

Revised: July 28, 2010
Revised: March 2011
Revised: January 12, 2015
Revised: May 1st 2017
Adopted: May 17th 2017
Revised: March 2021
Adopted: April 22, 2021

Nay-Ah-Shing/Pine Grove Wellness Policy

I. Purpose

The purpose of this policy is to assure a school environment that promotes and protects students' health, well being, and ability to learn. This will be accomplished by fostering proper diet, physical activity, and healthy lifestyles. Nay-Ah-Shing will also make every effort to accommodate cultural traditions.

II. General Statement of Policy

Nay-Ah-Shing School is committed to providing a healthy school environment because:

- A. The school recognizes that nutrition, social/emotional, and physical education are essential components that strongly impact student attendance and achievement.
- B. The school environment will promote and protect students' health, well being, and ability to learn by encouraging healthy eating, physical activity, and healthy lifestyles.
- C. The school district encourages the involvement of students, parents, district employees, health specialists, diabetic team members, and tribal leaders in implementing, monitoring, and reviewing school wellness policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and meet personal goals.
- E. All students in K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. All students will have access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students. Nutrition staff will make every effort to include cultural foods, including local and school garden produce for the student body in meal planning. Students will be provided adequate time to eat in a clean, safe, and pleasant setting.
- G. Breakfasts and lunches will be provided to all students daily free of charge.

III. Guidelines

A. Foods and Beverages

Students' lifelong eating habits are influenced by the types of food and beverages available to them. Schools have a responsibility to help students establish and maintain lifelong healthy eating patterns.

- 1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans, and Smart Snacks in Schools requirements, as specified in 7 CFR 210.10 and 220.8, as applicable (attach working link).
- 2. Vending machines are not available on campus, Abi or High School.
- 3. Foods and beverages ~~sold~~ provided individually during the school day (i.e. foods sold outside reimbursable school meals, such as fundraisers or school stores, etc.), and classroom parties and incentive treats will meet the following guidelines:

- ❖ Equal or less than 200 calories.
- ❖ Have no more than 10% of calories from saturated fats per serving.
- ❖ Have equal or less than 35% of total calories from fat.
- ❖ Contain zero (0) trans fat
- ❖ Will not contain peanuts or tree nuts, due to staff and student allergies. (NASS)
- ❖ Contain equal or less than 35% of calories from total sugars per serving, excluding sugars occurring naturally in fruits, vegetables, and dairy products.
- ❖ Juices must contain 100% or more real fruit or vegetable juice.
- ❖ Contain equal or less than 200 mg. sodium.
- ❖ Plain potable water will be available throughout the day at no cost.
- ❖ Foods and beverages are not used as rewards or discipline for academic performance or behavior.
(Non-food incentive treats are encouraged, but food incentive treats must comply with current USDA Dietary Guidelines for Americans and Smart Snacks in School requirements.)

4. School Nutrition 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, including locally grown as well as from the school gardens as much as possible.
5. School Nutrition personnel shall adhere to all federal, state, and local food safety and security guidelines.
6. The school district 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.
7. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. The district will encourage school sponsored events and programs held outside the school day (the school day is defined as midnight before school to ½ hour after school) to be supportive of the Wellness policy and guidelines even though the nutrition standards do not apply to foods and beverages sold at events held after school, off campus, or on weekends, such as school plays, or sporting events. This will also be encouraged with any fundraising activities. Distribution of order forms and foods not intended for consumption at school may continue. The school nutrition services coordinator is available to provide information related to the food and beverage guidelines.
9. In accordance with new USDA guidelines, 2nds will not be served other than unlimited fruits and vegetables.
10. A fresh salad bar will be provided at both school buildings every day as a healthy addition to the regular school lunch.
11. When possible non-perishable food items are sent home to help families in need.
12. Treats brought into the school by students/parents will be purchased, not homemade, and must be peanut/nut free.

B. School Nutrition Program/Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations as well as Tribal recommendations.
2. The school district will designate an appropriate person to be responsible for the nutrition program. Duties will 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.
3. As part of the school district's responsibility to operate a school nutrition program, the school district will provide continuing professional development for all school nutrition personnel in both school buildings in accordance with the USDA Professional Standards for State and Local Nutrition Programs of a yearly minimum of 12 hours for Directors, 10 hrs minimum for new/current managers, and 6 hrs. for new/current staff.

C. Nutrition Education and Promotion

The primary goal of nutrition education is to positively influence students' eating behavior.

