



**Voyageurs Expeditionary School
District #4107**

District Wellness Policy

Board approved June 11, 2009

Section 204 of Public Law 108-265—June 30, 2004

Child Nutrition and WIC Reauthorization Act of 2004

SEC. 204 LOCAL WELLNESS POLICY

(a) **IN GENERAL** - Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency that, at a minimum—

- Includes goals for nutrition education, physical activity and other school- based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
- Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
- Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0, as those regulations and guidance apply to schools;
- Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
- Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

(b) TECHNICAL ASSISTANCE AND BEST PRACTICES. –

(1) **IN GENERAL.** - The Secretary, in coordination with the Secretary of Education and in consultation with the Secretary of Health and Human Services, acting through the Centers for Disease Control and Prevention, shall make available to local educational agencies, school food authorities, and State educational agencies, on request, information and technical assistance for use in—

- (A) Establishing healthy school nutrition environments;
- (B) Reducing childhood obesity; and
- (C) Preventing diet-related chronic diseases.

(2) CONTENT. - **Technical assistance provided by the Secretary under this subsection shall—**

(A) Include relevant and applicable examples of schools and local educational agencies that have taken steps to offer healthy options for foods sold or served in schools;

(B) Include such other technical assistance as is required to carry out the goals of promoting sound nutrition and establishing healthy school nutrition environments that are consistent with this section;

(C) Be provided in such a manner as to be consistent with the specific needs and requirements of local educational agencies; and

(D) Be for guidance purposes only and not be construed as binding or as a mandate to schools, local educational agencies, school food authorities, or State educational agencies.

(3) FUNDING. –

(A) **IN GENERAL.** – On July 1, 2006, out of any funds in the Treasury not otherwise appropriated, the Secretary of the Treasury shall transfer to the Secretary of Agriculture to carry out this subsection \$4,000,000, to remain available until September 30, 2009.

(B) **RECEIPT AND ACCEPTANCE.** – The Secretary shall be entitled to receive, shall accept, and shall use to carry out this subsection the funds transferred under subparagraph (A), without further appropriation.

I. Purpose

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. General State of Policy

Voyageurs Expeditionary School is committed to providing a healthy school environment because:

- The school board recognized that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.

- The school environment should promote and protect students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
- The school district encourages the involvement of students, parents, teachers, food services, school board, school administration, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical policies.
- A Wellness Committee has been formed to plan, implement and improve the school district's nutrition and physical activity in the school environment.
- The Wellness Committee reviewed: school health policies and environment, health education, physical education and other physical activity, nutrition services and health promotion for staff.
- Children need access to healthy foods and opportunities to be physically active in order to grow, learn, thrive, and to achieve academic success
- All students in 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

III. Guidelines

Foods and Beverages Served/Sold During the School Day

Food and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.

Food and beverages offered over the course of a school week will be nutrient-dense, including whole grain products and fiber-rich fruit and vegetables to provide students a variety of choices to maintain a balanced diet.

Foods and beverages available during the school day will include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperatures.

Foods and beverages during the school day minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans.

Beverages offered during the school day will be water and choice of 1% or skim milk.

VES does not have vending machines on school property.

School Meals/Lunch program

The food service program will aim to be financially self-supporting. However, VES feels that the program is an essential part of educational support. Budget neutrality will not take precedence over the nutritional needs of the students.

Food service makes every effort to provide affordable access to the varied and nutritious foods they need.

In an effort to encourage healthy eating, the Wellness Committee will utilize the student council to get student feedback on meals.

Voyageurs 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.

School lunch is scheduled for 30 minutes to allow students time for hand washing/sanitizing and ample time to eat. If any activities are scheduled during lunchtime, students will be allowed to eat during those activities.

The school food service is constantly seeking ways to increase the availability of fresh fruits and vegetables.

School Breakfast

Studies show that students who eat breakfast have more energy, are more alert, behave more appropriately and generally perform better in school than those that don't eat breakfast. Students who eat breakfast learn better and are more likely to be calm, less anxious and more focused.

The Federal Breakfast program is mandated for schools having more than 33% of their students eligible for free and reduced lunch, unless it can be demonstrated that not many students will participate in the program. Voyageurs entered the Breakfast Program and offer free breakfast to all students.

Snacks

Snacks offered during class or after school, will have an emphasis on serving healthy items with no more than 35% of its calories from fat, 10% of calories from saturated or trans fats combined, and no more than 230 mg of sodium per serving. VES will try to offer fruits and/or vegetables whenever possible.

Health Education/Physical Activity

Minnesota required that each school district develop standards and assessments in health education by 2008. Therefore, a comprehensive program of health education that is designed to promote healthful living and discourage health-risk behaviors shall be explored.

By the end of 12th grade, students should be able to:

- Comprehend concepts related to health promotion and disease prevention;

- Access valid health information and health-promoting products and services;
- Practice health-enhancing behaviors and reduce health risks;
- Analyze the influence of culture, media, technology, and other factors on health;
- Use interpersonal communication skills to enhance health;
- Use goal-setting, decision-making, and self-management skills to enhance health; and
- Advocate for personal, family, and community health.

Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.

Voyageurs' currently offers health education and physical education classes as electives, and are investigating the possibility of requiring these classes for graduation.

Communication with Parents

The school recognized that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.

The school will support parents' efforts to provide a healthy diet and physical activity for their children.

The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

The school will provide information about physical education and other school-based physical opportunities and will support parents' efforts to provide their children with opportunities to be active outside of school.

The Wellness Policy will be made available at the school and on the school's website for public review.

Staff Wellness

School staff serves as role models for students and are key to successful implementation of student wellness programs. Therefore, the committee is actively looking for various wellness activities such as health promotion, stress management, and education and support to prevent injury and promote healthy lifestyles.

School Safety and Risk Management

Policies promoting a healthy school environment are currently being developed and will be included in this section when complete.

IV. Implementation and Monitoring

After approval by the school board, the wellness policy will be implemented throughout the school.

The Director shall execute administrative procedures that ensure the implementation and compliance of the wellness policy. These procedures shall include adoption of current guidelines, and the designation of staff responsible for implementation.

An annual report shall be made to the School Board to ensure compliance with the policy. The wellness committee will create an evaluation tool to be used to assess and improve the various components of the wellness policy. The wellness committee shall meet twice a year to review the evaluations and determine areas in need of improvement.