

BENTON STEARNS EDUCATION DISTRICT 6383  
VOYAGERS PROGRAM

**WELLNESS POLICY**

**I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes and protects student and staff health, wellbeing, and ability to learn by supporting healthy habits and promoting physical activity.

**II. GENERAL STATEMENT OF POLICY**

- A. Benton Stearns Voyagers is a setting IV school program that provides educational and behavioral programming for students with emotional and behavioral needs in the central Minnesota area. Our Mission in wellness is to work with students to promote an environment that encompasses the needs of the whole mind and body. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level and in every setting, throughout the school year.
- B. Voyagers staff recognizes that all children need access to nutritious foods and opportunities for physical activity and exercise.
- C. All Voyagers students receive quality nutrition education through participation in social skills training that lays a foundation for healthy decision making related to lifestyle choices, positive social interactions, and healthy problem solving strategies through curriculum delivered in social skills, life skills, and science classes.
- D. Voyagers staff value physical activity and understand the impact of the mind body connection. Staff are encouraged to participate in healthy nutrition and activities both in and out of school.
- E. Students have access to healthy foods through reimbursable school meals, breakfast and lunch, on campus in accordance with Federal and state nutrition standards.
- F. In addition to physical education class, students have the opportunity to be active before and after school, as well as opportunities during individual class times. Classroom activities include but are not limited to Brain Gym, Go Noodle, Me Moves.

- G. Voyagers School engages in nutrition and physical activity promotion and other activities that promote student wellness.

### **III. Wellness Policy Role, Monitoring, Accountability and Community Involvement**

#### A. Committee Role

- Benton Stearns Education District will maintain a district wellness committee (DWC) that will meet annually to establish goals, review the health and wellness policies, programs, development and implementation of the current wellness policy.

#### B. Leadership Team

- |                   |                  |                        |
|-------------------|------------------|------------------------|
| ● Cindy Pederson  | Administrator    | Lead Oversight         |
| ● Joe Mellgren    | Phy. Ed. Teacher | School Representative  |
| ● Barb Butweiller | Paraprofessional | Student Representative |
| ● Karie Belling   | Parent Advocate  | Program Representative |

#### C. Policy Availability

- The Wellness policy will be available by hard copy in the Voyagers office
- The Wellness policy will be posted for the public on the District's website.

#### D. Annual Review

- Families will be informed of our current policy or of any changes to the policy during intake meetings.
- Notification on the district homepage of annual policy review.
- The Wellness policy, annual review will be posted on the district webpage at: <https://www.bentonstearns.k12.mn.us/>

#### E. Goals

- To educate students in an environment that promotes physical, mental and emotional health and wellness.
- Incorporate physical activity throughout the day in a variety of settings.
- Develop rewards that are intrinsic and move away from tangible rewards.

### **IV. DISTRICT SUPPORTED WELLNESS OPPORTUNITIES**

#### A. Meeting Healthy Eating and Nutrition Goals

- School meals will be served to students and will include fruits, vegetables, whole grains, and fat-free and low-fat milk
- Meals will meet the nutrition needs of school children for calorie intake and low in saturated fats.
- Nutritious meals will be accessible to all students

- Menu's and promotional posters will be posted in the lunchroom
- Students will learn media literacy and label reading to emphasis nutritious food and beverage selection
- Meals will be appealing and attractive to students
- Lunchroom will be a clean and pleasant setting
- We do not have vending machines
- We do not host after school activities or programs that sell food
- We do not participate in fundraising events that promote food items
- We do not allow outside agencies access to the building to market our students
- Students are encouraged to carry water bottles with them during the school day
- No sugary drinks are to be served to students
- Snacks will consist of fruits, vegetables, yogurt and whole grain items

#### B. Meeting Physical Exercise and Activity Goals

- All students participate in physical education daily
- All physical education classes are age appropriate and consistent with state and national standards for physical education
- Opportunities for stretching and activity are made available in all academic classrooms throughout each day
- Students are allowed an activity break in the motor room or hallways where signs of various activities are posted (sponsored by our OT and PT program)
- Students are provided with both outdoor and indoor daily recess pending weather
- Students are given the option to participate in intramural activities throughout the school year
- Voyagers sets up annual team building field trip activity designed to keep students active while learning to make leadership quality decisions
- Adapted physical education is available to those with IEP requirements

## V. IMPLEMENTATION AND MONITORING

- The district will develop new relationships with local business and healthcare facilities to promote overall wellness
- The district will provide electronic communication and updates through emails, and postings on the district web page
- Where applicable, the district will allow for professional development as it relates to the improvement and promotion of the wellness program

- District Wellness Committee will meet annually establish goals, review the health and wellness policies, programs, development and implementation of the current wellness policy.

For any questions, concerns, or feedback please contact:

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References:

Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)

Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)

Action for Healthy Kids, <http://www.actionforhealthykids.org>

United States Department of Agriculture, <https://healthymeals.fns.usda.gov>