

Healthy School Environment and Wellness

The Minot Public School District promotes a healthy school environment and wellness policy with consideration for nutrition, physical activity and other school-based activities. The Minot Public School District supports and promotes:

1. Nutrition Goals

The link between good nutrition and learning is well documented. Good nutrition and improved health optimizes student performance and ensures that no child is left behind. In addition, healthy eating patterns are essential for students to achieve their full physical and mental growth, lifelong health, and well-being. It has been demonstrated that healthy eating reduces the risk of developing many chronic diseases in both children and adults.

- School personnel are encouraged to practice consistency of nutrition messages throughout the curriculum and school environment (e.g. in learning activities, classroom snacks, etc.)
- A sequential program of nutrition instruction is integrated within the comprehensive school health education curriculum and coordinates with the food service program.
- The nutrition classes should be taught by well-qualified and well-supported staff and should be aimed at influencing students' eating habits (behaviors) as well as their knowledge and attitudes.
- All foods available on school grounds and at school-sponsored activities during the school day should meet or exceed the district's Nutrition Guidelines and Standards. School principals may allow a school group to deviate from these standards only on special occasions.
- All foods sold for fund raising should meet or exceed the district's Nutrition Guidelines and Standards.
- The food service program shall employ well-qualified staff that efficiently serve appealing choices of nutritious foods that comply with or exceed federal and state standards.

2. Physical Activity Goals

The primary goals are to provide opportunities for every student to develop the knowledge and skills for specific physical activities; to maintain physical fitness; to ensure regular participation and to teach the short and long term benefits of a physically active and healthful lifestyle.

- Every student in grades 1-12 shall be encouraged to participate in at least one program of school-based physical activity at every grade level, either a physical education class, recess and/or competitive sport and/or an intramural sport each year.
- Encourage students to have 60 minutes of physical activity most days of the week.
- Students are given opportunities for physical activity through a range of before and after school programs.
- Recess or physical activity before lunch is encouraged.
- Elimination of recess or physical activity as a form of punishment is discouraged.

3. Other School-Based Activity Goals

Create a school environment for developing, promoting and practicing lifelong wellness behaviors.

- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- A healthy school environment should not be dependent on revenue from high-fat, high-sugar, low nutrient dense foods to support school programs.
- School personnel are encouraged to be good role models.
- Pleasant eating areas are available for students and staff with adequate time for unhurried eating. Everyone should have a minimum of 20 minutes to eat a meal.
- It is recommended that food is not used as a reward or punishment.

4. Marketing of the Wellness Policy

- Promote healthy eating to students, teachers and administrators.
- Give students positive, motivating messages about healthy eating and physical activity throughout the school setting.
- Reduce advertising that promotes less nutritious food choices.

5. Monitoring, Measuring, and Evaluating the Policy

- The Administrator of the District will appoint themselves and/or a designee(s) to ensure compliance with the established district-wide nutrition and physical activity wellness policy.
- This appointee(s) will develop a Wellness Policy Summary Report every three (3) years at the end of the school year on the district-wide compliance with the policy. This report will be made available to the public. This appointee will report on the district's compliance with the policy and will identify any changes that will need to be made in the policy.
- This appointee(s) will ensure compliance with the policy within the school food service area and will report on this compliance with regards to the School Meals Initiative (SMI) review, which is conducted by the State every five (5) years.

6. Assurances

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Department of Agriculture. This District ensures that the reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

This Policy is in response to The Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 enacted on June 30, 2004, Section 204 – Local Wellness Policies. Each school district participating in the National School Lunch and/or Breakfast Program is required to establish a local wellness policy that addresses student wellness and the growing problem of childhood obesity by the beginning of school year 2006.

Nutrition Guidelines and Standards for All Foods/Beverages Available During the School Day

The “school day” shall be defined as from the opening of the school building to one half hour after the last period.

Food Standard

Only nutrient dense foods will be offered and/or sold.

Foods will be evaluated using a point system. If a food has points, it can be offered. If a food has negative or zero points, it cannot be offered.

Add one point for each of the following:

- Has 8% or more Daily Value for vitamin A
- Has 8% or more Daily Value for vitamin C
- Has 8% or more Daily Value for calcium
- Has 8% or more Daily Value for iron
- Has 8% (5 g) or more Daily Value for protein
- Has 8% or more Daily Value for fiber

Subtract one point for each of the following:

- Has 10% or more Daily Value for total fat
- Has 250 or greater kilocalories
- Contains more than 1 gram trans fats

Beverage Standard

Juices will be 100% fruit juice and no larger than 12 ounces.

Soft Drinks will not be available to Elementary and Middle School students.

High Schools

- Vending machines will display healthy messages.
- Soft drink serving size will be no more than 12 oz.
- 25% of offerings may deviate from nutrition standards.
- Pop machines will remain off until after the last lunch period is over.
- Beverage vending machines containing only juice, water and/or milk can be on all day.

Concessions:

- Food standard – fresh fruit and/or raw vegetables will be offered for sale at any location where food is sold.
- Beverage standard – 100% juice will be offered at any location where beverages are sold.