

# Trenton Public School's Wellness Policy

# **School Wellness Policy**

## **Purpose and goal**

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity (Local School Wellness Policy, USDA). 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." With children spending over 1,200 hours per year in school, the school community provides invaluable information, support, and models of healthy behaviors that can help shape children's lives and help them learn and thrive.

The Trenton Public Schools (TPS) is committed to creating a balance between education and health. A well balanced school ensures kids are learning healthy habits to decrease the risk of disease, improved emotional health, increased focus, learning, and other qualities that contribute to a better life. The School Wellness Policy (SWP) is for the School District to prepare, adopt and implement a school for staff, a safe and healthy school environment and parent/guardian and community involvement. Trenton Public School's will use the guidelines provided by the 2004 Child Nutrition and WIC Reauthorization Act, which was further strengthened by the 2010 Healthy, Hunger-Free Kids Act in creating the School Wellness Policy (SWP).

## **School District Wellness Committee**

### **Leadership**

The Wellness Coordinator will contribute to assemble the District Wellness Policy and facilitate the development of and updates to the School Wellness Plan (SWP), and will ensure each school compliance with the policy.

The designated official for oversight is Kathleen McPartlin, School Nurse, [mcpartlink@trentonschools.com](mailto:mcpartlink@trentonschools.com).

### **Committee role and membership**

Trenton Public Schools will create a District Wellness Committee (DWC), in which members will represent all school levels -- Elementary, Middle and High Schools. The DWC will include but not limited to parents/guardians, students, school nutrition program representatives, PE teachers, Health teachers, school counselors, school health professionals, school health services staff, school administrators and school board members, health professionals and the general public.

The DWC will meet at least three (3) times per year to establish goals, for and oversee school health and safety policies and programs, including development, implementations and periodic review and update of SWP.

The following information is to be up-dated each year.

<b>Name</b>	<b>Title/relationship to the school district</b>	<b>Email address</b>	<b>Role of committee</b>
Brian Barh	Food Services Director	bahrb@trentonschools.com	Co-Administrator
Kathleen McPartlin	School Nurse	mcpartlink@trentonschools.com	Co-Administrator

## **Wellness Plan Implementations, Monitoring, Accountability, and Community Engagement**

### **Implementation Plan**

The School district wellness committee will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. The plan delineates roles, responsibilities, actions, and timeline specific to each school and includes information about who will be responsible to make a change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all food and beverages available on school campuses.

### **Triennial Progress Assessment**

At least once every three (3) years, Trenton Public Schools, will evaluate the district's compliance with the Wellness Policy. This evaluation is to assess the implementation of the policy, the progress of attaining TPS's Wellness Plan, as well as comparing the policy with state and federal requirements.

### **Revisions and Updating the Policy**

The Trenton Public Schools, will update and/or modify the wellness plan based on the result of the annual progress reports and assessment, the triennial assessments, and/or as District's priorities changes; community changes; wellness goals are met; new health science, information, and technology emerges; and new federal or state requirements or standards are issued. The Wellness Policy will be assessed and updated as needed following the triennial assessments.

### **Policy Review**

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level

to identify and prioritize needs. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district and individual schools within the district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

## **Nutrition**

### **School meals**

The Trenton Public Schools is committed to serving healthy meals to students by following the guidelines set by the National School Lunch and School Breakfast Programs that align with the Dietary Guidelines for Americans. The food to be served in school will have plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; reduced sodium level, saturated fat and trans fat in meals; and meet the nutrition needs of students within their caloric intake requirements. By following the guidelines, TPS aims to enhance the diet and health of the students and help mitigate the childhood obesity trend, and support healthy choices while accommodating cultural food preferences and special dietary needs. Schools can encourage students to participate in the school meal programs by:

1. Students will have easy access to school meals.
2. School meals will be nutritious and appealing to students.
3. Students will have adequate time to eat their meal (at least 10 minutes for breakfast and 20 minutes for lunch).
4. Obtaining input from students and parents regarding items they would like to see served in the meals
5. Schools will maintain confidentiality of students who are eligible to receive free or reduced-price meals.

### **Staff Qualifications and Professional Development**

Teachers, school staff and administrators can practice healthy eating and the importance of good nutrition to reinforce healthy behaviors with students, and to support consistent messages in school. School staff can also model healthy behaviors to students by being physically active, consuming healthy foods and being involved in the school's wellness program committee.

### **Nutrition Education**

Trenton Public Schools believes that schools play an important role in helping children establish a healthy lifestyle. By providing nutrition education, a vital part of comprehensive health education, the school empowers children with knowledge and skills to make healthy food and beverage choices. Schools can include nutrition education throughout the school day by, but not limited to:

1. Classroom Education –Education Classes on Nutrition that stand alone or are combined with other subjects.
2. School Gardens – A school garden program can increase nutrition knowledge, create a willingness to try fruits and vegetables, and create positive attitudes about fruits and vegetables.
3. Cafeteria - Cafeterias can be a learning lab where students are exposed to new foods through the school meal program. Visual exposures to what a balance meal looks like on a plate. The cafeteria can help encourage students to try new foods. Cafeterias may also be decorated with nutrition promotion posters or provide student artworks that promote healthy eating.
4. Parent-Teacher Group Meetings
5. School Assemblies
6. Materials sent home to parents and guardians

### **Smart Snack**

Smart Snacks refer to the national nutrition standards for foods and beverages sold outside of the federally reimbursable school meal programs during the school day. These items are also called “competitive foods” because they can compete with student’s participation in school meal programs. All competitive foods and beverages must meet or exceed Smart Snacks in School nutrition standards, which include limits on fat, sugar, sodium, and calorie content. These standards will be implemented in all locations throughout the school campuses, which may include, but not limited to, vending machines, school stores and a la carte options in the cafeterias.