1. The school district will ensure that K-12 students receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education will include instruction that helps students learn more about the importance of monitoring caloric, sugar, and fat intake from all food groups, recognition of the role media plays in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, during the reimbursable school meal programs, fundraising events, concession stands, and student stores.
3. Nay Ah Shing School strongly discourages using food or beverages as reward or punishment for academic performance or good behavior. Individual Education Plans (IEP) or 504 plans will be exempt from this. However, once again, non-food rewards will be encouraged over food based rewards, and when food based rewards are used, it is strongly encouraged to comply with the USDA Dietary Guidelines/Smart Snack regulations.
4. The district will provide education information and encourage healthy eating and physical activity for families. Family members will be considered as a critical part of the team responsible for teaching children about health and nutrition.
5. Nutrition concepts will be reinforced by all school personnel.
 - a. Staff shall teach, encourage, and support healthy eating by students by providing nutrition education and engaging in nutrition promotion for all grade levels throughout the school day in a number of different instructional settings.
 - b. Instructional staff are encouraged to integrate nutritional themes into daily lessons when appropriate.
 - c. Nutrition education will be integrated into the broader curriculum, where appropriate including participation in the school gardens. Some examples would be cooking lessons, viewing cooking/gardening videos, integrating nutrition education in Math, Science, Phy. Ed classes, etc.
 - d. On a daily basis, staff engage with students during meal times, with discussions involving healthy food choices and portion sizes, and encouraging students to try new foods.
6. The school district will also encourage students to participate in planting, harvesting, and consuming from the school gardens. This encourages students to eat the foods they grew during breakfast and lunch meals. The Farm to School program is utilized as much as possible, and other nutrition activities such as Apple Crunch, Cucumber crunch, Eagle Adventures and collaboration with SNAPED, and SHIP grants as well.
7. Posters and signage will be displayed in or near all cafeterias, and taste testing will be conducted as applicable to promote healthy food/beverage choices.

8. Students will not be exposed to any advertising that promotes unhealthy food choice and that doesn't comply with smart snack nutrition standards.

D. Physical Activity

The primary goal for a school's physical activity component is to provide opportunities for every student to: develop the knowledge and skills for specific physical activities; maintain physical fitness; regularly participate in physical activity; and understand the short and long term benefits of a physically active lifestyle.

The Minnesota Department of Education (MDE) advocates that students need daily opportunities to be physically active for their optimal health.

The "Physical Activity Guidelines for Americans," issued by the U.S. Department of Health and Human Services, recommends that children and adolescents aged 6-17 years should have 60 minutes or more of physical activity each day. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cholesterol levels.

In addition, physical activity is important for effective learning. "Health and Academic Achievement" from the National Center for Chronic Disease Prevention and Health Promotion identifies numerous research studies that address the link between increased academic performance and school-based physical activity, including physical education. Many academic indicators are also enhanced, such as mood, attendance and on-task behavior.

Physical Education Goals (MDE)

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical activity. To fulfill a lifetime of physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of activities
- Participates in regular physical activity.
- Is physically fit.
- Values physical activity and its contribution to a healthful lifestyle.

Physical Education Standards (MDE)

Minnesota 2018 K-12 Academic Standards in Physical Education

The Physically literate student will:

1. Demonstrate competency in a variety of motor skills and movement patterns.
 2. Apply knowledge of concepts, principles, strategies and tactics to movement and performance.
 3. Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
 4. Exhibit responsible personal and social behavior that respects self and others.
 5. Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
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1. Physical Education for grades K-12 should be taught by a certified/licensed teacher who is endorsed to teach physical education.
 2. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education pedagogies, physical activity topics, and physical education competencies specifically for physical education teachers.
 3. There will be no exemptions for required physical education class time or credit.
 4. There will be no substitutions allowed for required physical education class time or credit.

5. Develop comprehensive school physical activities programs that address family and community engagement in physical activity, and provide a wide-variety of offerings.
6. Physical education should be designed to build interest and proficiency in the skills, knowledge, and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.
Nay-Ah-Shing and Pine Grove schools incorporate team building, cooperation and social skills into its physical education curriculum.
7. Nay Ah Shing students in kindergarten through grade 5 will receive 30 minutes each day of scheduled, developmentally appropriate physical education. Students in grades 6 through 7 will receive a minimum of 40 minutes every day of scheduled developmentally appropriate physical education. Nay Ah Shing K-5 students will receive a minimum of 15 minutes of recess every day. Grades 8-12 will have elective physical education opportunities, at 50 minutes each day. Teachers shall make every attempt to ensure the participation of all students in Physical Education classes and recess.
8. 1 Brain Break physical activity or 1 Energizer physical activity will be provided for students every 60 minutes of academic instruction time.
9. Physical activities are encouraged as rewards, such as extra playground time, gardening, going on walks, Go Noodle, yoga, etc.
10. Pine Grove students are taken in two groups to D3 Community Center (Aazhoomoog) every day for gym class. Their total gym time is approximately 45 minutes. Current physical activities for Pine Grove students are as follows:
 - K-3: SMART (boost up) 20 minutes
 - Outside time 10 minutes
 - Recess time 20 minutes
 - Educational Movement 10-15 minutes
 - 4-6: MM- 7 minutes
 - Brain Break- 15 minutes
 - Recess 20 minutes
11. Physical activity will not be used as a punishment.
12. Recess, Physical Education, or other physical activities will not be withheld as a punishment.
13. Students should be encouraged to participate in physical activities outside of the school day. There are many after school activities offered through the Ge-Niigaanizijig program through the Band.
14. The importance of physical activity will be reinforced by all district personnel. This is displayed with the biannually Fun Run events, as well as after school activities.

