

# Norman County East District Wellness Policy

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**This policy was adapted from:**

**ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS  
POLICY**

*Updated 01/2024 to reflect the USDA final rule*

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## Norman County East District Wellness Policy

### Preamble

Norman County East School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day is strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with high grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including, fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, student who are physically active through active transport to and from school, recess, physical activity breaks, high –quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and State Nutrition Standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physical active before, during and after school;
- Students engage in nutrition and physical activity promotion on and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits: and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

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## **I. School Wellness Committee**

### ***Committee Role and Membership***

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least **four** times per year to establish goals for and oversee school health and safety policies and programs. Including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but no be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health service staff [e.g. nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-ED). To the extent possible, the DWC will include representatives from each school building and reflects the diversity of the community.

### **Leadership**

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is Raina Askin, High School Principal, 218-584-5151, [rainaa@nce.k12.mn.us](mailto:rainaa@nce.k12.mn.us).

### **District Wellness Committee**

The name(s), title(s), and contact information of this/these individual(s) is(are):

<b>Name</b>	<b>Title/Relationship to the School or District</b>	<b>Email Address</b>	<b>Role on Committee</b>
Raina Askin	Wellness Policy Coordinator/High School Principal	<a href="mailto:rainaa@nce.k12.mn.us">rainaa@nce.k12.mn.us</a>	Attends meeting, policy approval, reporting, implementation, and evaluation
Sarah Kjono	Member/Board Member	<a href="mailto:sarahk.nce.k12.mn.us">sarahk.nce.k12.mn.us</a>	Attends meetings/ collaborates on goals, policy evaluation and implementation

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Ty Nelson	Member P/E Teacher/Sub Committee Chair	<a href="mailto:tynelson@nce.k12.mn.us">tynelson@nce.k12.mn.us</a>	Attends meetings./collaborates on goals, policy evaluation, and implementation
Kelly Kruize	Member/Community Member	<a href="mailto:kellyk@nce.k12.mn.us">kellyk@nce.k12.mn.us</a>	Attends meetings./collaborates on goals, policy evaluation, and implementation
Jodi Douville	Member Teacher/Community Member	<a href="mailto:jodid@nce.k12.mn.us">jodid@nce.k12.mn.us</a>	Attends meetings./collaborates on goals, policy evaluation, and implementation
Angela Prestegord	Member/Staff/Parent/ Community	<a href="mailto:angleap@nce.k12.mn.us">angleap@nce.k12.mn.us</a>	Attends meetings./collaborates on goals, policy evaluation, and implementation
Tracy Johnson	School Nurse/Member	<a href="mailto:Tracyjn@nce.k12.mn.us">Tracyjn@nce.k12.mn.us</a>	Attends meetings./collaborates on goals, policy evaluation, and implementation
Denise Rasmussen	Member/Food Service Director	<a href="mailto:deniser@nce.k12.mn.us">deniser@nce.k12.mn.us</a>	Attends meetings./collaborates on goals, policy evaluation, and implementation
Kim Myers	Wellness Coordinator Norman/Mahnomen Public Health	<a href="mailto:Kimberly.myers@co.norman.mn.us">Kimberly.myers@co.norman.mn.us</a>	Attends meetings./collaborates on goals, policy evaluation, and implementation

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\* Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for list of school-level wellness policy coordinators.

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### **Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school: and include information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity physical education and other school-based activities that promote student wellness. It is recommended that the school use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: [nce.k12.mn.us](http://nce.k12.mn.us).

### **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy at the Norman County East Administrative Office, High School, Twin Valley, MN and or on [nce.k12.mn.us](http://nce.k12.mn.us). Documentation maintained in this location will include but will not be limited to:

- The written wellness policy
- Documentation demonstrating that the policy has been made available to the public
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the local school wellness policy
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public

### **Annual Notification of Policy**

The District will actively inform families and the public each school year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

## **III. Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams' *trans*-fat per serving (nutrition label or manufacture's

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specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and the Special Milk Program. The District also operates additional nutrition-related programs and activities including the Back Pack Program. After School Program snack. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques”
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
  - Students surveys and taste testing opportunities are used to inform menu development dining space décor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.

In addition, the district follows these practices:

- *Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients.*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate students with special dietary needs.*

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- *Students are served lunch at a reasonable and appropriate time of day,*

- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA's Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for Child Nutrition Professionals website to search for training that meets their learning needs.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes. Students may be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### **Complete Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aims to improve student health and well-being, increase the consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org). Beverages containing caffeine will not be sold to students during the school day.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day or extended school day will meet or exceed the USDA Smart Snack nutrition. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to a la carte options in cafeterias, vending machines, school stores, and snacks or food carts. The Triennial Progress Report will be posted on the district website.

### **Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from Alliance for a Healthier Generations and from the USDA.

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2. Classroom snacks brought by parents. The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The District will provide teachers and other relevant school staff with a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. [Meets Healthy Schools Program Silver-level *criteria*]
4. Teachers may use non-food alternatives as rewards. For example, extra recess may be provided when time allows.

### **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in school nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. Smart snacks nutrition standards apply to all foods and beverages sold to students through district-sponsored fundraisers unless an exemption applies. Each school will be allowed to hold three exempt fundraisers per school during which any food or beverages may be sold. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the *Alliance for a Healthier Generation* and the *USDA*].

### **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This Promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the second meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

### **Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

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- Includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparations methods;
- Emphasizes caloric balance between foods intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teacher media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

### **Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods everyday
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and no trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size difference
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Make health choices when eating at restaurants
- Eating Disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthy
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### **Food and Beverage Marketing in schools**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion

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efforts. It is the intent of the District to protect and promote student's health by permitting and advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.<sup>15</sup> This term includes, but is not limited to the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or blackboards (Note: immediate replacement of these items are not required: however, districts will replace)

#### **IV. Physical Activity**

1. 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;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
4. All elementary school students shall receive at a minimum 150 minutes per week of physical education.
5. Our school shall provide at least 20 minutes of active daily recess.

#### **V. Communication with Parents**

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
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.
5. To encourage healthy eating at school, NCE will provide information about free and reduced lunch applications in the fall mailings as well as at back-to-school night.