

Northfield Schools: Wellness Policy Assessment

Wellness Policy Language	Date reviewed	Fully In Place	Partially In Place	Comments List steps you will take to meet implementation deadline; list challenges/barriers to implementation
III. Wellness Goals Link to school year goals				
A. Nutrition Promotion and Education				
1. The School District will encourage and support healthy eating by students and engage in nutrition promotion that is:	2019 2023	x x		Ongoing; Restrictions and enforcing outside food sources of competitive foods.
a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;	2019-20 2023		x	<p>Required health class was implemented for 7th grade. All MS (6-8) now have this as a required component. Health curriculum is offered in elementary and HS levels.</p> <p>Elementary has 2nd step which is social-emotional learning.</p> <p>Required to have health education k-8 at each level for health as a state standard. HS students receive at least one year. At least one course.</p> <p>DARE at elementary levels</p> <p>Second grade science discusses My Plate; PE discusses heart rate</p> <p>38% of media collection is social & emotional related materials to support the skills to be emotionally intelligent, establish relationships and make responsible decisions.</p> <p>Mental health materials included in weekly parent email communications.</p>
b. part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and	2019-20 2023	x		<p>Required health class was implemented for 7th grade. All MS (6-8) now have this as a required component. Health curriculum is offered in elementary and HS levels.</p> <p>Elementary classes have altered their curriculum to use healthy examples: i.e. in math class counting buttons or apples in place of cookies or m&m's.</p> <p>Science classes at the HS have worked to incorporate healthier alternatives in class curriculum such as ice cream making. Adding healthier toppings.</p>
c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests,	2019-20 2023	x	x	<p>Ongoing; MS FACS garden, taste testing with students (i.e. smoothies, healthier dips)</p> <p>No food rewards, sharing carts (Healthier bars in place students don't have breakfast or not wanting to stay in class.) Diabetics, chronic conditions.</p>

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promotions, taste testing, and field trips				FFA food sampling event, Ag Olympics, World Language Week food sampling at the High School
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte/snack lines, vending machines, fundraising events, concession stands, and student stores.	2019 2023 2023	X	x	<p>*The School District encourages staff to be role models for healthy behaviors.</p> <p>Need to work on healthier options for concessions. Have tried offering fresh fruit, packaged vegetables, cheese sticks and yogurt. Also, milk to drink.</p> <p>Concession stands offer fruits, healthier snacks.</p> <p>F/R band and orchestra sell frozen vegetables.</p>
Staff Wellness				
The School District will establish and maintain a Staff Wellness Committee, which will develop, promote and oversee a multifaceted plan to promote staff health and wellness.	2015 2019 2023	x	x	<p>Meet 2-3 times per year. Offer a variety of opportunities for staff. Communication is done through staff newsletter. Monthly wellness newsletter is provided in the staff newsletter.</p> <p>Change policy verbiage to include staff, where appropriate. Will combine student and staff committees. Meet 4 times per year (each SY quarter).</p> <p>Monthly staff wellness newsletter will be included in the district staff update and posted on the staff website.</p>
B.Physical Activity				
*Physical Education (P.E.) K-12				
1.Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health and physical education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.	2019 2023			<p>All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education that meets or exceeds State requirements.</p> <p>*Certified physical education teachers should teach all physical education classes.</p> <p>*The physical education curriculum should be coordinated with the health education curriculum, when appropriate.</p> <p>*Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • Student involvement in other activities involving physical activity (i.e. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. <p>****How does this translate into personal behaviors</p> <p>How do we need to evolve teaching pe education. Students do not come in knowing ball, hand eye coordination. "How can I do this at home?"</p> <p>SHIP grants for snowshoes</p>
*Integrating Physical Activity into the Classroom Setting				
2. Opportunities for physical activity will be	2019 2023			Students need opportunities for physical activity beyond PE (Physical Education) class.

