

Adopted: June 2016

Revised:

HARBOR CITY INTERNATIONAL SCHOOL POLICY 8.4.1

WELLNESS POLICY

I. PURPOSE

Per the Harbor City International School (HCIS) Board of Directors (BOD), this policy assures a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A.** HCIS recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
- B.** HCIS recognizes the importance of making a commitment to motivating students, parents, staff, administrators, and communities to take action in making healthy choices. Evidence strongly suggests that collaborative efforts among family, schools, and community are the most effective approach for the promotion of good health.
- C.** HCIS leadership makes a significant difference in the success of nutrition and healthy eating efforts. Results can be compromised if not supported by the entire school environment that includes both inside and outside the cafeteria.
- D.** The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- E.** The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- F.** HCIS encourages the involvement of students, parents, teachers, food service providers, and other interested persons in implementing, monitoring, and reviewing HCIS nutrition and physical activity policies.
- G.** Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.

- H. All students in grades 9-12 will have opportunities, support, and an environment that encourages physical activity on a regular basis.
- I. 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 a culturally diverse student body. HCIS will provide clean, safe, and pleasant facilities and adequate time for students to eat.

III. GUIDELINES

A. Physical Activity:

1. Opportunities During the School Day

- a. Continue to work toward providing all students in grades 9-12, including students with disabilities, special health-care needs, and students within alternative educational settings, to receive physical education.
- b. Students will take one semester of physical education.
- c. Expand lifetime activities offered in secondary Physical Education curriculum.

1. Opportunities in the Learning Environment

- a. Extended periods (i.e., periods of two or more hours) of inactivity are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.
- b. Encourage and train classroom teachers to implement current strategies that link physical activity with learning.

1. Opportunities Outside the School Day

- a. The school is encouraged to offer a variety of physical activities including extracurricular and intramural. Possible resources may include outside agencies and community education.
- b. To promote safe routes to school, the school district will assess its own facilities and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

- c. Expand and utilize the use of fitness centers (YMCA) and other existing facilities before and after school for all students to promote healthy lifestyles.
- d. Encourage fund-raising activities that promote physical activity such as jump-a-thons, rake-a-thons, etc.

B. Nutrition:

1. Food and Beverages

- a. Work toward providing all students with at least 20 minutes per day to eat lunch.
- b. Offer a variety of healthy choices in school breakfast and lunch that are tasty, attractive, and of excellent quality that meet or exceed the nutrition standards established by USDA**.
- c. Ensure the availability of healthy, appealing, and affordable food options whenever food is served outside of the school breakfast and lunch program.
- d. Fundraising efforts should be supportive of healthy eating, by selling non-food items or healthy food items like fruits, veggies, and whole grain breads.***

1. Nutrition Education

- a. Encourage HCIS staff and school volunteers to model healthy nutritional choices.
- b. Provide nutrition education in health classroom curriculum.

IV. IMPLEMENTATION, MONITORING, AND REVIEW

- A.** After approval by the board, the wellness policy will be implemented throughout HCIS.
- B.** The school food service providers will ensure compliance within the school's food service area and will report to the executive director or designee, as appropriate.
- C.** The executive director or designee will ensure compliance and effectiveness of the wellness policy and will provide an annual report of HCIS's compliance with the policy to the school board.

- * References - (CDC) - Centers for Disease Control, (MDE) - Minnesota Department of Education and (NASPE) - National Association of Sport and Physical Education
- ** School guidelines will follow the Healthy Hunger-free Kids Act as revised, or when implemented, or as directed by the Minnesota Department of Education. References: Minnesota Department of Education Food and Nutrition Services Mde.fns@state.mn.us, United States Department of Agriculture (USDA)

