

INDEPENDENT SCHOOL DISTRICT NO. 1  
AITKIN, MINNESOTA 56431

**Wellness Policy**

**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.

**1. Advisory Committee:**

A districtwide Wellness Committee will be established. The Committee would meet a minimum of four times annually. The Committee will include members as specified by law (parents, students, representatives of the school food authority, the school board, school administrators, and the public). Responsibilities of the Wellness Committee may include, but not be limited to, review of the following items: Subsequent recommendations may be made to the school board as needed.

- Integration of nutrition and physical activity in the overall curriculum.
- Promote staff professional development in all subject areas including nutrition and physical activity issues.
- Promote healthy alternatives and opportunities to the Aitkin School District students, employees, and community members.
- Recommend activities to meet the needs of the community.
- Explore funding options to help support these activities.

**2. Student Nutrition:**

The School Breakfast/Lunch Programs:

- The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meal Programs.
- The Food Service Director should work closely with the Wellness Committee.
- The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- The school district 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.
- The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- When possible, recess time will be provided for elementary students before lunch.

### **3. Nutrition Education and Promotion:**

- K-12 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. Lessons will focus on skills and positive aspects of healthy eating.
- The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through vending machines, fundraising events, concession stands, and student stores.
- The school district will encourage the use of foods or beverages that meet nutritional guidelines for academic performance or good behavior.

#### Parent Nutrition Education:

Nutrition education may be provided in the form of handouts, postings on the district website, articles and information provided in district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

#### Staff Nutrition & Physical Activity Education:

Nutrition and physical activity education opportunities may be provided to all school staff at the elementary, middle and high school levels. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

#### District Nutrition:

The district strongly encourages the sale or distribution of nutrition dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy.

### **4. Student Physical Activity:**

#### District Physical Activity Goal:

The district shall provide physical activity and physical education opportunities that provide students with the knowledge and skills to lead a physically active lifestyle. The district shall utilize the following Implementation Strategies:

1. Physical education classes and physical activity opportunities will be available to all students. Health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television.

2. Physical activity opportunities may be offered daily before school, during school (recess), or after school.
3. As recommended by the National Association of Sport and Physical Education (NAPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
  - Expose students to a wide variety of physical activities.
  - Teach physical skills to help maintain a lifetime of health and fitness.
  - Encourage self-monitoring so students can see how active they are and set their own goals.
  - Individualize intensity of activities.
  - Be active role models.
4. Introduce developmentally appropriate components of a health-related assessment to the students at an early age to prepare them for future assessments.
5. Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice.
6. Physical activity opportunities should be available to community members to promote community wellness across one's lifespan.

**5. Community Wellness:**

1. The Wellness Committee will collaborate with public health and other community agencies.
2. The Wellness Committee will encourage the use of Community Education resources to promote healthy eating and physical activity through the lifespan.

