



## Wellness Policy

### **Irrawaddy Academy 511. Wellness Policy**

*Adopted:* April 23, 2024

#### **I. PURPOSE**

At Irrawaddy Academy we are committed to supporting the learning, health, and well-being of students and staff by using the WSCC (Whole School, Whole Community, Whole Child) Model to promote lifelong personal well-being. The components of WSCC include: Food and Nutrition; Physical Education, Physical Activity; Health Education; Health Services; Safe School Environment; Social-Emotional Wellness; Staff Wellness; and Family and Community Involvement.

#### **II. GENERAL STATEMENT OF POLICY**

A. The school board recognizes that educational success is influenced by good health and a holistic approach to learning. All students in grades K-12 shall receive high quality, comprehensive, standards-based health, nutrition, and physical education that provides students with learning experiences to develop the skills to live a healthy, well-rounded lifestyle.

B. The school environment should promote and protect students' and staff health, well being, and ability to learn by encouraging healthy eating, physical activity, and social emotional learning.

C. 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.

D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.

#### **III. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

A. Students need opportunities, support, and encouragement to be physically active and to fully embrace regular physical activity as a personal behavior. Physical Education (P.E.) and health instruction will be available for K-12, as per MDE Health and Physical Education Guidelines (**Final PE Standards 073333 3**). The written physical education curriculum for each grade will align with national and/or state physical education standards.



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B. Through the school curriculum, the school will provide adequate opportunities to all students (K-12) to be physically active during the school day to contribute toward the recommended goal of 60 minutes of physical activity each day.

C. Understanding the importance of physical activity in a child's ability to focus and learn in the classroom, school personnel are encouraged to use physical activity as a reward for good behavior.

D. School personnel will not withhold participation in recess or physical activity as a punishment for lack of work completions, unless mutually agreed upon by the parent/guardian.

E. School personnel will not use physical activity as a punishment (running laps, push-ups, etc.)

F. Active transport to school programs will be promoted through partnerships with local government and community-based agencies (Safe Routes to School Program, Walking Bus, bike racks, etc.)

G. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. Opportunities for physical activity will be incorporated into other subject lessons and between classes, where appropriate.

H. The district will support and promote physical activities for students and families through a broad range of before and after school activities, intramurals, summer activities, community education offerings, co- curricular activities and physical education offerings.

I. The district will support the use of facilities for physical activities by students, staff and the community outside normal school day, consistent with the Facilities Use Guidelines.

J. Recess is not synonymous with physical education. Recess cannot be used in place of physical education minutes.

## IV. NUTRITION ENVIRONMENT AND SERVICES

A. All foods and beverages made available on campus (including concessions and a la carte cafeteria items) will be consistent with the current federal, state and local laws, rules and regulations for Smart Snacks (more information can be found here: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>). The School will ensure that foods and beverages sold, offered, served or made available on school grounds during the school day (which begins at midnight before the start of the school day and ends one half hour after the end of the school day) but outside of the school meals programs (including but not limited to school stores, fundraising, classroom celebrations/ parties/ snacks, concessions, beverage contracts and vending machines) meet the USDA Child



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Nutrition and Smart Snack standards. Farm to School items will be included in the menus as seasonally available to help students make the connection between agriculture and food.

B. In addition, any food or beverage marketing within the School must meet the Smart Snack standards. Marketing and advertising of foods and beverages that do not meet the requirements as outlined in the Smart Snack Guidelines, through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, incentive programs, sports equipment, educational materials, marketing where food is purchased, marketing in school publications and media, fundraisers and corporate incentive programs, or other means will be prohibited during the regular school day.

C. Qualified food service personnel will provide students with access to a variety of affordable, and nutritious foods that meet the health and nutrition needs of students. Food service will provide students foods and beverages that meet or exceed all federal, state, and local laws and guidelines. The meal components of reimbursable meals will adhere to, meet or exceed the applicable federal, state, and local laws, rules and regulations. USDA Child Nutrition Standards apply to all foods and beverages available at each school during the school day. This includes the National School Lunch Program, National School Breakfast Program, After School Snack Program, Special Milk Program, Child and Adult Care Feeding Program, Summer Food Service Program as well as food sold a la carte.

D. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines. Qualified Nutrition Services personnel will provide students with access to a variety of affordable and nutritious foods that meet the health and nutrition needs of students while trying to accommodate the religious, ethnic and cultural diversity of the student body in meal planning. All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

E. The school will provide a clean and safe environment and provide students access to hand washing or hand sanitizing before they eat meals or snacks.

F. Meals served to students shall be presented with sufficient time for eating and socialization at the table. It shall be the responsibility of the school staff to foster healthy eating habits and respect for fellow students.

G. Students participate in a breakfast program which affords students the necessary time they need to consume their breakfast. Students shall have a minimum allotted lunch time of 20 minutes.

H. The school will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

I. The School will provide drinking water where school meals are served, during meal times.



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J. The School will make accommodations for the special dietary needs of students as mandated by the Americans with Disabilities Act, 1990 and Individuals with Disability Education Act and per USDA regulations.

## K. Nutrition education and promotion

1. The school district recognizes the important connection between food and culture. The school district will encourage and support healthy eating and a positive relationship with food by students and engage in nutrition promotion that is:

- i. designed to provide students with the knowledge and skills necessary to promote and protect their health;
- ii. 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; and
- iii. engaging, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
- iv. The school will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold outside the reimbursable school meal programs, such as through a la carte [snack] lines, vending machines, fundraising events, concession stands, and student stores.
- v. School will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.
- vi. Due to concerns about food safety, food allergies and nutrition; food and beverages should not be the focus of classroom celebrations. Classroom celebrations should be focused on activities rather than food. Classroom activities that include food must meet Smart Snacks Guidelines. A list of Smart Snacks, activities and non-food examples will be posted on the school website.
- vii. Food and beverages will not be part of student birthdays.

## V. HEALTH EDUCATION

The school is committed to providing health education to all students in grades K-12, using a sequential, health education curriculum that aligns with national and state standards for health education. Health education instruction should be skills-based, age appropriate, medically



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accurate, non-stigmatizing, and inclusive for all students. Students will receive health education in frequencies that meet or exceed the requirements set by the Minnesota Department of Education.

## **VI. SOCIAL AND EMOTIONAL CLIMATE**

The school understands that a positive social and emotional climate can improve academic success, attendance, behavior, and student and staff well-being. The school is committed to high expectations with high support. The school will promote a positive social-emotional climate by:

- A. Social Emotional learning with the MTSS (Multi-Tiered Systems of Support) Model
- B. Administering a universal screener for mental well-being
- C. Administering student climate surveys
- D. Anti-bullying policies and identifying and implementing school-wide approaches to prevent and address harassment, bullying and cyberbullying. Refer to Policy 506.
- E. School safety and violence prevention policies and strategies.
- F. Promoting positive relationships between students and employees
- G. Training school staff on district wide approach to Social-Emotional Learning (SEL)

## **VII. PHYSICAL ENVIRONMENT**

The school is committed to ensuring that the school environment protects the health and safety of students and staff. The district will support healthy and safe school environments within and around all district facilities.

## **VIII. HEALTH SERVICES**

We promote the health and wellness of our students because healthy students are better learners. Our health services staff work in collaboration with each other and local partners to meet the healthcare needs of our students.

## **IX. EMPLOYEE WELLNESS**

The school is committed to supporting the physical and mental health and well-being of all employees. Our school recognizes that all employees are involved in setting the culture and tone of the educational process. The School will have a Staff Wellness Subcommittee which will disseminate wellness resources and support the school with implementing staff wellness strategies.

1. The District's Wellness Committee and/or Human Resources will plan and implement



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seasonal activities that support personal wellness.