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incorporated into other subject lessons, where appropriate; and				<p>Elementary schools work towards providing at least 20 minutes a day of supervised recess, preferably outdoors. Moderate to vigorous physical activity should be encouraged through the provision of space and equipment.</p> <p>Classroom health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television.</p>
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.	2019 2023	x		<p>“Get up and Move” classroom ideas have been provided to staff through newsletter and are on the wellness website.</p> <p>Elementary students take a break and walk to healthy snack cart.</p>
C. Communication With Parents				
1 and 2. The school district recognizes that parents and guardians have a primary role in promoting their children’s health and well-being. The school district will support parents’ efforts to provide a healthy diet and daily physical activity for their children	2019 2023		x	<p>Information provided on the website, monthly menus, social media and handouts.</p> <p>Social Media sends out events in newsletters.</p> <p>Parents need to be involved.</p> <p>7th grade health required</p> <p>Social media, principal newsletters, media center fun facts</p>
3. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.	2020 2023			<p>Kids advocate for themselves after they have had health class to build healthier meals.</p> <p>7th grade health class; summer wellness challenge with information; quarterly newsletter.</p> <p>Students will be allowed to select from the share cart, if available, healthy choices to supplement packed home lunches.</p>
4. The school district will provide information about physical education and other school-based physical activity opportunities and will support parents’ efforts to provide their children with opportunities to be physically active outside of school.	2015 2020	on going		<p>Keeping in mind the National physical activity recommendations of at least 60 minutes per day, the School District will provide information about physical activity opportunities.</p> <p>Flyer from sports activities about nutrition. Include nutrition information at individual sports meetings.</p> <p>Everyone gets the same information. They all get the same flyer.</p> <p>SHIP, Josh Ramaker, will check on possible speakers.</p>
IV. Standards and Nutrition Guidelines				
A. School Meals				
1.The school district will provide healthy and safe school meal	2015 2017-18 2020	X		Ongoing

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<p>programs that comply with all applicable federal, state, and local laws, rules, and regulations</p>	<p>2023</p>			<p>Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food illnesses in schools. Time and Temp controls are in place.</p> <p>For the safety and security of the food and facility, access to the Food and Nutrition Services operations are limited to Food and Nutrition Staff and authorized personnel.</p>
<p>2.Child nutrition personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.</p>	<p>2014-15 2020 2023</p>		<p style="text-align: center;">x</p>	<p>The School District will provide the opportunity for all children to have breakfast at school in order to meet their nutritional needs and enhance their ability to learn. All K are offered a free breakfast.</p> <p>All students are able to receive 1 free breakfast meal on days they are attending school. MN Free Meals for Kids Act 2023.</p> <p>The Child Nutrition department will provide financially responsible foods that support and develop partnerships with local/regional farmers.</p>
<p>3.Child nutrition personnel will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.</p>	<p>2020 2023</p>		<p style="text-align: center;">x</p>	<p>The high school offers different ethnic foods during world language week for students to try. Middle School will add in International Cuisine week March 2020.</p> <p>Multiple lines are offered to accommodate religious, ethnic and cultural preferences.</p>
<p>4.Child nutrition personnel will provide clean, safe, and pleasant settings and adequate time for students to eat.</p>	<p>2020 2023</p>			<p>School sites should discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies and other restrictions on some children's diets.</p> <p>Offering attractive dining areas, which have enough space for seating all students. Ongoing painting and enhancing cafeteria spaces.</p> <p>Sharing tables are available at all elementary schools and high school levels. Decisions to have sharing tables are made at the school level.</p> <p>Start time at MS at 10:40 (early). Looking at staggered release of grades. Flex time at the HS has been great to allow for more time to enjoy meals.</p> <p>Spring Creek and GVP schools turn down lights to take time to eat.</p> <p>ORP incentive - Competition for composting. Looking at for the future. Schools compete.</p> <p>MS - limited passes to go outside. This causes students to rush.</p>
<p>5.Child nutrition personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all applicable federal, state, and local laws, rules, and regulations and that reimbursable school meals meet USDA nutrition standards</p>	<p>On going</p>	<p style="text-align: center;">X</p>		<p>Received 6 cent certification.</p>

