



# WELLNESS POLICY CHANGES AFFECTING K-5 SCHOOLS

MPS is amending its current Wellness Policy (Policy 6690) in order to comply with changes in Federal Rules. Funding for the Federal School Meal Programs depends on compliance with these rules. Changes scheduled to take effect July 1, 2017.

- △ Policy and Regulations require a twenty minute (20 minutes) period ***in the lunchroom, cafeteria or other meal location*** for service and eating of meals.
- △ Policy and Regulations require twenty minute (20 minutes) of recess daily [this codifies the Superintendent's recent ruling on daily recess in Regulation – formerly was only a guideline].
- △ **Definition of the School Day – for purposes on selling or offering food and beverages to students** 12:00 a.m. (midnight) to thirty minutes (30 minutes) ***after*** your dismissal on every student contact day.
- △ **School Stores** – All food and beverages sold at school stores must comply with the [USDA Smart Snacks](#) criteria.
- △ **Snacks and School/ Classroom celebrations** – Snacks, food or beverages offered to students, or sold to students during the school day must comply with the USDA Smart Snacks criteria and cannot compete with the School Meal Program.
- △ **Fundraising** - Fundraisers sponsored by the school, classroom or school-approved student activity cannot include food or beverage items unless they meet the [USDA Smart Snacks](#) criteria. This does not apply to fundraisers sponsored by third parties (i.e. PTO/PTA, booster clubs, etc.) occurring outside of the defined school day.
- △ Food cannot be used as a reward or incentive, nor can food be brought into school for personal celebrations (birthdays, etc.) \*
- △ Unrestricted access to potable water must be available to all students during meal periods.
- △ Schools will be required to participate in a wellness assessment that will result in a locally adopted wellness action plan.
- △ Schools will be required to have adequate storage for bicycles to support Safe Routes to Schools (external bike racks, for example).
- △ Physical Activity cannot be used as a response to inappropriate behavior, either by requiring it, or by denying access to it.
- △ Meals cannot be unreasonably delayed or denied as a response to inappropriate behavior.

Snacks, beverages and food that comply with the Smart Snacks criteria are included in the [Guide to Smart Snacks in Schools](#) and may be-obtained through the Culinary and Wellness Services Department.

\* the prohibition against food for personal celebrations is not new, included here for purposes of reminding principals of current rules.