
- 4 fl. Oz. for frozen desserts, including, but not limited to , low-fat or fat-free ice cream
- 8 oz. for non-frozen yogurt
- 12 fl oz. for beverages, except
 - 16 fl oz. for milk
 - Unlimited for water
- Fruits and non-fried vegetables are exempt from portion size limits

VI. Physical Education and Physical Activity

A. Physical Education (P.E.)

- a. The district will provide students regular physical education an average of 110 minutes/week.
- b. The district will follow state compulsory instruction law which requires all students ages 7-16 to receive instruction in health and physical education.
- c. All efforts will be made to contract with a certified physical education instructor.
- d. Age appropriate physical activities to promote positive growth and development will be implemented.

B. Integrating Physical Activity into the Classroom

- a. Classroom teachers will incorporate health education reinforcing activities and self-management skills into instruction.
- b. Opportunities for physical movement should be implemented where possible
- c. Classroom teachers are encouraged to provide short breaks between lessons as appropriate; and
- d. District discourages extended periods (2+ hours) or inactivity.

C. Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment.



VII. Communication with Families and the Community

- A. The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
- B. The district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- C. The district encourages families to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
- D. The district will provide information to families, community based organizations and the general public about ways to promote healthy lifestyles.
- E. The district will encourage community based organizations and other out of school time activity providers to provide healthy foods and physical activity as part of their program.

VIII. Staff Wellness

School staffs are encouraged to model healthy eating behaviors. Flex Academy offers wellness programs and health benefits (i.e. select gym and Weight Watchers discounts) that promote healthy eating and physical activity.

IX. Accountability

The HOS or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the HOS or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school to the HOS or designee.

X. Communication

The school district will develop and implement a communications plan which includes staff and student training and communication to families to ensure understanding of the rationale for the wellness policy and needs and actions of the wellness policy.

XI. Implementation and Evaluation

- A. The HOS shall execute administrative procedures that ensure the implementation of and compliance with the wellness policy. These procedures shall include adoption of current guidelines, designation of site level staff responsible for policy implementation and an implementation work plan.
- B. An annual report will be made to the Board to ensure district-wide compliance with the policy.
- C. A Wellness Committee shall be formed to plan, implement and improve the nutrition and physical activity environment.
- D. An implementation work plan will be created with timeline and evaluation indicators.