

**ROSEVILLE AREA SCHOOLS**  
Independent School District No. 623

Policy 580 – Wellness

1.0 Purpose

The purpose of this policy is to ensure a school environment that promotes and protects student and staff health, wellbeing, and ability to learn by supporting healthy eating, physical activity, and healthy life-styles. The District is committed to providing a school culture that supports whole child wellness; encouraging students to maintain lifelong healthy eating habits, physical, social, and emotional health.

2.0 Goals

2.1 Nutrition Education - continue to integrate nutrition education into the E-12 curriculum.

2.2 Physical Activities - promote physical activity through curricular and non-curricular activities including recess, interscholastic and intramural activities and out-of-school time. In addition, opportunities for physical activity will be incorporated into other subject lessons and classroom teachers will provide short physical activity breaks between lessons or classes where appropriate.

2.3 Other School Based Activities - provide guidelines for school parties, fundraising and school based activities that promote the use of healthy foods. Sites will limit food and beverage fundraising and marketing to the promotion of products that meet US Department of Agriculture (USDA) nutrition standards.

2.3.1 The District will ensure that foods and beverages sold, offered or served on school grounds during the school day but outside of the school meals programs (including but not limited to school stores, fundraising, classroom celebrations/parties/snacks, and vending machines) meet the USDA Child Nutrition Smart Snack standards. Staff is encouraged to use non-food items for classroom/student rewards.

2.3.2 In addition, any food or beverage marketing within the District must meet the Smart Snack standards. Marketing and advertising of non-nutritious foods and beverages as outlined in the Smart Snack Guidelines, through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, incentive programs, or other means will be prohibited during the regular school day.

2.4 School Nutrition - The District Wellness Policy will meet or exceed the USDA Federal Nutritional Guidelines for the meal components of reimbursable meals. 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, Fresh Fruit & Vegetable Program, Summer Food Service Program as well as food sold a la carte.

2.4.1 Qualified 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 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.

2.4.2 School nutrition programs will integrate local menu items as seasonally available and when financially viable.

2.4.3 The District will make accommodations for the special dietary needs of students with or without disability as mandated by the Americans with Disabilities Act, 1990 and Individuals with Disability Education Act and per USDA regulations 7 CFR 15b and 7 CFR 210 & 220.

2.5 The District will provide student access to hand washing or hand sanitizing before they eat their meals or snacks.

2.6 The District will require that all foods and beverages made available on campus during the regular 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 will meet USDA Child Nutrition Standards. This includes but is not limited to, concessions, school stores, vending, beverage contracts and all other instances where food or beverages are provided or sold.

### 3.0 Implementation

3.1 Each building will have representation on the District Wellness committee.

3.2 Each building administrator will establish a site wellness team, consisting of staff, students and parents/guardians and community members that meet regularly and who will develop and implement an action plan that supports this policy within the site.

3.3 The district wide wellness committee will support monitoring and evaluation of the policy, with representation from district staff, students and families and will make recommendations regarding the wellness policy to the Superintendent. A triennial report will be given to the school board to monitor district wide compliance with policy guidelines and goals in addition to being posted on the district website.

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### 4.0 Communication

- 4.1 The district will develop and implement a communication plan that includes staff and student education and communication to families to ensure understanding of the Wellness policy. The District will make this information available via the district website and/or district-wide communications.
- 4.2 The District will include public involvement in the policy revision process through the district's public school board meeting notes, web page, and social media page(s).

### 5.0 Exemptions

- 5.1 Exemptions from this policy may be granted by the School Board upon recommendation of the Superintendent based upon the best interests of the district.

Adopted: 6/13/06  
Reviewed: 2/5/13  
Reviewed: 3/4/14  
Revised: 9/23/14  
Revised: 5/9/17