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Zumbrota-Mazeppa School is committed to helping our students and staff achieve the goals of the district's wellness policy. The School Board, administration, and wellness committee are charged with the duties of keeping the policy up to date with federal and state standards to ensure the health and well-being of ZM's students and staff.

The current district policy was reviewed in October 2019. Schools that participate in the National School Lunch and School Breakfast programs are required by the Healthy, Hunger-Free Kids Act of 2010 to have a Wellness Policy that includes standards and nutrition guidelines for foods and beverages made available to students on campus during the school day, as well as specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the public in the development, implementation, and periodic review and update of the wellness policy. The Act also requires a plan for measuring implementation of the policy and reporting wellness policy content and implementation issues to the public, as well as the designation of at least one person charged with responsibility for the implementation and oversight of the wellness policy to ensure the school district is following the policy.

The ZM School District has implemented many directives to ensure a healthy environment for our students and staff. At the K-6 level, a healthy snack cart is offered to students daily during the school year. This program was implemented to encourage and educate students and parents on the importance of healthy snacks.

ZM also has a "no food birthday treat" policy in effect. This policy helps ensure that ZM's students are not consuming a large number of unhealthy snacks throughout the school year. This policy is part of the parent information packet mailed to all district households prior to the start of the school year.

Lunchtime Solutions is required to follow federal and state guidelines for meal preparation. The Lunchtime Solutions staff strives daily to provide tasty, healthy meals for our students. Many entrees are made from scratch using low-fat, low sodium and sugar ingredients. A fruit and veggie bar is offered daily and students are encouraged to try new entrees as well as the fruit and veggie bar.

In the Family Consumer Science classes, students are learning how to read labels and nutrition guidelines for implementation in their daily lives. This information will empower students to maintain a healthier lifestyle as they grow independent and make eating decisions on their own.

Physical activity is emphasized for all students, including phy ed classes and monitored activities during recess times. Balls and other play equipment items are provided, and group activities encouraged. ZM holds Walk-to-School Days that encourage students to walk or ride their bike to school. This event is well attended by students and parents alike.

Parental input is always welcomed, and questions or ideas may be directed to any of the school offices, including the district office.

www.zmschools.us

District Office: 507-732-1400

Middle/High School (Grades 7-12): 507-732-7395

Elementary School (Grades 3-6): 507-732-1420

Primary School (Grades PreK-2): 507-732-7848