

<b>NLA Administrative Policy: D-102</b>	<b>Policy Title: Wellness</b>		
<b>Authorized Signature:</b>	<b>Date Adopted:</b> 26 October 2007	<b>Date Revised:</b> 16 March 2018	<b>Page:</b> 1 of 4

**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 STATEMENT OF POLICY**

New Life Academy is committed to providing a healthy school environment because:

- A. New Life Academy (NLA) recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. NLA encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing the nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, thrive, and to achieve academic success.
- E. All students in PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food and nutrition services personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings.

**III. GUIDELINES**

- A. Foods and Beverages Served/Sold During the School Day
  - a. All foods and beverages made available to Elementary students (Grades K – 5) on campus will be consistent with the current USDA Dietary Guidelines for Americans.
  - b. All a la carte foods and beverages sold to K – 5 students will be in compliance with Smart Snack guidelines in school nutrition standards.
  - c. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state and local laws and guidelines.
  - d. Food service personnel shall adhere to all federal, state and local food safety and security guidelines.
  - e. Food service personnel 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. Food and nutrition services will utilize electronic identification and payment systems.
  - f. New Life Academy will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
  - g. New Life Academy will make every effort to provide students with sufficient time to each after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
  - h. New Life Academy will discourage tutoring, club, or organizational meetings or

- activities during mealtimes, unless students may eat during such activities.
  - i. New Life Academy should discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.
  - j. No food or beverage not meeting Smart Snack guidelines will be advertised in K – 5.
- B. School Food and Nutrition Program/Personnel
- a. New Life Academy will provide healthy and safe school meal programs to Elementary students that strictly comply with all federal, state, and local statutes and regulations.
  - b. The Director of Food and Nutrition Services shall be responsible for New Life Academy's school meal programs, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages served in the cafeterias during the school day to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
  - c. Food and Nutrition Services programs will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. Food and Nutrition Services will ensure that all students have affordable access to the varied and nutritious foods they need.
  - d. All food service personnel are required to have training on food safety and be certified annually.
- C. Nutrition Education and Promotion
- a. New Life Academy will encourage and support healthy eating by students and engage in nutrition promotion that is:
    - i. Offered as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
    - ii. Integrated into other areas of the curriculum such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
    - iii. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
  - b. New Life Academy will encourage all Elementary students to make age appropriate, healthy selections of foods and beverages and comply with the Smart Snack initiative.
  - c. New Life Academy will provide information to families that encourage them to teach their children about health, nutrition and the importance of daily physical activity.
- D. Physical Activity
- 1. 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 such as watching television or playing video games;

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and

3. Classroom teachers will endeavor to provide short physical activity breaks between lessons or classes, as appropriate.
4. As part of the physical education classes, most elementary students participate in the Presidential Physical Fitness Program.

E. Communications with Parents

1. New Life Academy recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. New Life Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. NLA encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value

F. Food Safety/Food Security

1. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illnesses in schools.
2. For the safety and security of the food and facility, access to the Food and Nutrition Services operations are limited to Food and Nutrition Staff and authorized personnel.

G. Mental Health

1. As part of the Minnesota teacher licensure requirements, teachers receive training in awareness of the symptoms of early onset of mental health disorders.
2. When necessary, appropriate staff members may refer families to professional counseling providers.
3. The NLA staff will not diagnose students with a mental illness, nor provide therapy to students with mental illness.
4. The NLA health aide may administer medication, as prescribed, and monitor possible side effects of medication.

IV. IMPLEMENTATION AND MONITORING

- A. The New Life Academy Administrative Cabinet is responsible to approve the Wellness Policy and ensure its implementation and enforcement.
- B. Parents will be invited to a meeting for their input on any changes/modifications made to the Wellness Policy.
- B. The school Food Service Director will ensure policy compliance within the school's food service area.
- C. The Food Service Director will provide an annual report to the New Life Academy Director of Finance setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The school administration and Food Service Director will monitor compliance of the policy.

- E. Policy will be reviewed on an annual basis by the Food Service Director and the New Life Academy Administrative Cabinet.

Legal References: 42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)  
42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)  
P.L. 108-265 (2004) § 204 (Local Wellness Policy)  
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  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org) and  
[www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf](http://www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf)  
Smart Snack in Schools: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

Additional References and Associations involved:

- American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- American Association of School Administrators (AASA)
- Council of Chief State School Officers (CCSSO)
- National Association of Elementary School Principals (NAESP)
- National Association of Secondary School Principals (NASSP)
- National Association of State Boards of Education (NASBE)
- National PTA
- National School Boards Association (NSBA)
- School Nutrition Association (SNA)
- Centers for Disease Control and Prevention (CDC)
- National Food Service Management Institute (NFSMI) – Eating at School Summary
- United States Department of Agriculture (USDA)
- United States Department of Health and Human Services