Alcona Community Schools Local District Wellness Policy

The Michigan State Board of Education recognizes and acknowledges that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.”1 The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

Non-Smart Snack Food and Beverages Not Offered as a Student Reward

- The district will make a commitment to offer students alternative rewards.
- Alternative rewards may include: free time, small items such as stickers, fidgets, and games.
- Smart Snack food and beverages are allowable. Please see attached smart snack guide.

Increased Physical Activity for Students in Classrooms

- Teachers are encouraged to integrate movement into lessons and provide examples of brief, classroom-based physical activities.
- Examples of activity: Dance breaks, walk around the room, utilize ROAR room at the elementary.

Engage Students in Menu Planning

- The food director will work in conjunction with the building principals to develop a student meals committee.
- This could include student surveys, taste tests of new menu items, and encouraging their peers to eat in the cafeteria.
- The goal of the committee is to ensure student preferences are considered while maintaining nutritional standards and increasing student buy-in for healthy school meals.

Continue to Incorporate Scratch Meals as Much as Possible

- The elementary and middle/high school kitchens will continue to improve the frequency and quality of scratch cooked meals for students.
- Produce from the hoop houses, community gardens, and lettuce growers will be utilized for meals and veggie and fruit offering bars in each cafeteria.

Encourage Staff to Be Healthy Examples for Students

- Teachers and staff will not be limited on their personal choices for food and drink while in the district.
- Instead, staff are encouraged to build their own healthy habits to share with students.
- Examples include, increasing water intake during the day, eating healthy snacks if eating in class with students present, and participating in student physical activities if they are able.

Please see link for Smart Snack guidelines.
https://www.fns.usda.gov/sites/default/files/resource-files/smartsnacks.pdf