

HLWW PUBLIC SCHOOLS						
Wellness Policy Implementation Chart						
	Policy Guidelines	Food Service	School/ Principals	District Office	School Board	Wellness Committee
A Foods and Beverages in Schools						
1 School Meals						
	a. The school district will provide healthy and safe school meal programs that comply with all federal, state, and local statutes and regulations (on-going; annually)	X				X
	b. The Food Services Department will aim to be self-supporting; however, budget neutrality or profit generation will not take precedence over the nutritional needs of students (monthly)	X		X		
	c. The Food Service Director will establish a menu which follows the established district nutritional guidelines and takes into consideration suggestions and input from students, parents, school officials, and the wellness committee (on-going; monthly)	X				
	d. The district will accommodate the changing special nutrition needs of students; in particular, those students who have a special diet statement (as needed)	X				
	e. Meals served through the National School Lunch and Breakfast Programs will: (in place)	X				
	* Offer a variety of fruits and vegetables, with an emphasis on including a variety of fruits and vegetables from the blue/purple, green, white, yellow/orange, and red fruit and vegetable groups on the monthly menu (in place)	X				
	* Serve only low fat (1%) and fat free milk except when whole or 2% milk is recommended for students with special nutritional needs; offer lactose reduced milk when requested by students and/or parent/guardian (in place)	X				
	* Work towards ensuring that at least half of served grains are whole grain (in-place)	X				
	* Continue to exclude deep fried foods and strive to replace higher fat main entrée items with lower fat items as appropriate (in place)	X				
	* Continue to replace menu items that contain trans fat with foods that do not contain trans fat (in place)	X				

	* Be served in portion sizes that meet National School Lunch Program and Breakfast Program requirements and allow for parent choice in the quantity of portions purchased (in place)	X				
2 Food Safety						
	a. All foods sold or served to students will be prepared in health-inspected facilities under the guidance of safety certified staff (on-going)	X				
	b. The district will provide student access to hand washing or hand sanitizing before students eat meals or snacks. Sites may schedule hand washing time in the classroom or restroom before coming to the lunchroom. Sites may also provide a pump-type sanitizer to be used by students before entering the lunchroom (in place)		X			
3 Scheduling of Meals						
	a. School sites will make every effort to provide sufficient time for all students to eat in the school cafeteria and will schedule meal periods at appropriate times during the school day (in place; annually)		X	X		
	* Providing students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes to eat after sitting down for lunch (in place; annually)		X			
	* Arranging for accommodations for students who need more time to finish their lunch (as needed)		X			
	* Scheduling meal periods at appropriate times; lunch should be served (in place; annually)		X			
	* Scheduling lunch periods to follow recess periods in elementary schools to increase student nutrient intake and reduce food waste when possible (in place; annually)		X			
	* Offering attractive dining areas which have enough space for seating all students scheduled for that meal period (in-place)	X	X			
	* The Alternative Learning Program will evaluate their open campus policy taking into consideration the food choices that students make when they are able to leave campus (as needed)		X			

	* The district and individual school sites will, to the extent possible, arrange bus schedules and utilize methods to serve breakfast that encourage participation, including "grab and go" breakfast, breakfast in the classroom, or breakfast during morning break. (in place)			X		
4 Food and Behavior						
	a. Schools discourage use of foods or beverages not within the district nutritional guidelines, as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan, behavior intervention plan, or a 504 Individual Accomodation Plan) (on-going)		X			
	b. Schools will not withhold food or beverages as punishment (in place)	X	X			
5 Fundraising						
	a. Fundraising efforts will be supportive of healthy eating by emphasizing the sale of healthy food items or non-food items (in progress)		X	X		
	b. Fundraising activities which involve the sale of food will take place outside the school day (school day is defined as 1/2 hour before school starts until after the school bell rings at the end of the school day) and must meet the guidelines for foods sold outside of reimbursable meals menus (in place)		X	X		
	c. Students and staff will be prohibited from personal fundraising efforts that include the sale of foods or beverages on campus (in place)		X	X		
	d. The district wellness committee will disseminate a list of healthy fundraising options to schools and student organizations and will serve as a resource (on-going)				X	X
	e. The district will make external organizations (PTA, booster, etc.) using school property, aware of the policy regarding fundraising with food and beverage items and will encourage them to adopt the same policy (on-going)			X		X
6 Celebrations						

