

Local School Wellness Policy

IQRA ISLAMIC SCHOOL | PRE-KINDERGARTEN THROUGH GRADE 5

2824 13th Avenue South • Minneapolis, MN 55407

Local Wellness Policy — Approved for SY 2026–2027

Policy status	Approved
Approval / effective date	September 25, 2026
Approved by	Khaleef Warsame

1. Purpose and Scope

Iqra Islamic School is committed to a healthy school environment in which students can learn and practice nutritious eating, physical activity, and habits that support overall wellbeing. This policy applies to Iqra’s Pre-Kindergarten through grade 5 students and to school-managed activities on campus, consistent with applicable federal and Minnesota requirements. Specific school meal and competitive food regulations apply according to the program and age group served.

The policy applies to Iqra’s National School Lunch Program (NSLP) and School Breakfast Program (SBP), and to school-day foods and beverages sold or provided at the school. Iqra participates in the Community Eligibility Provision (CEP) for eligible enrolled school students. The separately administered CACFP/Dugsi operation is not presumed to be governed by the NSLP/SBP school-day standards where those standards do not apply; any overlapping campus activities will be coordinated with program requirements.

2. Oversight, Committee and Community Participation

Designated school wellness leader

Muna Osman, teacher, is designated in Iqra’s existing policy as the school wellness coordinator responsible for coordinating policy implementation and monitoring. School administration retains overall accountability, provides necessary support, and confirms or changes this appointment as part of policy adoption. The Executive Director works with the coordinator in organizing assessments and reports.

Wellness committee

Iqra will maintain a Local Wellness Committee and schedule at least two meetings each school year. Participation will be open, as appropriate, to parents/caregivers, students, school food authority representatives, physical education teachers, school health professionals, board members, administrators, and interested members of the public. Iqra will communicate opportunities for these stakeholders to participate in development, implementation, review, and updates of the policy. Committee participation and meeting dates will be recorded in minutes, agendas, or equivalent records.

The committee will review progress toward goals, school meal and other food standards, physical activity, public feedback, assessment findings, and any needed revisions. The school will not represent a meeting or membership as completed until it has occurred and been documented.

3. Nutrition Standards for School Meals

Breakfast and lunch served through NSLP/SBP will meet the applicable USDA meal patterns, nutrition requirements, and Minnesota Department of Education guidance. Meals should be offered in a clean, welcoming setting; staff will support student access, respect cultural needs, and implement disability-related meal modifications consistent with applicable requirements. Iqra will provide potable drinking water without charge where school meals are served during meal periods, as required.

- Serve age-appropriate meals with fruits, vegetables, whole grains, protein foods and milk consistent with applicable USDA requirements.
- Provide sufficient time and an orderly setting for students to obtain and consume meals; use service procedures that are safe and respectful.
- Coordinate with the meal vendor to obtain menus, recipes, food specifications, appropriate substitutions, and documentation needed to demonstrate compliance.
- Promote appealing presentation of fruit, vegetables and other nutritious choices; use student and family feedback when feasible.
- Ensure school nutrition personnel complete applicable food safety and professional standards training.

4. Other Foods and Beverages Sold During the School Day

Foods and beverages sold to students outside reimbursable meals on the school campus during the school day, including vending, school stores, à la carte sales, and fundraisers, must meet applicable USDA Smart Snacks in School requirements or a valid exception. School day and school campus will be interpreted according to applicable USDA program definitions. Iqra will review any proposal to sell food or beverages in advance and maintain available labels or other compliance records. Where Iqra does not sell competing foods, it will document that practice rather than assume an exception.

Program-specific standards, including those applicable to Pre-K meal service, will be applied as required; this policy does not replace USDA child-nutrition program rules.

5. Foods Provided but Not Sold

Foods and beverages given to students during the school day outside reimbursable school meals—such as classroom celebrations, snacks brought by families, incentives, or school-sponsored events—will support healthy eating and student safety. Iqra will encourage water, fruit, vegetables, whole-grain options, and other nutritious choices. The school will communicate any classroom food guidance to families and coordinate allergy precautions and medically required accommodations.

Staff should avoid using foods or beverages of low nutritional value as rewards or disciplinary tools. Food must not be withheld as punishment. Foods brought from outside the school will be handled in accordance with school food safety and allergy procedures. These are locally adopted standards for items provided but not sold; USDA Smart Snacks requirements for foods sold are addressed separately above.

6. Food and Beverage Marketing

Food and beverage advertising and marketing directed to students on the school campus during the school day will be limited to products meeting applicable USDA Smart Snacks nutrition standards. This includes school-controlled posters, branded equipment, scoreboards, menu boards, vending-machine exteriors, and school publications. Iqra will consider this standard when renewing contracts or replacing school-controlled equipment; existing long-lived items will be addressed as allowed under federal guidance.

7. Nutrition Promotion and Education

Iqra will teach and model healthy eating through age-appropriate instruction and practical experiences in Pre-K through grade 5. Nutrition education may be incorporated into health, science, language, physical education, and school meal activities. Instruction and promotion will respect the cultural backgrounds of students and families.

- Goal: provide at least one developmentally appropriate nutrition learning opportunity in each grade during the school year, recorded in lesson plans or school activity records.
- Goal: promote fruits, vegetables and water in school meal communications and cafeteria practices throughout the year.
- Goal: make nutrition information and meal-related outreach accessible to families when needed, including language assistance.

8. Physical Education and Activity

Iqra values daily physical activity and age-appropriate physical education for students in Pre-K through grade 5. The school will provide opportunities for movement through recess, physical education, supervised play, and classroom activity breaks, subject to weather, staffing, and student accessibility needs. Program schedules must reflect the actual grades served and applicable Minnesota requirements; this policy does not promise unverified instructional minute totals.

- Goal: include regular opportunities for movement and physical activity in each grade's school-week schedule.
- Goal: encourage active play and developmentally appropriate movement for Pre-K students.
- Goal: provide reasonable adaptations so students with disabilities can participate safely and meaningfully.

- Physical activity will not be withheld as a routine punishment, and physical exertion will not be used as disciplinary punishment.

9. Other School-Based Wellness Activities

Iqra will encourage school practices that reinforce nutrition, hydration, physical activity, personal hygiene and a supportive learning environment. Activities may include health-focused classroom lessons, family education, outdoor play, food literacy, and healthy fundraising. School-sponsored wellness activities will be selected based on available resources and documented when conducted.

School staff are encouraged to model healthy behaviors. The school will support reasonable opportunities for staff wellness and communicate information about student wellbeing to families as appropriate.

10. Implementation, Monitoring, Review and Evaluation

Annual implementation review

The designated wellness leader and school administration will review implementation at least annually, including school nutrition standards, nutrition education opportunities, physical activity schedules, classroom food practices, community participation, and the status of goals. The school will document findings, responsible persons, and planned corrective or improvement actions in an implementation log or meeting record.

Triennial assessment

At least once every three years, Iqra will conduct and document an assessment addressing (1) school compliance with this policy, (2) comparison with model wellness policies, and (3) progress toward wellness goals. MDE's Triennial Assessment Template and the WellSAT 3.0 tool may be used to support the assessment. The assessment will use actual evidence rather than retrospective assumptions. A current revision of this policy does not itself substitute for an assessment of prior implementation.

Review and policy updates

The wellness committee will review the policy when assessment findings, school operations, federal or Minnesota requirements, or stakeholder feedback warrant changes. Iqra will formally review and, where appropriate, update the policy following each triennial assessment. Revisions will be dated, approved through the school's established governance process, retained, and made public.

11. Public Notification and Stakeholder Communication

Iqra will make the current wellness policy and updates available to families and the public at least annually, ordinarily through its school website and school communications. The public notice will explain how to obtain the policy and how

interested persons may participate in wellness policy development, implementation and review. The designated coordinator's school-approved contact route will be included.

Iqra will make the latest triennial assessment results publicly available in an accessible and understandable form, such as posting a report or providing a link on its website. The school will retain documentation of actual postings, notices and invitations. A planned website posting is not evidence that a past posting occurred.

12. Documentation and Records

Iqra will maintain, for applicable retention periods: the current and prior wellness policies; evidence of public availability and annual notices; wellness committee membership, agendas or minutes and stakeholder invitations; implementation records; policy reviews and approvals; the most recent triennial assessment and underlying evidence; documentation of assessment publication; and relevant school meal and food-standard records. Documentation will be available to authorized reviewers.

13. Adoption and Annual Administrative Information

Iqra Islamic School's Local Wellness Policy was originally established for the 2022–2023 school year. This revised policy has been reviewed and approved for the 2026–2027 school year. It supersedes the previous policy and establishes the school's current wellness goals, standards, and procedures in accordance with applicable USDA and Minnesota Department of Education requirements.

Approved by (name/title)	Khaleef Warsame
Date adopted / effective	09/25/2026
Designated wellness leader	Muna Osman
Public policy URL / access location	
<u>https://iqra-mn.org/wp-content/uploads/2026/10/Iqra-Local-Wellness-Policy.docx-1.pdf</u>	

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