



Minneapolis Public Schools | Wellness Policy 6690 Information

Students who are healthier and well-nourished are better learners! Minneapolis Public Schools partners with staff, parents, students, and community to prepare students to make healthy choices for themselves. The purpose of this notice is to highlight details of our updated Wellness Policy and to encourage parents and students to work with their school to create and implement the school's wellness plan. The full policy and regulations may be found here: http://policy.mpls.k12.mn.us/student_and_school_safety (Policy 6690, Regulations 6690 A – E).

School Meal Programs Free breakfast is offered daily to every student. K-5 and K-8 lunch periods shall be a minimum of twenty (20) minutes. Middle and High Schools shall offer a minimum thirty (30) minute lunch period. All students must have unrestricted access to water at every meal. The denial or unreasonable delay of school meals as a response to student behavior is prohibited. Families that choose to pack their student's meals are encouraged to pack nourishing foods.

Snacks and Celebrations All food offered or sold during the school day must meet USDA Smart Snack standards. This includes all food and beverages offered to students through school stores, concession stands, vending machines, as a snack or during a class or school celebration. Personal celebrations, such as birthdays, are not allowed. Food shall not be used as reward or incentive¹. Snacks sent by a parent to be consumed only by their own child do not have to meet the USDA Smart Snack standards.

Fundraising MPS prefers non-food related fundraising. If fundraising does involve the sale of food during the school day all items must meet the USDA Smart Snack standards.

Allergies and Religious Considerations MPS cannot promise an allergen-free environment for all students, however schools shall make reasonable accommodations for food allergies and sensitivities. Parents are encouraged to work with their school to seek reasonable accommodations and to inform the school health office of these issues. MPS respects religious, ethnic and cultural diversity in the school meal programs.

Physical Activity & Recess In addition to physical education, MPS schools provide opportunities for physical activity through extracurricular activities, in-classroom opportunities, and other opportunities such as Safe Routes to School. Elementary school children shall be provided a minimum of thirty (30) minutes of daily recess. Withholding recess in response to student behavior is not allowed.

Active Commuting MPS promotes students walking or biking safely both to school and at school. The district supports Safe Routes to Schools Programs. More information about your school's involvement may be obtained from your school directly. Secure bike racks are provided at all schools. Locks are the responsibility of the family.

School Day The federally defined school day begins at Midnight through thirty (30) minutes after the school's final daily dismissal bell.

USDA Smart Snacks The USDA standards include limits on portion size, calories, sodium, fat, and sugar. The new standards encourage healthier food and beverage options and limit the access to junk food during the school day. By implementing nutrition standards and promoting healthier options outside the cafeteria, we enhance the learning environment and contribute to the overall health and well-being of the students. More information can be found here: http://nutritionservices.mpls.k12.mn.us/smart_snacks_in_school

¹ Unless required by a student's Individual Education Program (IEP).
District Wellness Policy Notice August 2017