



Policy 533: Wellness

Adopted: June 10, 2014

Revised: June 12, 2014, June 25, 2014, January 25, 2024

Adopted by: BLC Board of Directors

PURPOSE:

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activities.

GENERAL STATEMENT:

- A. Bdote Learning Center (BLC) recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. BLC environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. BLC encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity policies.
- D. BLC acknowledges that children need access to healthy foods and opportunities to be physically active to grow, learn, and thrive.
- E. BLC ensures that all students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. BLC guarantees that 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.

WELLNESS GOALS

- A. Nutrition Education and Promotion
 - a. BLC will encourage and support healthy eating by students and engage in a nutrition promotion that is:
 - i. Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
 - ii. 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,
 - iii. Enjoyable developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
 - b. BLC 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.

B. Physical Activity

- a. BLC acknowledges that students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television.
- b. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
- c. Classroom teachers will provide short physical activity breaks between lesson or classes, as appropriate.

C. School Based-Activities

- a. 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,
- b. Enjoyable developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.

D. Nutrition Guidelines for Selling Food

- a. BLC ensures that all food and beverages made available on campus (including concessions and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
- b. BLC food service personnel shall adhere to all federal, state, and local food safety and security guidelines. BLC food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.

E. Guidelines for Food and Beverage Not Sold

- a. BLC 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.
- b. BLC will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- c. BLC 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.
- d. BLC will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

F. Marketing and Advertising Foods and Beverages

- a. BLC will only market and advertise foods and beverages provided by the food services contractor that has been chosen and display meal appropriate items at the site of service per the nutrition requirement with MDE.

STANDARDS & GUIDELINES

A. School Meals

- a. BLC will follow BLC Policy 544: School Meals.

B. Program Personnel

- a. BLC will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.



- b. BLC shall designate an appropriate person to be responsible for BLC's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure foods and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
 - c. As part of BLC's responsibility to operate a food service program, BLC will provide continuing professional development for all food service personnel in schools that meet MDE requirements for the nutrition program such as: civil rights training, check and edit training, safe serv training, etc.
- C. Communication with Parents
- a. BLC recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
 - b. BLC will support parents' efforts to provide a healthy diet and daily physical activity for their children.
 - c. BLC encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
 - d. BLC 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

IMPLEMENTATION, MONITORING, & REVISIONS

- A. Implementation & Publication
- a. After approval by the BLC board and the BLC board approval of minutes, the wellness policy will be implemented throughout BLC and published on the BLC website under BLC board policies.
- B. Annual Reporting
- a. BLC Wellness Coordinator will ensure compliance within the school's food service areas and will report to the food service program administrator, the building principal, or the superintendent's designee, as appropriate.
 - b. BLC's food service program administrator will provide the annual report to the superintendent setting for the nutrition guidelines and procedures for selection of all foods made available on campus.
 - c. BLC superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of BLC's compliance with the policy to the school board.
- C. Triennial Assessment
- a. BLC wellness committee will meet at least once every three years to evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes:
 - i. The extent in which BLC complies with their wellness policy.
 - ii. The extent in which BLC's wellness policy compares to model local wellness policies like other charter schools such as: Minnesota Transitions Charter School, Jennings Community School, and Alliance for Healthier Generation – Model Policy.
 - iii. A description of the progress made in attaining the goals of BLC's wellness policy.
 - iv. BLC wellness coordinator will be responsible for conducting the triennial assessment and reporting anything regarding the nutrition program to MDE.



EDUCATING THROUGH AN INDIGENOUS LENS

- v. The triennial assessment report shall be posted on BLC's website per MDE compliance with the published wellness policy.
- D. Recordkeeping
 - a. BLC will maintain records to document compliance with the wellness policy per MDE compliance.
 - b. BLC will follow its recordkeeping policy in the disposal of any records pertaining to the nutrition program.
- E. Revisions
 - a. BLC wellness policies revisions shall be made at any time.
 - b. BLC wellness policy shall do the triennial assessment every three years starting January 2024 with the next revisions in January 2027, 2030, 2033, 2036, etc.