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6. Child nutrition personnel shall adhere to all applicable federal, state, and local food safety and security guidelines.	2020 2023	x		All child nutrition personnel must be ServSafe certified within 6 months of employment start date and maintain certification.
7. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals	2015 2019 2023	X x	x	<p><u>2014-15</u>: Updated policies on low balances</p> <p><u>SY 2014-2015</u>: Following Minnesota legislature in regards to eliminating social stigma</p> <p><u>SY 2014-2015</u>: Free breakfast K-8 continued; Free lunch to all students qualified as free/reduced.</p> <p><u>SY 2019-20</u>: Reviewed and updated negative balance policy.</p> <p><u>2023 School Year</u> - MN Free Breakfast and Lunch; paid off meal debt with angel funds.</p>
8. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.	2014 2018 2023	X		
9. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day	2016 2019 2020 2023		X	<p>Time studies are on-going to review waiting time in line and eating time.</p> <p>See above: proposed at State Level, but did not move forward.</p>
10. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities.	2019 2023	X	X	HS implemented FLEX hour. Students can now eat lunch in the classroom or around building while participating in various activities. Implemented as a "HS recess" or opportunity to decrease stress.
B. School Food Service Program/Personnel				
1. The school district shall designate an appropriate person to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of 533-4 foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA guidelines.	2015 2018 2020 2023		x	<p>The Child Nutrition Department will provide nutrient analysis for all school meals and they will be available on the District's website and printed menus.</p> <p><u>2015</u> : Implemented Smart Snack Regulations into Ala Carte Line at Middle School and Senior High Vending machines are not turned on during the school day.</p> <p>All foods and beverages sold individually outside the reimbursable School Meal Programs (including those sold ala carte and through the Snack Bars) during the school day will meet current USDA regulations for All Foods Served in Schools and will work towards increasing "whole foods" (whole grains, unprocessed foods, or fresh produce) following nutrition and portion size standards.</p>

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<p>2. As part of the school district’s responsibility to operate a food service program, the school district will provide continuing professional development for all child nutrition personnel in schools.</p>	<p>2015 2018 2020 2023</p>			<p>New Professional Standards were implemented in 2015-16</p> <p>Professional Standard requirements include paying staff to attend classes.</p> <p>Child Nutrition staff attend multi-district training.</p>
C. Competitive Foods and Beverages				
<p>1. All foods and beverages sold on school grounds to students, outside of reimbursable meals, are considered “competitive foods.” Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and for in-school fundraisers</p>	<p>SY 14-15 2020 2023</p>	X	x	<p>Smart snack guidelines implemented in ala carte and beverage contracts.</p> <p>* High school vending machines are to be turned off during the school day. These machines only contain beverages.</p> <p>High School Food allowed in during Flex time. Continue to work with administration to change this.</p>
<p>2.All competitive foods will meet the USDA Smart Snacks in School (Smart Snacks) nutrition standards and any applicable state nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.</p>	<p>SY 15 SY 19 2020 2023</p>	X		<p>Items sold for Ala Carte are calculated using the Smart Snacks Calculator tool.</p>
<p>3.Before and Aftercare (child care) programs must also comply with the school district’s nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.</p>	<p>2017- 18 2020 2023</p>	x	x	<p>Snacks modified to include more fresh fruit, vegetable and dairy options.</p> <p>Food purchased through Child Nutrition food distributor. Order guide created with acceptable items that meet Smart Snacks.</p>
D. Other foods and beverages made available to students				

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<p>1.Student wellness will be a consideration for all foods offered, but not sold, to students on the school campus, including those foods provided through:</p>	<p>17-18 2020 2023</p>		<p style="text-align: center;">x</p>	<p>**Note: Up to two special event exceptions will be allowed at the Middle School, the High School, and the Area Learning Center per year. Two exceptions per grade level, per year, will be allowed at the Elementary Schools. These events will be determined by the building administrator and Wellness Committee Coordinator. These exceptions will be documented on our District Wellness procedures form and provided to the Director of Finance to determine if an expense is allowable under the wellness policy guidelines.</p> <p>BC2M (Bring Change to Mind), HCI (Healthy Community Initiative and Child Nutrition collaborated to offer Jonny Pops monthly at the HS as a mental health awareness project (Dec 2023-Feb 2024).</p>
<p>a.Celebrations and parties. The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.</p>	<p>2020 2023</p>	<p style="text-align: center;">x</p>	<p style="text-align: center;">x</p>	<p>Schools should limit celebrations that involve food during the school day to special occasions. Classroom celebrations should encourage healthy choices and portion control. The School District has a list available of healthy party ideas for parents and teachers.</p> <p>Elementary birthday treats are no longer brought in. Students celebrated in other ways by being recognized by the principal, teacher, line leader for the day, reading announcements, etc. Letters are sent out at the beginning of the school year reminding families of this information.</p>
<p>b.Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.</p>	<p>2015 2020 2023</p>		<p style="text-align: center;">x on-going</p>	<p>The School District has a list available of healthy snack ideas for parents and teachers.</p>
<p>2.Rewards and incentives. Schools will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.</p>	<p>2015 2018 2020 2023</p>		<p style="text-align: center;">x Reviewed yearly.</p>	<p>School staff will use food and candy as a reward for student accomplishment sparingly. Non-food rewards and incentives will be used whenever possible as the first choice to encourage positive behavior. The School District has made available a list of positive, non-food rewards listed on the web-site.</p> <p>New staff receive a newsletter about wellness policy in orientation documentation.</p>

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<p>3.Fundraising. The school district will make available to parents and teachers a list of suggested healthy fundraising ideas.</p>	<p>2015 2018 2020 2023</p>	<p style="text-align: center;">x</p>		<p>To support children’s health and school nutrition-education efforts, schools will encourage fundraising that promotes the sale of non-food and/or food sales that include nutritious food items and meet current USDA guidelines. Fundraising will follow the food safety practices per district policies. Schools will encourage fundraising activities that promote physical activity. The School District wellness website has a list of ideas for possible fundraising activities.</p> <p>Have worked with athletic directors for activities to have non-food fundraisers. Elementary levels have done 5 K, runs, etc to promote healthy activity. No food fundraisers known at this time.</p>
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E. Food and Beverage Marketing in Schools
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<p>1.School-based marketing will be consistent with nutrition education and health promotion.</p>	<p>2015 2018 2020 2023</p>	<p style="text-align: center;">x</p>	<p style="text-align: center;">on-going</p>	<p>Research shows that students will buy and consume healthy foods and beverages when the options are tasty, accessible and affordable. To the extent possible, healthy choices will be made available. The School District will encourage that healthy choices be made available outside of school hours and will provide a list of healthy alternatives for food and beverages</p> <p>Advertising messages will be consistent with and reinforce the objectives of the education and nutrition environment goals of the school. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with standards established for the school environment.</p>
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<p>2.Schools will restrict food and beverages marketing to the promotion of only those foods and beverages that meet the Smart Snacks nutrition standards.</p>	<p>2015 2018 2020 2023</p>		<p style="text-align: center;">on-going</p>	<p>Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development.</p>
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V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Coordinator

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<p>1. The superintendent will designate a school district official to oversee the school district's wellness-related activities (Wellness Coordinator). The Wellness Coordinator will ensure that each school implements the policy.</p>	<p>2015 2018 2020 2023</p>		<p>x</p>	<p>A wellness committee member is designated at each school. Principals work with the Wellness Coordinator on compliance issues, questions and concerns.</p>
<p>2. The principal of each school, or a designated school official, will ensure compliance within the school and will report to the Wellness Coordinator regarding compliance matters upon request.</p>	<p>2015 2018 2020 2023</p>		<p>x</p>	<p>A wellness committee member is designated at each school. Principals work with the Wellness Coordinator on compliance issues, questions and concerns.</p> <p>A google spreadsheet has been created for schools to report two allowed exemptions to the wellness policy. Director of Finance and Wellness Coordinator review requested po's to see if they meet required wellness policy standards.</p>

B. Public Involvement

<p>1. The Wellness Coordinator will permit parents, students, representatives of the child nutrition department, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the wellness policy.</p>	<p>2015 2018 2020 2023</p>	<p>x</p>		
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<p>2. The Wellness Coordinator will hold meetings, from time to time, for the purpose of discussing the development, implementation, and periodic review and update of the wellness policy. All meeting dates and times will be posted on the school district's website and will be open to the public.</p>	<p>2015 2018 2020 2023</p>		<p>x</p>	<p>Dates and times of meetings to be posted on website</p>
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VI. POLICY IMPLEMENTATION AND MONITORING