	a. Classroom celebrations should encourage healthy choices and portion control and not include more than one item that does not meet the requirements for food sold outside the reimbursable meals menu (in place)		X			
	b. The district wellness committee will generate and disseminate a list of healthy party ideas to parents and teachers, and food service director will serve as a resource (in progress)	X	X			X
7 Sharing Foods and Beverages						
	Schools should not allow students to share their food or beverages with one another during meal or snack times given concerns about allergies and other restrictions on some children's diets (on-going; as needed)	X	X			
8 Snacks						
	Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. The district will work towards serving whole grains, fruits, vegetables and low-fat dairy as the primary snack items. <i>Clarification: Programs providing snacks will have access to healthy snack items and serve only items that meet the nutrition guidelines created by the food service director. (in progress)</i>		X			
9 Foods Sold Outside of the Reimbursable Meals Menus						
	The district will recognize that the purpose of all foods sold outside the reimbursable meals menu are for times in-between or an addition to balanced meals. This includes foods and beverages sold or served on campus, including, but not limited to, concessions, school stores, vending beverage contracts, and a la carte items. (in progress)		X			X
10 Concession Stands						
	The district will encourage that users of the district concession stands purchase products from the food service director and also that they offer healthy alternatives (fruits, vegetables, water, etc.) as concessions (in progress)	X	X	X		X
11 Food Marketing						

	a. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition guidelines for meals sold outside the reimbursable meals menu (in place)	X	X			
	b. The school district will promote healthy breakfast choices with students and parents, and encourage parents to provide breakfast for children or promote its own breakfast program (in progress)	X	X			
B	Nutrition Education					
	a. Develop and deliver a sequential, comprehensive K-10 health education program that will be included as part of a K-10 comprehensive curriculum (in place)		X	X	X	
	b. Be offered as part of an early and consistent program that is integrated as much as possible (on going)		X			
	c. Link with school meal programs, other school foods and nutrition-related community services (in progress)	X	X			X
	d. Provide and promote nutrition education to families and the broader community in cooperation with appropriate agencies		X			
	e. Review the curriculum as part of the curriculum review process as set forth by the HLWW School Board (in place)		X		X	
	f. Train staff in stress management, nutrition education, and provide general wellness resources and opportunities (in place; on going)			X		
C	Physical Activity					
	1 Physical Education (PE)					
	a. The district will encourage the movement toward a goal of physical education for 150 minutes/week for elementary and 225 minutes/week for middle and high school students (in progress)		X	X	X	
	b. The district will maintain graduation requirements of two credits of both health and Physical Education in high school. (in place)		X	X	X	

c. The district will follow state compulsory instruction law which requires all students ages 7-16 to receive instruction in health and physical education (in place)		X			
d. Physical education courses will provide an opportunity for students to learn, practice, and be assessed on developmentally appropriate motor skills, social skills, and knowledge (in place)		X			
e. Student involvement in other activities involving physical activity (i.e. interscholastic or intramural sports or elective classes such as marching band?) will not be substituted for meeting the physical education requirement (in place)		X			
f. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity (on-going)		X			
g. Age appropriate physical activities to promote positive growth and development will be implemented for early childhood programs within the district. (in progress)		X			
2 Integrating Physical Activity into the Classroom Setting					
Students will receive or have the opportunity for the recommended amount of physical activity (60 minutes per day) (in progress)					
a. Classroom health education will reinforce the knowledge and self-management skills needed to maintain a healthy life style and reduce sedentary activities such as watching television. (in progress)		X			
b. Opportunities for physical activity will be incorporated into other subject lessons (such as science, math, and social studies), where appropriate. (in progress)					
c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. (in progress)					
d. Schools will discourage extended periods of inactivity (in progress)					
3 Daily Recess					

	All elementary school students will have at least 20 minutes a day of supervised recess, preferably before lunch and outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. (in progress)		X			
4 Physical Activity Opportunities Before and After School						
	a. All schools will provide every student with opportunities to voluntarily participate in extra curricular physical activities that meets his or her needs, interests, and abilities. (in progress)		X		X	
	b. Middle and High Schools shall offer intramural physical activity programs that feature a broad range of competitive and cooperative activities.					
	c. High Schools shall offer interscholastic athletic programs that shall adhere to the rules and regulations of the Minnesota State High School League. (in progress)		X		X	
	d. Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time. (in progress)					
	e. Out of school hour childcare and programs will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants (in progress)					
	f. School facilities will be available to students, staff, and community members before and after the school day, on weekends, and during school vacations for physical activity programs through Community Education (in place)			X	X	
	g. School communities will examine if biking and walking to school is safe and encourage students to bike and walk to school where appropriate. (in progress)					
D Staff Wellness						
	The district should offer a staff wellness program to help encourage better health and well-being (in place)			X		