Health Education (MDE)

The purpose of health education is to positively influence the health behavior of individuals and communities as well as the living and working conditions that influence their health. Health education improves the health status of individuals, families, communities, states and the nation.

Health Standards, Assessments and Graduation Requirements (MDE)

All school districts in Minnesota are required to identify standards, benchmarks, curriculum and assessments in health education. All students must receive instruction in health education K-8, or by district-determined grade bands. High school students must receive instruction in health education at least once. The amount of credit and graduation requirement is determined at the district level.

The Minnesota Department of Education recommends that districts use the National Health Education Standards (NHES). These standards establish, promote and support health-enhancing behaviors for students in all grade levels, K-12. They provide a framework for teachers, administrators and policymakers in designing and selecting curriculum and instructional resources, and in assessing student achievement. The NHES are behavior based, with health education content integrated across each standard.

The National Health Education Standards and Minnesota Benchmarks were developed by the Minnesota Department of Education to serve as a guide for districts for locally developed standards providing sample grade-specific benchmarks for K-12 health education.

E. Behavioral Health

It is considered that a student's behavioral health is as important as his/her nutritional and physical health; therefore Nay Ah Shing schools are committed to providing services to each child as deemed necessary.

1. Several social support programs are offered on an individual and group basis.. Social support services such as an in-school Social Worker, Nurse are also available at Nay Ah Shing Schools.
2. Nay Ah Shing is committed to using an interdisciplinary approach, working with the outside services within the community and neighboring communities for servicing the students and staff needs.
3. All Nay Ah Shing employees are mandated reporters, and receive training.
4. NASS is utilizing Responsive Classroom, PBIS and 2nd Step approaches to help support social/emotional wellness in our students.
5. Students and staff connect socially/emotionally through the Breakfast Buddies program which is held twice a month in the K-5.
6. The Mille Lacs Band of Ojibwe provides many wellness programs for employees, such as the employee assistance program, mental and physical health services, and healthy lifestyle assistance.

F. Communications with Parents

It is important that students receive consistent messages throughout school, home, community and media regarding good nutrition and healthy lifestyles.

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. The district will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.
2. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. A yearly health screening will be provided each fall.
3. Parents will be provided with information that will offer suggestions for healthy snacks and lunches.

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. Schools will be encouraged to offer physical activities for both parents and children.
5. The wellness policy will be made available to every parent/guardian at the beginning of each school year along with the student handbook, and will be on the district website for parental review, as well as posted on the front bulletin boards and at each school's front desk.

IV. Implementation and Monitoring

- A. The Wellness Policy Committee meets twice a month during the school year as part of PLCs.
- B. After approval by the school board, the wellness policy will be implemented throughout the school district. Upon school board approval, the wellness policy and the triennial progress report will be posted on the school's website and in a public area in each building.
- C. The principals will ensure compliance with the wellness policy and will provide a report of the school district's compliance with the policy to the school board as requested.
- D. The school wellness policy will be reviewed and updated a minimum of every three years by a committee made up of staff, administration, board members, and when available, community members, parents, and students, according to the latest national recommendations. Surveys will be used to get input from students and parents, notices of meetings will be posted in school, on the school website and facebook, as well as brought to the Parent Action Committee.

References: National Institute of Health, <http://www.niddk.nih.gov/health/nutrit/pubs/helpchld.htm>
 99 Tips for Family Fitness Fun, www.shapeup.org/publications/99.tips.for.family.fitness.fun/
 School Nutrition Association, Local Wellness Policy Recommendations, www.schoolnutrition.org
 Healthy Sustainable Schools Project, www.healthyschools.state.mn.us

Nay Ah Shing Schools Administration makes every reasonable effort that all food products served in the schools are free of all nuts/nut products, however, the school will not be responsible for any food or products which are brought in from parents or any outside source.

Covid-19 Disclaimer: NASS will follow wellness policies, but changes/adjustments may need to be made due to Covid-19 restrictions.

Civil Rights Statement:

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W. Washington D.C. 2050-9410 or call (800) 795-3272 or (202) 720-6382 (TTY)." "USDA is an equal opportunity provider and employer.