

**DISTRICT CODE: 533
WELLNESS**

Policy reflects Minnesota statute and aligns with other District 270 policies.

I. PURPOSE

The purpose of this policy is to assure Hopkins Public Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

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 staff and student attendance and performance.
- B. The School board recognizes that good nutrition and physical activity are essential for the long-term health of children. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Schools have a responsibility to help students and encourage staff to establish and maintain lifelong, healthy eating and physical activity patterns.
- C. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- D. The school environment will promote and protect students' health, well-being, and ability to learn by promoting healthy eating and physical activity.
- E. The School District 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.
- F. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.
- G. Related community services will provide opportunities, encouragement, and support for students to be physically active on a regular basis.

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- H. The 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.
- I. The School District will provide clean, safe, and pleasant settings and adequate and appropriate time for students to eat.

III. GUIDELINES

A. Foods and Beverages

- 1. All foods and beverages made available on campus (including a la carte items, concessions, vending and catering) must follow and be consistent with the Hopkins School District Nutrition Guidelines and the current USDA Dietary Guidelines for Americans.
- 2. Food service personnel will adhere to all federal, state, and local food safety and security guidelines.
- 3. The School District will prevent the overt identification of students who are eligible for free and reduced-price school meals.
- 4. The School District will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- 5. When building schedules and resources permit, the School District will encourage elementary schools to schedule lunch following recess periods.
- 6. The School District will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- 7. Fundraising
 - 1. During School Hours
 - a. The income from the sale of food or beverage items to students, anywhere on the school premises from thirty minutes prior to the start of any school day until thirty minutes after the school, shall accrue to the Hopkins student nutrition programs.
 - 2. Outside of School Hours
 - a. To support children's health and school nutrition-education efforts, school-sponsored fundraising will be supportive of healthy food items and by promoting active events. The Department of Nutrition & Lifestyle Services, School Nutrition Services will create and promote a list of non-food fundraising activities, specifically those involving promoting physical activity.

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8. The District is committed to ensuring that all foods and beverages available to students on the school campus, during the school day, support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA nutrition standards, at a minimum.
9. Snacks served during out-of-school time care/enrichment programs will meet the USDA guidelines.
10. School District staff will limit use of food or beverages as rewards for academic performance or good behavior during the school day and will not withhold food or beverages (including food served through school meals) as a punishment. 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. But, food shall be used as a last alternative for behavioral modification as part of an IEP, and teachers should minimize classroom use. In these rare situations, foods used as rewards should meet the Hopkins Public Schools Nutritional Guidelines. Teachers shall use physical activity, recognition, privileges and other non-food incentives as rewards for academic performance or good behavior, when possible.

B. Schools

Community building activities and celebrations that involve food during the school day should be limited. Each should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy ideas to parents and teachers. Items served will meet the Hopkins Public Schools Nutritional Guidelines.

Foods and beverages offered or sold at school-sponsored events (such as, but not limited to, athletic events, dances, or performances) outside the school day will meet the Hopkins Public Schools Nutrition Guidelines.

C. Food and Beverage Marketing in Schools

1. The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy.
2. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA nutrition standards.

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3. Food advertising and marketing is defined as an oral, written, graphic or digital statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:
 - a. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
 - b. Displays, such as on vending machine exteriors.
 - c. Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards. (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
 - d. Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
 - e. Advertisements in school publications or school mailings.
 - f. Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

D. Nutrition Education and Promotion

1. The School District aims to teach, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:
 - a. provides a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. comprises 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;
 - c. includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as contests, promotions, taste testing, and field trips.

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- d. promotes healthy food preparation methods that follows The Department of Nutrition & Lifestyle Services Nutrition Guidelines and encourages the consumption of fruits, vegetables, whole grain products, dairy products, and health-enhancing nutrition practices;
 - e. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
 - f. links with school meal programs, other school foods, and nutrition-related community services; and
 - g. teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff.
2. Nutrition education will be provided to parents beginning at the elementary level with a goal to continue to educate parents throughout middle and high school levels. The nutrition education will be provided in the form of newsletters, postings on the District website, presentations on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.
 3. The School District will provide nutrition education and engage in nutrition promotion with staff with the purpose of:
 - a. encouraging all school staff, support staff and administrators to improve their own personal health and wellness.
 - b. creating positive role models and improving staff morale.
 - c. building the commitment of staff to promote health, improve nutrition, and encourage physical activity.
 4. The School District will promote and market healthy selections of foods and beverages meeting USDA guidelines to all students and staff, including those sold individually outside the reimbursable school meal programs, such as through a la carte, vending machines, fundraising events, catering and student stores.

E. Physical Education and Physical Activity Promotion

1. The District aims to teach the knowledge, skills, and values that will enable students to lead healthy, physically active lives. Schools will develop and implement a comprehensive plan to encourage physical activity that includes:
 - a. sequential program of physical education that involves moderate to vigorous physical activity. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings will receive physical education taught by a specialist for middle and high school students. The program teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes diverse activities and sports that

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students enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff who embed best practice regarding developmentally appropriate curriculum and instruction; and is coordinated with the health education curriculum;

- b. for students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- physical education curriculum will include knowledge based information about the 5 components of fitness which include: Cardio-respiratory Endurance, Muscular Strength and Endurance, Flexibility, and Body Composition.
 - classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.
 - opportunities for physical activity will be incorporated into other subject lessons; and
 - classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- c. all elementary school students will have a dedicated time per day for supervised recess, outdoors unless inclement weather, during which school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. When inclement weather makes it necessary for the students to remain indoors, schools should give the students an opportunity for active recess activities. Schools should discourage extended periods of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.
- d. opportunities and encouragement for all students to voluntarily participate in a diverse selection of competitive and noncompetitive before-and after-school physical activity programs, such as intramurals, clubs, and interscholastic athletics, whose primary focus is on facilitating

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participation by all interested students, regardless of their athletic ability;
and

- e. active engagement of families as partners in their children's education and collaboration with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day.
2. Regular physical activity is necessary to the optimum development and academic achievement of students. Therefore, schools will, whenever possible:
 - a. provide modified opportunities for meaningful movement during recess and physical education classes to students who are injured or who cannot fully participate for some other reason;
 - b. minimize the use of physical education facilities for non-instructional purposes; and
 - c. provide opportunities during the school day other than recess to finish homework.

F. Communications with Parents

1. The School District recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The School District will support parent's efforts to provide a healthy diet and daily physical activity for their children.
3. The School District encourages parents to pack healthy lunches and snacks and 100% juice and milk. The School District 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. School food service staff, at the school or District level, will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.

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- B. The School District's student nutrition program administrator will provide an annual report to the superintendent setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- C. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee. The Superintendent will provide an annual report of the School District's compliance with the policy to the School Board. That report will be distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Adopted: May 4, 2006

Revised: December 17, 2015