

SCHOOL WELLNESS POLICY

I. Policy

The Little Falls City School District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Little Falls City School District participates in USDA Child Nutrition programs including the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, school programs contribute to the basic health of children. Improved health optimizes student performance and ensures that no child is left behind.

II. Goals for Nutrition Education, Physical Activity and Other School Based Activities

A. Nutrition Education

1. Students in grades K through 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Students receive consistent nutrition messages.
3. District health education curriculum standards and guidelines include both nutrition and physical education.
4. Nutrition is integrated into the health education curriculum.
5. Staff who provide nutrition education will have appropriate training.

B. Physical Activity

1. Students will have opportunities for physical activity during the school day through physical education (PE) classes, and daily recess periods for elementary school students
2. Students will have opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramurals, and interscholastic athletics.

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C. Other School-Based Activities

1. Dining Environment

The District will:

- a) Provide a clean, safe meal environment for all students;
- b) Provide enough space and serving area to ensure that all students have access for school meals;
- c) Drinking fountains are available in schools, so that students may obtain water at mealtime and throughout the day.
- d) Encourage all students to participate in the school meals/cafeteria program and protect the identity of students who eat free and reduced price meals.

2. Limitations

School personnel will not:

- a) Use food as a reward or punishment in school;
- b) Deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

3. Consistent School Activities and Environment

The District will:

- a) Provide opportunities for ongoing professional training for foodservice staff and teachers in the areas of nutrition and physical education.
- b) Promote efforts to keep school physical activity facilities open for use by students outside regular school hours.
- c) Encourage school and community members to serve as role models in practicing and promoting a healthy lifestyle.

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- d) Make an effort to ensure that families are aware of need-based programs for free or reduced-priced meals and encourage eligible families to apply.

D. Nutritional Guidelines

Nutritional guidelines shall conform to the Healthy, Hunger-Free Kids Act of 2010.

1. School Meals – the district will:

- a) Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
- b) Encourage students to try new or unfamiliar items.
- c) Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.
- d) Consider serving produce and food from local farms and suppliers.
- e) Make free drinking water available at locations where meals are served.

2. Meal Scheduling – the district will:

- a) Provide adequate time to eat.
- b) Schedule lunchtime between normal lunch hours (10:40 a.m. – 1 p.m.)

E. Guidelines for Reimbursable School Meals

The District will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and 220.

F. Community Involvement

Members of the public, parents, students, school food service workers, teachers, administrators, Board of Education members and support staff personnel, serving as members of the District Shared Decision Making Group, will review the policy and make recommendations to the Superintendent as needed.

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G. Implementation and Evaluation of Policy

Under the direction of the Superintendent or designee, the District will:

1. Periodically assess how well this policy is being followed.
2. Reinforce policy goals with school staff as needed.

Little Falls City School District

Legal Ref: Education Law Sections 915, 1709 and (23); National School Lunch Act 1946 as amended (42 USC 1751-1760); Child Nutrition Act 1966; Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265); Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Smart Snacks in School Rules 2014.

Adopted: 09/13/06

Revised: 12/09/15, 11/14/18*

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