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Nay-Ah-Shing 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 and physical education are essential components that strongly impacts 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 for the student body in meal planning. Students will be provided adequate time to eat in a clean, safe, and pleasant setting.

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.
- 2. Vending machines are not available on campus, Abi or High School.
- 3. Foods and beverages sold individually during the school day (i.e. foods sold outside reimbursable school meals, such as fundraisers or school stores, etc.), as well as 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.
 - ❖ 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.
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.
 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 the 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 ~~alternative~~ addition to the regular school lunch.
 11. The Back Pack program is provided to children whose caregivers have signed up for it. This program sends non-perishable food home with children every Friday.

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.

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 will be discouraged from using food or beverages as reward or punishment for academic performance or good behavior. Individual Education Plans (IIP) or 504 plans will be exempt from this.
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 should be reinforced by all school personnel.

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.

1. 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. K-5 will also receive 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.
2. 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 schools incorporate team building/cooperation skills into its physical education curriculum.
3. Students should be encouraged to participate in physical activities outside of the school day. There are many after school activities offered through the school's activities director as well as a Niigaan Club through the Band.
4. The importance of physical activity should be reinforced by all district personnel. This is displayed with the twice yearly fun run events, as well as after school activities which are offered continuously throughout the year.

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. Some of the social support programs being offered are: Talking Circle, Grief Group, and Chemical Support Groups. Social support services such as an in-school Social Worker, School Counselor, Behavioral Therapist, and School Resource Officer are also available at Nay Ah Shing Schools.
2. Nay Ah Shing is committed to using a wraparound approach, working with the outside services within the community and neighboring communities for servicing the students' needs.
3. All Nay Ah Shing employees are mandated reporters, and receive training a minimum of every 2 years.

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. The monthly Parent Action meetings will be one way that this goal will be met.
2. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. A yearly school 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.~~ After approval by the school board, the wellness policy will be implemented throughout the school district. Upon school board approval, the wellness policy will be posted on the school's website and in a public area in each building.
- B. The principal 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.
- C. The school wellness policy will be reviewed and updated a minimum of every three years by a committee made up of staff, community members, parents, and students.

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.

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.