2. District staff will support the wellness policy in the workplace, including modeling healthy nutrition, physical activity and practicing general wellness behaviors.
3. Break time and a location will be provided for a nursing mother as per the U.S. Department of Labor Fair Labor Standards Act.

## **X. COMMUNITY INVOLVEMENT**

The district is committed to establishing strong partnerships with students, employees, families, community members, and community organizations to ensure engagement and involvement between school and other settings to maximize the impact of wellness programming and resources.

1. Work with community partners to inform families of existing resources and services within the community that support healthy living.
2. Establish and maintain relationships with community partners in support of this Wellness Policy's implementation.

## **XI. FAMILY ENGAGEMENT**

The district is committed to encouraging caregiver engagement in school-level decision making and activities.

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 parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district encourages parents to pack lunches and snacks that meet or exceed the dietary guidelines and refrain from including beverages and foods without nutritional value.
4. An Application for Educational Benefits is sent home with all families at the beginning of the school year and is available on the district website. The school district 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.
5. 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.



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6. Promote the benefits of and approaches for stress management, healthy eating and physical activity to families throughout the school year.

7. Inform and invite families to participate in school-sponsored wellness activities and events that promote health resources.

## **XII. WELLNESS COMMITTEE**

A. The school will establish a Wellness Committee which is intended to include (to the extent possible) parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators and the general public to participate in the development, implementation and review of this Policy.

B. The Wellness Committee is responsible for defining goals that set direction and provide the means to measure progress. The Wellness Committee will set annual goals and report them on the school website.

C. The Wellness Committee will support monitoring and evaluation of this Policy, and will make recommendations regarding this Policy to the Executive Director. At least once every three years, the committee will assess the implementation of this policy, including:

1. the extent to which the school is in compliance with this policy;
2. the extent to which this policy compares to model local school wellness policies; and
3. a description of the progress made in attaining the goals of this policy. A report of this triennial assessment will be given to the school board in addition to being posted on the district website. The school board will make appropriate modifications or updates to the policy based on the triennial assessment.

## **XIII. IMPLEMENTATION AND MONITORING**

A. After approval by the school board, this Policy will be implemented throughout the school.

B. School food service staff will ensure compliance within the school's food service areas and will provide audit reports to the food service program administrator, the executive director, or the executive director's designee, as appropriate.

C. The executive director or executive director's designee will oversee the school's wellness-related activities. Executive director will report compliance with this Policy to the school board annually.



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D. The school will post this Policy on its website.

## XIV. TRAINING AND EDUCATION

A. Staff will be provided appropriate training and ongoing staff development regarding best practice as it relates to physical and health education, and the incorporation of physical activity and nutrition during the school day.

B. Nutrition, health and physical education information and opportunities will be provided to parents and families through a variety of formats.

## XV. RECORD KEEPING

A. The school will retain records to document compliance with the requirements of this Policy. The records to be retained include, but are not limited to:

a. This Policy.

b. Documentation demonstrating compliance with community involvement requirements, including requirements to make this Policy and triennial assessments available to the public.

c. Documentation of the triennial assessment of this Policy for each school under the school district's jurisdiction, efforts to review and update this Policy (including indication of who is involved in the update and methods the school district uses to make stakeholders aware of their ability to participate on the Wellness Committee).

### *Legal References:*

Minn. Stat. § 121A.215 (Local School District Wellness Policy)

42 U.S.C. § 1751 et seq. (Health and Hungry Free Kids Act)

42 U.S.C. § 1758b (Local School Wellness Policy)

42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F.R. § 220.8 (School Breakfast Program Regulations)

### *Local Resources:*

Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)

Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)

County Health Departments 533-8 Action for Healthy Kids

Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

United States Department of Agriculture, [www.fns.usda.gov](http://www.fns.usda.gov) Alliance for





Wellness Policy  
a Healthier Generation, Model Local School Wellness Policy CDC,  
Whole School, Whole Community, Whole Child Model,  
<https://www.cdc.gov/healthyschools/wsc/index.htm>