Book	Policy Manual
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8510 - **WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health, healthy nutrition, and physical activity habit and nutrition habits:

A. With regard to nutrition education:

1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

2. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.

3. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.

4. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.

5. The standards and benchmarks for nutrition education shall be behavior focused.

6. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.

7. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

8. Nutrition education posters, such as My Plate, will be displayed in the cafeteria.
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9. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

10. Nutrition education benchmarks and standards include a focus on traditional and social media platforms (including podcasts, etc.) related to food marketing literacy strategies media literacy as it relates to food marketing strategies.

11. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, lean meats, fish, poultry, and plant-based proteins, and low-fat and fat-free milk and and low-fat and fat-free dairy products.

12. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

13. The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

14. Nutritional education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing and others.

15. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.

B. With regard to physical activity:

1. **Physical Education**

   a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

   b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

   c. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

   d. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

   e. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

   f. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.

   g. Properly certificated, highly qualified teachers shall provide all instruction in physical education.

   h. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.

   i. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

   j. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

   k. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

l. Planned instruction in physical education shall include cooperative as well as competitive games.

m. Planned instruction in physical education shall take into account gender and cultural differences.

n. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

o. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.

2. **Physical Activity**

a. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment unless the behavioral expectations of the setting are not met. PBIS resources to assist with addressing student behavior

b. Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.

c. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

d. All after-school programs shall provide developmentally appropriate physical activity for the students who participate.

e. Students in grades K-5 will have physical education 60 minutes per week, while those in grades 6-8 will physical education every other day throughout the school year at a minimum duration of 40 minutes per class. All high school students will follow the district graduation requirements for physical education. Physical education can be modified based on students' needs

C. With regard to other school-based activities:

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

   The school shall provide at least twenty (20) minutes daily at lunch for students to eat.

2. The school shall provide attractive, clean environments in which the students eat.

3. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.

4. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

   Schools provide students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances.

5. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall:

1. encourage students to increase their consumption of healthful foods during the school day;

2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:

    a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;

    b. a variety of vegetables daily to five (5) specific subgroups outlined in the Dietary Guidelines for Americans and promoted in the MyPlate materials (dark green, red/orange, beans/peas/legumes, starchy and other) include specific subgroups as defined by dark green, red/orange, legumes, and starchy;

    c. whole grain, whole and whole grain rice products that meet school lunch and breakfast program requirements and, if offered, Smart Snack in School standards fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);

    d. meals designed to meet specific calorie ranges for age/grade groups;

    e. eliminate foods offered in program meals and those offered as part of Smart Snacks in Schools that are not free of added trans-fat eliminate trans-fat from school meals;

    f. require students to select a fruit or vegetable as part of a complete reimbursable meal;

    g. provide opportunities for students to develop the knowledge and skills for consuming healthful foods;

    h. whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation.

    i. Water filling stations are available in the cafeterias and in the hallways of both schools.

    Students are permitted to have water bottles at their desks and are given ample opportunities to refill water containers.

E. Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.

B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA). All schools will offer breakfast and lunch to all students through the CEP Program.

C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.

E. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines.

In Public Act 42, the State of Michigan allows for 2 exempt fundraisers per building per week. That allows the sale of foods that do not meet the standards. These fundraisers may not be sold in competition with school meals in the food service area during the meal service.

The foods and beverages sold inside of the school meals programs will meet the USDA Smart snacks in school nutrition standards and will be monitored by the principals.

F. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations. The school principals will encourage the use of healthy food for all classroom parties, snacks, and celebrations. For example, fresh fruits, vegetables, and whole grain items.

G. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students a la carte or from vending machines.

H. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.

I. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

J. All food service personnel shall receive pre-service training in food service operations.

K. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Superintendent and the Food Service Director as the individual(s) charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent shall appoint a District wellness committee that includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and school administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually. School-level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The Wellness Committee shall be responsible for:

A. assessment of the current school environment;

B. review of the District’s wellness policy yearly;

C. presentation of the wellness policy to the school board for approval;

D. measurement of the implementation of the policy;

E. recommendation for the revision of the policy, as necessary.

Before the end of each school year the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Superintendent shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall distribute information at the beginning of the school year to families of school children, include information in the student handbook, and post the policy on the District’s website, including the Wellness Committee's assessment of the implementation of the policy.

The District shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policy.

Nondiscrimination Statement

This institution is an equal opportunity provider.

Revised 8/15/17
Revised 5/17/21

Revised 7/15/24

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Legal	42 U.S.C. 1751, Sec. 204
	42 U.S.C. 1771
	7 C.F.R. Parts 210 and 220