



MINNEAPOLIS  
PUBLIC SCHOOLS  
Urban Education. Global Citizens.

## District Wellness Policy Information

The District partners with parents, student, staff and community to equip students to make healthy choices for themselves. The purpose of this notice is to highlight details of the District's Wellness Policy and to encourage parents and students to work with their school's site council to create and implement the school's wellness plans. The full policy and regulations may be found here: [http://policy.mpls.k12.mn.us/student\\_and\\_school\\_safety](http://policy.mpls.k12.mn.us/student_and_school_safety) (Policy 6690, Regulations 6690 A – E)

**Academics** Health and Physical Education based on state approved content standards that promote good physical and mental health are taught in our schools. All Elementary Students should receive instruction in both health topics and Physical Education. All Secondary Students must complete credits toward graduation in both Health and Physical Education.

**School Meal Programs** MPS offers a school meal program to all students. Breakfast is offered daily at no cost to students. The meal programs comply with all Federal guidelines for federally supported meal programs. School lunches are offered to all students attending school full time. We encourage parents who wish to supply their own meals for their students to pack healthy meals and snacks and to refrain from packing beverages and foods without nutritional value in students' meals. Water is available to all students at every meal program. We encourage all parents to consider applying for free or reduced price meals for their students, these applications are confidential. Denial of participation in the school meal program shall not be used for disciplinary measure. No student who wants a meal will be turned away. Failure to have funds for a meal **will not affect** a student's ability to have a lunch. Failure to have funds **will affect** a student's ability to **purchase a la carte offerings** from the meal program. Combined lunch and recess periods for K-5 and K-8 schools are no less than fifty (50) minutes. Secondary schools shall offer at a minimum a thirty (30) minute lunch period.

**Physical Activity** MPS schools provide opportunities for physical activity outside of physical education through extracurricular activities, in-classroom opportunities, and other opportunities. Elementary school children shall be provided a minimum of thirty (30) minutes of daily recess. Physical activity shall not be used for disciplinary measures.

**Snacks and Celebrations** Food offered as a snack or as a class or school celebration must meet the USDA standards for healthy food and snacks. Food shall not be served as reward or incentive<sup>1</sup>. Personal celebrations, such as birthdays, are not allowed in MPS schools. Food and beverages offered to students through school stores, concession stands or vending machines must meet the USDA standards for healthy food, snacks and beverages. Snacks sent by a parent to be consumed only by their own child do not have to meet the USDA standards, but parents are encouraged to send snacks with nutritional value.

**Allergies and Religious Requirements** 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, and provides food options to meet religious observance requirements for students.

**Fundraising and Marketing** MPS prefers non-food related fundraising. MPS does not promote non-school meal program food and beverages to students. In quasi-public areas (gymnasiums, sports areas) signs placed on large equipment, fences and scoreboards, may market brands that offer food that complies with USDA standards. No food fundraising may be conducted during the defined school day on district premises or at district-sponsored events with food that does not meet the USDA standards for healthy food and snacks. The defined school day has been set by the Federal Government as Midnight to one-half (½) hour after the school's final daily dismissal bell.

**Active Commuting** MPS promotes students walking or biking safely to school and while at school. The district supports the Safe Routes to Schools Programs. More information about your school's involvement may be obtained from your school directly. Racks where bicycles may be secured are provided. Locks are the responsibility of the family.

**Health Services** MPS promotes physical and mental health through providing a school nurse program and referrals to community agencies. Individual Health Plans may be established for students with health concerns that cannot be completely managed at home.

**Wellness Plan** Each school will develop a wellness plan with goals for the school. Parents and students shall be involved in the development of the wellness plan. Reports to the school community on its implementation will be given on at least an every third year schedule, if not more frequently.

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<sup>1</sup> Unless required by a student's Individual Education Program (IEP).  
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