

TrekNorth Wellness Policy

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

TrekNorth recognizes that nutrition education is an essential component of the educational process and that good health fosters student attendance and education. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating.

TrekNorth Schools 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.

Foods and Beverages

- All foods and beverages made available on campus will be encouraged to be consistent with the current USDA Dietary Guidelines. TrekNorth will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
- TrekNorth 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.
- TrekNorth will provide students access to handwashing or hand sanitizing before they eat meals or snacks.
- TrekNorth will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule lunch time at an appropriate time during the school day.
- TrekNorth will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

School Food Service Program/Personnel

- TrekNorth will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
- TrekNorth shall designate the Operations Manager 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 foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.

Nutrition Education and Promotion

- The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
 - offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - part of health education classes
- TrekNorth 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 vending machines, fundraising events, and concession stands.
- TrekNorth will discourage the use of 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.
- TrekNorth will promote the use of healthy foods or snacks for special occasions.

Communications with Parents

TrekNorth recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. TrekNorth will support parents' efforts to provide a healthy diet and daily physical activity for their children.

TrekNorth will support parents' efforts to provide their children with opportunities to be physically active outside of school.

Implementation and Monitoring

This wellness policy will be implemented throughout the TrekNorth Junior and Senior High School. TrekNorth's Operations Manager will ensure compliance within the school's food service areas and will report to the Executive Director as appropriate. The Executive Director will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.

References for this Document:

- Local Wellness Policy Checklist, Minnesota Department of Education
- Wellness, Minnesota Department of Education, <http://education.state.mn.us/MDE/dse/FNS/SNP/gen/well/>
- ISD 31 Wellness Policy, <http://www.bemidji.k12.mn.us/District/documents/SBR%20700-90-5.pdf>
- Wellness Policies, Alliance for a Healthier Generation, https://www.healthiergeneration.org/take_action/schools/wellness_committees__policies/