

Wellness The Superintendent establishes the School District's Wellness

Committee. The Superintendent delegates to the School District's Food Service Director the duty of appointing and coordinating the duties of the Wellness Committee and maintaining a regular meeting schedule. The School District's Food Service Director and Wellness Committee will comply with all applicable legal requirements including, but not limited to: proposing and, upon the Superintendent's approval: implementing School District nutrition and physical activity standards; integrating the School District's nutrition and physical activity standards into the School District's curriculum consistent with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education. The School District will promote nutrition standards by ensuring all foods and beverages sold, marketed, or provided to students meet the USDA Nutrition Standards for School Meals and USDA Smart Snack in School nutrition standards.

At least once every three years, the School District's Food Service Director will report to the School District's Superintendent: the extent to which this regulation compares to model school wellness policies; the extent to which the School District's schools are in compliance with this regulation; and, the School District's progress in attaining the goals established by the Wellness Committee. The School District will make the report and any updates to this policy available to the public. The School District will provide information on how the public can participate on the Wellness Committee and assist with the development and implementation of this policy.

Whitmore Lake Public Schools Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Whitmore Lake Public Schools.

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 and nutrition habits:

- A. With regard to nutrition education, the District shall:
1. Nutrition education shall be included in the elementary 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 standards and benchmarks shall be age-appropriate and culturally relevant.
 3. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
 4. Nutrition education shall extend beyond the classroom by engaging and involving the school's food staff in the classroom.
 5. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
 6. The school cafeteria may serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
 7. Nutrition education shall extend beyond the school by engaging and involving families and the community.
 8. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
 9. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
 10. 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.

B. With regard to physical activity, the District shall:

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 motor skills and social skills, as well as knowledge.
- d. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- e. Properly certificated, qualified teachers shall provide all instruction in physical education.
- f. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- g. Planned instruction in physical education shall meet the needs of all students regardless of athletic ability.
- h. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- i. Planned instruction in physical education shall include cooperative as well as competitive games.
- j. Planned instruction in physical education shall take into account gender and cultural differences.
- k. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

2. **Physical Activity**

- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- b. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- c. All students in grades K-6 shall be provided with a daily recess period at least fifteen (15) minutes in duration weather permitting.

C. With regard to other school-based activities the District shall:

1. The schools shall provide at least twenty (20) minutes daily for students to eat.
2. The school shall provide attractive, clean environments in which the students eat.
3. Students at Whitmore Lake Public Schools are permitted to have bottled water only in the classroom.
4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
5. Schools may limit the number of celebrations involving serving food during the school day to no more than one (1) party per class per month.
6. Students, parents, and other community members shall have access to, and be encouraged to use, the school's physical activity facilities outside the normal school day.
7. An organized wellness program shall be available to all staff.
8. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.

9. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
10. 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.
11. 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.

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).
- 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.
- E. 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, and from vending machines. For classroom parties, or at holiday celebrations, a recommended list will be provided.
- F. The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans.
- G. The school food service program may involve students, parents, staff, and/or school officials in the selection of competitive food items to be sold in the schools.
- H. All food service personnel shall receive pre-service training in food service operations.
- I. Continuing professional development shall be provided for all staff of the food service program.

The Superintendent shall develop administrative guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the principal of each school. The Board designates the Superintendent as the individual charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771

Adopted 6/12/06