

New Century School

HEALTH AND WELLNESS POLICY

I. PURPOSE

The purpose of this policy is for nutrition promotion and education, Physical activity, and overall wellbeing of our students at NCS.

GENERAL STATEMENT OF POLICY

- A. The school board recognizes that sound nutrition and physical activity are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment will promote and protect students' health, safety, and ability to learn by encouraging healthy eating and physical activity.
- C. The school encourages and welcomes the parental and student involvement as well as community and other members, and New Century School (NCS) employees in implementing, and reviewing school nutrition and physical activity policies.
- D. NCS recognizes that children need access to healthy foods and optimal physical activity to thrive.
- E. All NCS students will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. All students will have access to a variety of affordable and nutritious, foods that meet the health and nutrition needs of students per state guidelines. NCS will ensure meals are provided in a clean, safe environment.

II. GUIDELINES

A. Foods and Beverages

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. Students' lifelong eating habits are influenced by the types of food and beverages available to them and NCS will strive to make sure healthy foods and beverages are available to students at all times.

1. All foods and beverages provided at NCS will be consistent with the current USDA Dietary Guidelines.
2. NCS will ensure meals are accessible and appealing to all children, and are served in clean and pleasant environment.
3. NCS will take every measure to ensure that student access to foods and beverages meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
5. The Food service manager shall adhere to all federal, state, and local food safety and security measures. The food service manager will also be working closely with catering companies and contractors.
6. NCS will allow students access to hand washing or hand sanitizing before every meal.
7. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
8. NCS will provide healthy and nutritious beverages for our meal programs that meet all state and local regulations. NCS will continually provide trainings for all food service employees.

B. School Food Service Manager

1. NCS will provide healthy and nutritious school meal programs that comply with all federal, state, and local statutes and food regulations. Food service manager will be working closely with catering company to assure we are in compliance.
2. The food service manager is responsible for the nutrition program including successful implementation of the wellness policy.
3. Food service manager will attend food service trainings provided by Minnesota Department of Education.

C. Student Nutrition Education and Promotion

Nutrition education and promotion positively influence lifelong eating habits by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices. NCS will teach, model, encourage and support healthy eating by all students.

1. Students and staff will receive consistent nutrition messages throughout the school, classrooms, gymnasium, and cafeteria.
2. NCS will promote healthy foods and beverage choices for all students throughout the school, as well as encourage participation in school meal programs. This promotion will occur through ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
3. NCS will provide educational information and encourage healthy eating and physical activity for families. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition. Parents will be provided with the opportunity to attend healthy living workshops.
4. Health and Wellness nutrition concepts will be reinforced by all school personnel, e.g. nutrition education training for teachers and other staff members.

D. Physical Activity

Research indicates that children and adolescents should participate in at least 60 minutes of physical activity every day. NCS will provide opportunities for every student to regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle.

1. NCS students will receive developmentally appropriate physical education.
2. All students will be provided equal opportunity to participate in physical education classes. NCS will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
3. Students will be encouraged to participate in physical activities outside of the school day.
4. NCS will offer at least 20 minutes recess opportunities throughout the week. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.
5. The importance of physical activity will be reinforced and modelled by all staff members.

D. Communications with Parents

It is crucial that the messages students receive from school, and home regarding good nutrition and healthy lifestyles are consistent.

1. NCS will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.
2. NCS will support and encourage parents' efforts to provide a healthy diet and daily physical activity for their children.
3. NCS will encourage parents to pack healthy lunches, snacks, treats and beverages.
4. NCS's Health and Wellness policy will be made available for parents.

III. IMPLEMENTATION AND MONITORING

- A. The wellness policy will be implemented throughout the school.
- B. The school leadership will oversee and ensure successful compliance of the Health and Wellness policy.
- C. NCC Wellness Committee will establish procedures for monitoring school wellness, help promote implementation of policy and help improve the wellness environment if necessary. The Wellness Committee will meet at the end of each school year to evaluate our policies and update policy if need be.

Sources:

Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

County Health Departments, www.co.ramsey.mn.us

Minnesota School Nutrition Association, <http://www.mnsna.org/>

Alliance for a Healthier Generation <https://www.healthiergeneration.org>