



VOA EDUCATION CENTER WELLNESS POLICY

I. **PURPOSE:**

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

II. **GENERAL STATEMENTS OF POLICY**

- a. VOA education center recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education
- b. The school will involve students, parents, teachers, community partners and industry experts in implementing, monitoring and reviewing our school Wellness Policy and Guidelines
- c. The school environment will promote and protect students' health, wellbeing and ability to learn by providing opportunities for healthy eating and physical activity
- d. All students in grades 10-12 will have opportunities, support and encouragement to be physically active on a regular basis
- e. All 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 in vending machines will meet and strive to exceed USDA Dietary Guidelines where appropriate
- g. The religious, ethnic and cultural diversity and food allergies of the student body will be respected in meal planning, nutrition education and physical activity; and school sites will provide clean, safe and pleasant settings with adequate time for students to eat
- h. All schools in the district will fully participate in the federal school meal programs to the maximum extent practicable

III. **ACCOUNTABILITY**

The administration of VOA education center shall execute administrative procedures that ensure the implementation of and compliance with the Wellness Policy and

Guidelines. These procedures shall include adoption of guidelines, and designation of site-based staff responsible for policy implementation.

COMMUNICATIONS

The school will develop and implement a communications plan which includes communication for families to ensure understanding of the rationale for the wellness policy and needs and actions of the wellness policy.

Wellness Policy Implementation GUIDELINES

A. Foods and Beverages in Schools

1. School Meals

- a. The school will provide healthy and safe school meal programs that comply with all federal, state, and local statutes and regulations.
- b. The school will accommodate the changing special nutrition needs of students; and will accommodate the cultural, ethnic, and religious diversity of our community.
- c. Meals served through the National School Lunch and Breakfast Programs will:
 - meet National School Lunch Program and Breakfast program requirements.
 - Meet current USDA nutrition requirements.

2. Food Safety

- a. All foods sold or served to students will be prepared in health inspected facilities under the guidance of food safety certified staff.
- b. The school will provide student access to hand washing or hand sanitizing before students eat any meals.

3. Scheduling of Meals

- a. VOA education center will make every effort to provide sufficient time for all students to eat in the school cafeteria and will schedule meal periods at appropriate times during the school day.

This includes:

- Providing students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes to eat after sitting down for lunch; and

- Arranging for accommodations for students who need more time to finish their lunch; and

- Scheduling meal periods at appropriate times.

4. Food and Behavior

a. VOA education center will not withhold foods or beverages as punishment.

5. Fundraising

a. Fundraising efforts will be supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.

b. Students and staff will be prohibited from personal fundraising efforts that include the sale of foods or beverages on campus.

6. Celebrations

a. Classroom celebrations should encourage healthy choices and portion control.

b. Administration at VOA education center will encourage healthy choices when addressing student celebrations and food in the classrooms.

B. Physical Activity

1. Physical Activity

a. VOA education center will provide students physical education courses.

b. The district will maintain state required graduation requirements of both Health and Physical Education in high school.

c. Students are encouraged to participate in physical activity through ALC courses after school and during the weekends.

d. Physical education courses will provide an opportunity for students to learn, practice and be assessed on developmentally appropriate motor skills, social skills and knowledge.

e. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

2. Integrating Physical Activity into the Classroom Setting

Classroom health education will reinforce the knowledge and self-

management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;

4. Physical Activity Opportunities Before and After School

a. VOA education center will provide every student with opportunities to voluntarily participate in ALC physical activities that meets his or her needs interests and abilities.

b. VOA education center shall offer interscholastic athletic programs through Minneapolis Public Schools that shall adhere to the rules and regulations of the Minnesota State High School League.

5. Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment.

C. Staff Wellness

School staff serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, VOA offers staff wellness programs as well as general wellness resources and opportunities. This may include workshops and presentations on health promotion, stress management, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases, and foster exceptional role modeling.

D. Communication with Families and the Community

1. VOA education center recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.

2. VOA education center will support parents' efforts to provide a healthy diet and daily physical activity for their children.

E. Implementation and Monitoring

1. VOA education center administration shall execute administrative procedures that ensure the implementation of and compliance with the wellness policy.