LEGAL REFERENCES:

The following are included for reference purposes only, may not reflect the most current relevant statutory citation, and should not be read to contravene or limit the school's obligations under any federal, state, or local law:

- a. Minn. Stat. §121A.215 (Local School District Wellness Policy)
 - i. 42 U.S.C. §1751 et seq. (Healthy and Hunger-Free Kids Act)
 - ii. 42 U.S.C. §1758b (Local School Wellness Policy)
 - iii. 7 U.S.C. §5341 (Establishment of Dietary Guidelines)
 - iv. 7 C.F.R. §210.10 (School Lunch Program Regulations)
 - v. 7 C.F.R. §220.8 (School Breakfast Program Regulations)
- b. Minn. Stat. §138.17 (Government Records; Administration)
- c. Minn. Stat. Ch. 363 (Minnesota Human Rights Act)
- d. Minn. Stat. § 121A.03, Subd. 2 (Sexual, Religious, & Racial Harassment, & Violence Policy)
 - i. 42 U.S.C. § 12101 et seq. (Americans with Disabilities Act)
 - ii. 20 U.S.C. § 1681 et seq. (Title IX of the Education Amendments of 1972)

Local Resources:

The following are included for reference purposes only, may not reflect the most current relevant statutory citation, and should not be read to contravene or limit the school's obligations under any federal, state, or local law:

- a. Minnesota Department of Education, www.education.state.mn.us
- b. Minnesota Department of Health, www.health.state.mn.us
- c. Alliance for Healthier Generation, <https://www.healthiergeneration.org/take-action/schools/wellness-topics/policy/local-school-wellness-policy/refresh-your-policy>



Local Wellness Policy: Triennial Assessment Template

Background Information

An assessment of your school wellness policy must be conducted a minimum of once every three years; however, Local Educational Agencies (LEAs) may assess their policy more frequently if they wish. The results of the assessment must be made available to the public.

Purpose

The template below is offered as a way to summarize the information gathered during your assessment. Members of a school wellness committee who are completing their triennial assessment for their school wellness policy may use this template. It contains the three required components of the triennial assessment, including 1) compliance with the wellness policy 2) how the wellness policy compares to model wellness policies 3) progress made in attaining the goals of the wellness policy.

Results

The copy of the assessment must be made available to the public. How the assessment is made available is the decision of the LEA. Many LEA's choose to post the results on their district website. The triennial assessment summary and the assessment details (e.g. WellSAT 3.0 report) must be shared.

Recordkeeping

Keep a copy of the most recent triennial assessment, along with supporting documentation on file. This will be needed when you have a School Nutrition Program administrative review.

Local Wellness Policy: Triennial Assessment Summary

Section 1: General Information

School(s) included in the assessment:

Month and year of current assessment: _____

Date of last Local Wellness Policy revision: _____

Website address for the wellness policy and/or information on how the public can access a copy:

Section 2: Wellness Committee Information

How many times per year does your school wellness committee meet? _____

Designated School Wellness Leader

Name	Job Title	Email Address

School Wellness Committee Members

Name	Job Title	Email Address

Section 3. Comparison to Model School Wellness Policies

Complete the [WellsAT3.0 assessment tool](#) and keep a copy of the results on file for at least three full school years plus the current year, as it will be reviewed during the next administrative review of your school nutrition program.

Indicate model policy language used for comparison:

- Alliance for a Healthier Generation: Model Policy
- WellsAT 3.0 example policy language
- Other (please specify): _____

Describe how your wellness policy compares to model wellness policies.

Section 4. Compliance with the Wellness Policy and Progress towards Goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
 - Nutrition promotion and education
 - Physical activity
 - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the tables below, indicate the language that is currently written in the district local wellness policy in relation to each topic area. Next, assess and discuss whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Finally, indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps

Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps

Include any additional notes, if necessary: