

8510 – WELLNESS POLICY

As required by law, the Board of Education establishes the following wellness policy for the Munising Public 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 suggests 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 integrated in the 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, culturally relevant and behavior focused.
3. Nutrition education activities will be linked with the school's coordinated health program.
4. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
5. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff, families and the community.
6. Nutrition education posters, such as My Plate, will be displayed in the cafeteria and throughout the school.
7. Staff responsible for providing instruction in nutrition education shall have an opportunity to participate in professional development activities designed to better enable them to teach the benchmarks and standards.
8. The District shall provide information to parents designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
9. The District shall prohibit withholding food as a punishment.
10. The District shall discourage using food as a reward as it undermines nutrition education taught in the school environment and it teaches youth to eat when they are not hungry as a reward to themselves.

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

Physical Education

1. 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.
2. 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.
3. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
4. 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.
5. Planned instruction in physical education shall
 - Require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time
 - Teach cooperation fair play and responsible participation
 - Meet the needs of all students, including those who are not athletically gifted.
 - Be presented in an environment free of embarrassment, humiliation, shaming, taunting or harassment of any kind.
 - Include cooperative as well as competitive games.
 - Take into account gender and cultural differences.
 - Promote participation in physical activity outside the regular school day.
6. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
7. All staff involved in physical education should be provided opportunity for continuing professional development.
8. Withholding of PE as a punishment shall be avoided, if possible.
9. Replacing PE Class with other activities shall be avoided, if possible.

Physical Activity

1. 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
2. All students in grades JK- 4 shall be provided with a daily recess period.
3. All students in grades JK - 12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
4. Using physical activity as a punishment shall be prohibited in the classroom OR during the school day.
5. Students, parents and the community shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside of the normal school day.

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

1. Provide at least twenty (20) minutes daily for students to eat lunch and ten (10) minutes daily to eat breakfast.
2. Provide attractive, clean environments in which the students eat.
3. Provide nutrition information to parents upon request.
4. Provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
5. 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.
6. Utilize payment systems that eliminate any stigma or identification of students eligible to receive free and/or reduced meals.
7. Discourage students from sharing their foods or beverages with one another during meal and snack times, given concerns about allergies and other restrictions on some students' diets.
8. Encourage students to use sunscreen or protective clothing when outside for more than 30 minutes.
9. Encourage participation in Safe Routes to Schools initiatives, to promote safety in walking, biking or using other non-motorized transportation to and from school.

D. With regard to nutrition promotion, 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 variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
- A variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
- Whole grain products. Half of all grains need to be whole-grain rich up on implementation and all grains must be whole grain-rich within two (2) years of implementation
- Fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
- Meals designed to meet specific calorie ranges for age/grade groups
- Eliminate trans-fat from school meals
- Require students to select a fruit or vegetable as part of a complete reimbursable meal.

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 National Nutrition Standards for School Meals 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 to students in the dining area during school food service hours shall comply with the current National Nutrition Standards for School Meals issued by the USDA, including competitive foods available to student a la carte or from vending machines.
- F. Predominantly healthy foods and beverages will be offered at school events (parent teacher conferences, open houses, meetings)
- G. Predominantly healthy foods and beverages will be offered in school vending AND a la carte offerings.
- H. At least 1 healthy food or beverage will be offered for classroom celebrations.
- I. Students will be provided access to drinking water throughout the day. (NEW)
- J. 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.

- K. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- L. All food service personnel shall receive pre-service training in food service operations.
- M. Continuing professional development shall be provided for all staff of the food service program.

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 appoint a district wellness committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public and school administration to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee.

The Wellness Committee shall be responsible for:

- A. Assessment of the current school environment
- B. Review of the District's wellness policy
- C. Measurement of the implementation of the policy
- D. 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.

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.

Adopted 6/28/10, revised June 2013 and December 2013