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WELLNESS

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. 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, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support student 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 general public to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following evidence-based goals below and as expanded in Administrative Guidelines, in an effort to enable students to establish good health and nutritious habits:

- A. Nutrition Education: The District will integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant. Nutrition education will include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations. Schools are encouraged to provide information to parents that is designed to help reinforce at home the standards and benchmarks being taught in the classroom.
- B. Nutrition Promotion: All foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the U.S. Department of Agriculture (USDA) Smart Snacks in School nutrition standards. The District will promote an environment that reinforces the development of healthy habits and provide opportunities for students to develop the knowledge and skills for consuming healthy foods by using evidence based strategies and healthy nutritional messages.

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- C. Physical Education: The District will provide students with physical education instruction, using an age-appropriate, sequential physical education curriculum consistent with national and state standards that align with student's Individualized Education Program (IEP). The physical education curriculum will provide successive instruction related to the knowledge, aptitude, and skill necessary to participate in lifelong, health-enhancing physical activity. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation. Also, planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind. Physical activity shall not be used as a form of discipline or punishment. The school may provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- D. Other School-based Activities: The District will provide an opportunity for an organized wellness program for staff members. Also, schools may provide opportunities for staff, parents, and other community members to model healthy eating habits at school functions such as, conferences, health fairs, trainings, open houses, etc. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes. The schools may demonstrate support for the health of all students by encouraging parents to enroll their eligible children in children's health insurance programs for which they may qualify.

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

- A. The food service program shall comply with Federal and State laws/regulations pertaining to the selection, preparation, consumption and disposal of food and beverages.
- B. Establish school environments that support healthy eating and physical activity, including the development and implementation of safety rules and use of Smarter Lunchroom Strategies.

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- C. Guidelines for reimbursable school meals shall meet the program requirements and nutrition standards set forth under 7 CFR Parts 210 and 220. Reimbursable school meals shall not be less restrictive than the regulations or guidance issued by the USDA.
- D. The food service program will provide student affordable access to varied and nutritious foods.
- E. All foods and beverages offered for sale on the school campus during the school day shall comply with the USDA Dietary Guidelines for Americans and USDA Smart Snacks in School nutrition standards, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.
- F. All food and beverage that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) are strongly encouraged to meet the USDA Smart Snacks in School nutrition standards. The District will provide teachers and school staff a list of alternative ways to reward students.

The Superintendent shall appoint a District Wellness Committee to oversee the development, implementation, evaluation and periodic update of policy and/or guidelines. The committee should include 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 the extent possible, the Wellness Committee should include representatives from multiple school buildings. The Wellness Committee shall be an ad hoc committee with members recruited, rotated and appointed as needed.

The District Wellness Committee shall meet at least four (4) times per year. The Wellness Committee shall recommend to the Superintendent necessary and appropriate revisions to the Wellness Policy and Administrative Guidelines. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations. Further, the Wellness Committee shall assess this policy at least once every three (3) years on the extent to which schools in the District are in compliance with the Wellness Policy, the extent to which this

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policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. This triennial assessment shall be made available to the public on the District's website.

The District will post this policy and Administrative Guidelines on the District's website to inform the public about the content of its Wellness Policy, and make this policy and any updates available to the public on an annual basis.

Administrative Guidelines shall be prepared to implement this policy and shall include the designation of the Wellness Policy Leadership which has the authority and responsibility for school-level compliance and serves to coordinate the implementation, assessment, updates and retention of documentation for the Wellness Policy.

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

7 C.F.R. Parts 210 and 220

M.C.L. 380.1272b (Public Act 42 of 2015)

Amended: June 14, 2017