



MINNEAPOLIS  
PUBLIC SCHOOLS  
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## Minneapolis Public Schools | Wellness Policy 6690 Information

Students who are healthier and well nourished are better learners! Minneapolis Public Schools partners with parents, student, staff 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 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 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** Free breakfast is offered daily to every student. School lunches are offered to all students attending school full time. Students in K-5 and K-8 schools have a minimum twenty (20) minute lunch period. Middle and High School students have a minimum thirty (30) minute lunch period. All students have unrestricted access to water at every meal. The denial or unreasonable delay to 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. No student will be refused a meal on the basis of failure to pay. More information about meal pricing and meal accounts will be distributed by the Nutrition Services Department.

**Physical Activity and Recess** 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** All food offered or sold during the school day must meet the USDA standards for healthy food and snacks. (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. Food shall not be served as reward or incentive<sup>1</sup>. Personal celebrations, such as birthdays, are not allowed in MPS schools. Snacks sent by a parent to be consumed only by their own child do not have to meet the USDA Smart Snack Standards.

**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.

**Fundraising and Marketing** MPS prefers non-food related fundraising. 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. Fundraising that includes food and beverages that happens during the school day must meet the USDA Smart Snacks Standards.

**School Day** The defined school day has been set by the Federal Government as Midnight through 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.

**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](http://nutritionservices.mpls.k12.mn.us/smart_snacks_in_school)

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