

LOCAL WELLNESS POLICY

I. PURPOSE

The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum local, state, and federal standards.

II. GENERAL STATEMENT OF POLICY

The Rum River Special Education Cooperative is committed to providing a healthy school environment because:

- A. The Joint Powers Board recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and learning.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The Joint Powers Board encourages the involvement of parents, students, representatives of the school food authority, teachers, school health professionals, the school board, school, school administrators, and the general public in the development, implementation, and periodic review and update of the school district's wellness policy.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, thrive.
- E. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

III. Wellness Goals

A. School Food and Nutrition Program/Personnel

1. Rum River North currently contracts with Milaca Schools for breakfast and lunch meals. Rum River South and Rum River East currently contracts with Cambridge-Isanti Schools for breakfast and lunch meals. The contracting district will follow their procedures and policies on the school Food and Nutrition Program/Personnel. The Rum River Special Education Cooperative will:
 - a. provide healthy and safe school meal programs that comply with all federal, state, and local statutes and regulations.
 - b. contract with districts who employ a Director of Food and Nutrition Services who is responsible for the school district'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.

B. Nutrition Promotion and Education

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - a. offered as part of a group social skills program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - b. integrated into other areas of the curriculum such as science, independent living skills and other subjects where appropriate.

C. Physical Activity

1. **Physical Education (P.E.) K-12**: Students at Rum River North, Rum River South, and Rum River East are placed by their resident district due to behavioral difficulties in their mainstream setting. Phy Ed is not routinely provided to students in these settings. When appropriate, students have an opportunity to engage in physical and recreational activities led by program staff. Classroom teachers will provide short physical activity breaks between lessons or classes, or as appropriate.

2. Students may choose to access their resident district's extra curricular programs.
3. **Physical Activity and Punishment:** Teachers and other school and community personnel will not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment

D. Communications with Parents

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 Rum River Special Education Cooperative encourages parents to pack healthy lunches and snacks and to refrain from including beverages and foods without nutritional value.

Source: Rum River Special Education Cooperative #6079
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
 Minnesota Department of Health, www.health.state.mn.us
 County Health Departments
 Action for Healthy Kids Minnesota, www.actionforhealthykids.org

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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