



Perpich Center for Arts Education

Adopted: September 2017

Revised:

For Reference Only

MSBA/MASA Model Policy 533

Orig. 1995

Rev. 2016

533 STUDENT WELLNESS POLICY

I. PURPOSE

The purpose of this policy is to ensure that all students have access to healthy meals, and the tools and information to make healthy decisions with regards to their physical activity, mental wellness, and nutritional intake. The school is committed to fostering an environment which promotes holistic health and wellness.

II. GENERAL STATEMENT OF POLICY

The Perpich Arts High School recognizes that access to nutritious food and education with regards to wellness are essential components of the educational process. Good health promotes learning. The school will involve students, parents, teachers, food service staff and industry experts in monitoring and reviewing our district

III. WELLNESS GOALS

- A. The Perpich Arts High School recognizes that access to nutritious food and education with regards to wellness are essential components of the educational process. Good health promotes learning.
- B. The school will involve students, parents, teachers, food service staff and industry experts in monitoring and reviewing our district Wellness Policy and Guidelines.
- C. The school environment will promote and protect students' health, well-being and ability to learn by providing opportunities for healthy eating.
- D. Students will be encouraged to physically active on a regular basis.
- E. Students will have access to a variety of affordable, nutritious and appealing foods that meet their health and nutrition needs.
- F. All foods and beverages made available on campus (including, but not limited to, concessions, school stores, vending, beverage contracts, and a la carte cafeteria items) will meet and strive to exceed USDA Dietary Guidelines where appropriate.

IV. GUIDELINES

- A. Food and Beverage will be overseen by Food Service Coordinator.
- B. Nutrition Education and Promotion will be shared by the Food Service Coordinator, Nurse, and Principal.
- C. Food Safety and Food Security will be overseen by the Food Service Coordinator.
- D. Physical Activity will be encouraged and promoted by school staff, including but not limited to Physical Education/Yoga instructor, counseling staff, administration, resident staff, and faculty.
- E. Communication with Parents will be the responsibility of the principal and food service coordinator

V. WELLNESS LEADERSHIP

- A. Mental Health and Emotional Well-being will be overseen by the Principal or designee.

VI. IMPLEMENTATION AND MONITORING

- A. The policy will be monitored annual by a team including a school administrator, parent, student, food service staff, and additional community stakeholder or industry expert.

VII. NOTES

A. School Meals

Perpich High School is committed to serving healthy meals to students; that provide plenty of fruits, vegetables, whole grains and fat free/ low fat milk every day. Making sure they are moderate in sodium, low saturated fat, and have zero grams trans-fat per serving. Our school meal program aims to improve the diet and health of each student, by meeting the nutrition needs of student within the calorie requirements. Perpich supports healthy eating choices and accommodates all cultural food preferences and special dietary needs.

Perpich High School participates in the USDA child nutrition programs, including the National School Lunch Program, School Breakfast Program, Fresh Fruit & Vegetables program, dinner program for our dorm residents. Our food programs are committed to offering school meals NSLP and SBP programs and any other Federal child nutrition programs that:

1. Are accessible to all students
2. Are served in clean and pleasant settings
3. Meet or exceed current nutrition requirements by local, state and Federal statutes and regulations
4. Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom practices:
 - a. Whole fruit options displayed in bowls
 - b. Sliced or cute fruit available daily
 - c. Daily fruit options are in a location in sight and reach of students
 - d. Vegetables given creative or descriptive names
 - e. All staff members will be trained to politely prompt students to select and consume the daily vegetables options with their meal
 - f. White milk is placed out front of all beverages
 - g. Alternative entrée options (e.g. salad bar, vegetarian option) will be available daily
 - h. A reimbursable meal can be created in any service area available to students (e.g. salad bars)
 - i. Student artwork is displayed in the service and/or dining area
 - j. Student surveys and taste testing opportunities are used to inform menu development

Menus will be posted on school website and around school. Perpich nutrition program will accommodate students with special dietary needs. All food allergies will be taken into account during meal prep and meal service.

B. Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and continuing education/training requirements.

C. Water

To promote hydration, free and safe unflavored drinking water will be available to all students throughout the day and school campus. Perpich will make drinking water available where school meals are served during meal times.

D. Competitive Food Beverages

Perpich is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. Smart Snacks aim to improve student health and well-being, consumption of healthful foods. All food and beverages outside the reimbursable meal program that are sold to the students will meet or exceed the USDA Smart Snacks nutrition standards.

E. Mental Health and Emotional Well-being

Perpich is committed to providing mental health and emotional well-being supports for all students. Perpich has an arts-based mental health practitioner on staff full time for students to utilize as needed as well as on a routine basis for continued mental health support. This practitioner will provide mental health resources including, but not limited to: literature on a variety of mental health and emotional well-being topics; self-care, symptom management, mental health relapse and crisis relapse prevention strategies, emergency resources including hospitalization options and crisis care contact information, etc.

Legal References:

Minn. Stat. § 120B.018 (Definitions)

Minn. Stat. § 120B.02 (Educational Expectations for Minnesota Students) Minn. Stat. § 120B.11 (School District Process)

Minn. Stat. § 120B.12 (Reading Proficiently no Later than the End of Grade 3) Minn. Stat. § 120B.30, Subd. 1 (Statewide Testing and Reporting System)

Minn. Stat. § 120B.35, Subd. 3 (Student Academic Achievement and Growth) Minn. Stat. § 122A.40, Subd. 8 (Employment; Contracts; Termination)

Minn. Stat. § 122A.41, Subd. 5 (Teacher Tenure Act; Cities of the First Class; Definitions)

Minn. Stat. § 123B.147, Subd. 3 (Principals) 20 U.S.C. § 5801, *et seq.* (National Education Goals 2000) 20 U.S.C. § 6301, *et seq.* (Every Student Succeeds Act)

20 U.S.C. § 5801, *et seq.* (National Education Goals 2000)

20 U.S.C. § 6301, *et seq.* (Every Student Succeeds Act)

Cross References:

MSBA/MASA MSBA/MASA MSBA/MASA Procedure) MSBA/MASA Modifications, Students) MSBA/MASA MSBA/MASA

Model Policy 104 (School District Mission Statement) Model Policy 613 (Graduation Requirements)

Model Policy 614 (School District Testing Plan and

Model Policy 615 (Testing Accommodations, and Exemptions for IEPs, Section 504 Plans, and LEP

Model Policy 616 (School District System Accountability)

Model Policy 618 (Assessment of Student Achievement)