



6690 B

Health Education and Staff Well-being

Regulation 6690 B

Original Adoption: 09/25/1973

Revision Dates: 08/14/1985, 6/30/2017

Effective Date: 7/1/2017

Review Dates:

I. PURPOSE

Preparation of district staff to both educate students regarding healthy life choices and to lead by example is necessary to assure that students receive excellent preparation for making their own healthy choices. Additionally, the district recognizes that the health and well-being of staff is important to overall student success. The purpose of this regulation is to establish requirements for staff members to prepare for student education, and establish district intentions regarding supporting staff healthy choices.

II. GENERAL STATEMENT OF REGULATION

- A. All staff shall be provided access to science based information pertaining to all components of health including but not limited to:
 - 1. alcohol use;
 - 2. chemical use;
 - 3. tobacco use;
 - 4. the benefits of physical fitness;
 - 5. basic nutritional information.
 - 6. mental and emotional well-being
- B. The district may offer professional development to assist staff in recognition of and district requirements, for example: recognizing and reporting alcohol, chemical and tobacco use in students.
- C. The district may offer professional development to assist staff in recognition and reporting of alcohol or chemical use, and failure to comply with tobacco use policies in other employees.
- D. The district may offer education and other benefits to employees addressing personal health issues, for example: to prevent injury, reduce chronic diseases and foster exceptional role modeling.
- E. All staff shall be encouraged to introduce personal healthy life habits and choices.
- F. Staff development to incorporate personal healthy life choices may be offered.
- G. All food service employees shall be offered appropriate training and staff development necessary to implement the requirements of this policy and law in the performance of their duties.



III. STAFF WELL-BEING

- A. The district may offer incentives for staff that participate in healthier practices to enhance personal well-being, and reduce personal health costs. These may include but are not limited to:
 - 1. Annual health assessments
 - 2. Physical activity and fitness programs
 - 3. Healthy eating programs
 - 4. Mental and emotional well-being programs
- B. The district shall encourage implementation of evidence based health and well-being opportunities, such as active commuting, to support employee health and well-being.

IV. HEALTH EDUCATION

- A. All faculty charged with teaching the health academic standards shall be offered appropriate staff development opportunities to support robust knowledge of the material and skills for teaching the subject.
- B. All teaching staff shall be encouraged to include health standards into their specific content area when possible.

Legal References:

Minn. Stat. §122A.66 (Teacher Training: Effects of Drugs and Alcohol)

Cross References:

MPS Policy 5220 (Tobacco Use, Student)

MPS Policy 5631 (Drug-Free Schools, Chemical Health, Chemical Use and Abuse)

MPS Policy 6411 (Learning Materials and Resources)