A. Implementation and Publication

<p>1. After approval by the school board, the wellness policy will be implemented throughout the school district.</p>	<p>2013 2017 2018 2020 2023</p>	<p>x</p>		
<p>2. The school district will post its wellness policy on its website, to the extent it maintains a website.</p>	<p>2017 2018 2020 2023</p>	<p>x</p>		

B. Annual Reporting

<p>The Wellness Coordinator will annually inform the public about the content and implementation of the wellness policy and make the policy and any updates to the policy available to the public.</p>	<p>2015 2018 2020 2023</p>	<p>x</p>		<p>Information is mailed out to families at the beginning of the school year with meal benefit application packets.</p> <p>Elementary level letters sent out to families related to celebrations and birthdays.</p>
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C. Triennial Assessment

<p>1. At least once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information: a. the extent to which</p>	<p>2015 2018 2020 2023</p>	<p>x</p>		<p>a. This document provides the required information.</p> <p>b. References used to compare to model wellness policies include:</p> <p>Legal References: Minn. Stat. § 121A.215 (Local School District Wellness Policy) 42 U.S.C. § 1751 et seq. (Healthy and Hunger-Free Kids Act) 533-7 42 U.S.C. § 1758b (Local School Wellness Policy) 42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966) 7 U.S.C. § 5341 (Establishment of Dietary Guidelines) 7 C.F.R. § 210.10 (School Lunch</p>
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<p>schools under the jurisdiction of the school district are in compliance with the wellness policy; b. the extent to which the school district’s wellness policy compares to model local wellness policies; and c. a description of the progress made in attaining the goals of the school district’s wellness policy</p>				<p>Program Regulations) 7 C.F.R. § 220.8 (School Breakfast Program Regulations)</p> <p>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 United States Department of Agriculture, www.fns.usda.gov</p> <p>c.Progress made: At the time of our wellness policy implementation it was a challenge by staff and district families to adjust to not having birthday and classroom celebrations. Staff and family have adapted to the change and now appreciate the reduced financial impact and increase classroom time. Staff are implementing healthy strategies when celebrating.</p>
<p>2. The Wellness Coordinator will be responsible for conducting the triennial assessment.</p>	<p>2020 2023</p>	<p>x</p>		
<p>3.The triennial assessment report shall be posted on the school district’s website or otherwise made available to the public.</p>	<p>2020 2023</p>	<p>x</p>		
<p>D. Recordkeeping</p>				
<p>1. The school district will retain records to document compliance with the requirements of the wellness policy.</p>	<p>2015-2019 2020 2023</p>	<p>x</p>		<p>The records to be retained include, but are not limited to:</p> <ol style="list-style-type: none"> 1. The school district’s written wellness policy. 2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public. 3. Documentation of the triennial assessment of the local school wellness policy for each school under the school district’s jurisdiction efforts to review and update the wellness policy (including an indication of who is involved in the update and methods the school district uses to make stakeholders aware of their ability to participate on the Wellness Committee).

Completed by: Stephany Stromme, Wellness Coordinator; School Official Representatives: Paula Baragary, Nate Truman, Michelle Steele, Lindsey Draeger, Julie Ochs, Leah Sand, Elizabeth Bade, Erin Bailey; Parents: Sarah Mosman, Kim Briske; Community Partners: Deb Olien, Zach Pruitt, Laura Turek; SHIP Coordinator: Josh Ramaker; School board member: Jeff Quinell; Students: Kasey Mohlke, Christina Narveson

2024: Completed by: Stephany Stromme, Wellness Coordinator; School Official Representatives: Maimouna ToureKeita, Leah Sand, Shelley Stulken, Melissa Bernhard, Samantha Shimota, Lisa Weis; SHIP Coordinator: Josh Ramaker; School board member: Jenny Nelson; Students: NYC representatives McKenna Carlson and Elliot Ness