



SAMPLE SCHOOL WELLNESS POLICY: HEALTHY CLASSROOM

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Introduction

As society becomes more aware and concerned about the health of children, communities are turning to schools for solutions. Schools are one of the most powerful influences in the lives of students. Having a healthy snack policy can create and promote healthy habits and behaviors in children. Schools with a healthy nutrition environment foster improved student health. The Minnesota School Boards Association (“MSBA”) has a model school wellness policy that many school districts use as a guide when developing their individual school wellness policy. The MSBA model policy does not address healthy snacks in the classroom. Therefore, the Public Health Law Center developed the following, more detailed language to insert into a school wellness policy.

Healthy Classroom Sample Language

Snacks served during the school day will meet nutrition guidelines, with a strong emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The superintendent, with the assistance of the School Health Council [aka School Wellness Committee], will provide list of foods and beverages that are acceptable for snack food and celebration use in the classroom. This list will only include food and beverages that are consistent with the Institute of Medicine’s 2009 nutrition guidelines (or with the USDA nutritional guidelines). The superintendent, with the assistance of the School Health Council [aka School Wellness Committee], will develop an implementation plan to ensure parents/legal guardians are provided with the list. The superintendent, with the assistance of the School Health Council [aka School Wellness Committee], will develop and promote school-wide guidelines for teachers and other school staff to appropriately implement policy, including tools to respond when students and/or parents do not comply with the healthy snack policy.

Other Policy Options

In the majority of the school districts around Minnesota, the superintendent has the power to implement and enforce existing school board policy. Therefore, a superintendent can issue protocols/procedures/guidelines to implement the school wellness policy. The above language can be used by the superintendent to implement the overall goals of most school wellness policies. For an example, please refer to our School Health Council Policy Reference Guide, located at www.publichealthlawcenter.org.



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