### **Food for Celebrations, and Rewards**

Food and beverages are sometimes a part of classroom celebrations, parties, and special events or can be offered to students as rewards for academic achievement or positive classroom behaviors. With the Wellness Policy, schools and parents collaborate and work together to ensure that celebrations, events, and awards are meaningful and supports the healthy school Wellness Policy program. For example, if food is to be provided, it will follow the Smart Snack in School guidelines. Encourage teachers to offer nonfood items as rewards, such as stickers, a note of recognition or extra time for recess.

### **Fundraising**

Foods and beverages which are sold on the school campus have to follow Smart Snacks in School guidelines. The Michigan Department of Education allows up to two food-based fundraising activities per week that do not meet the USDA Smart Snack in School standards. An ongoing fundraising activity that lasts the whole school day is considered as a single fundraising activity. If a fundraising activity that sells noncompliant food lasted for 2 days, no other non-compliant food fundraisers may take place in that same school building that same week. Something for each school to keep in mind is that the noncompliant food and beverages that are sold, should not be in direct competition with school meals in the food service areas during mealtimes. The District Wellness Committee requires each school building in the Trenton Public Schools District, to track its own exemption approvals and ensure that only the allowable number of exemptions is granted.

## Water

Trenton Public Schools believes that access to drinking water gives students a healthy alternative to sugar-sweetened beverages. Following the National School Lunch Program, TPS's will have free water available through water fountains, dispensers, and hydration stations, for all students during meal times and throughout the school day.

## Nutrition Goals:

- Trenton School District will provide school meals that meet or exceed minimum requirements outlined in federal and state laws and regulations that apply to child nutrition programs, including nutritional standards
- Every School will be following the School Nutrition Association's Guidelines and the American Dietetic Associations' Guidelines
- Food service directors and staff will collaborate with classroom teachers to give consistent message regarding school nutrition food service environment and nutrition education
- Every school will follow food safety standards during preparing, cooking and serving food
- Every school will work toward:
  - More than half of served grains are whole grain
  - Replace items that contains trans fat with food that do not contain trans fats
  - Decrease deep-fried foods, and forgo baked foods
  - Decrease high content sugar in menu items
  - Increase the daily amount of fruits served
  - Increase colorful vegetables (green, blue/purple, yellow/orange vegetables)
- Students will be served only low-fat and fat-free milk. With the exception of students with special nutritional needs, such as lactose-free milk, whole or 2%
- Students will be allowed to bring a water bottle to class and to refill water when it is necessary without disturbing the class
- Staff will be provided with appropriate nutrition education to be good role models for the students
- Students will adopt healthy eating behaviors:
  - Students will be able to plan, choose and prepare healthful meals
  - Students will be able to read food nutrition labels and understand them.
- All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals
- Students' families will be educated regarding Smart Snacks in school
- Schools will be limiting fundraiser that provides food that does not meet the criteria for Smart Snacks to one per school week in each school building and cannot be sold during mealtime on or near food service areas
- Schools will not use food as rewards or punishment
- Students' families will provide consistent healthy behaviors at home.

## **Physical Activity and Physical Education**

It is recommended that children and adolescents should participate in at least 60 minutes of physical activity every day. Research shows that regular PE and physical activity can improve classroom behavior and academic achievement and does not take away from time spent on other class activities ("Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People", 1997). The CDC recommends elementary students to receive at least 150 minutes of PE per week, excluding recess, and secondary students to receive at least 225 minutes of PE per week. School is to not use physical activities (such as running laps, pushups) or withhold opportunities for physical activities (such as recess, PE class) as punishments.

### **Physical activity and Physical education**

Trenton Public Schools will offer physical education opportunities that include a quality physical education program. The curriculum should emphasize enjoyable participation in physical activities, and not just competitive sports. Physical education should give students the knowledge, skills, and values that are necessary for lifelong physical wellness, and a healthy lifestyle. PE instruction should align with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education. High school students' graduation requirements are to earn 1.0 credit in health and physical education. The state has recommended for students to split the credit evenly: 0.5 for physical education and 0.5 for health education. The Michigan Board of Education has granted permission for schools to allow students to substitute interscholastic sports, JROTC, marching band or cheerleading for the required physical education credit (0.5 credits). Following Michigan physical education requirements, children K-12 is mandated to have physical education. Even though Michigan does not specify the amount required as well as a daily recess in elementary schools, TPS will implement higher standards when it comes to physical activity and physical education in schools.

To provide students a necessary and much-needed break from coursework, TPS recommends each school integrate physical activity into the school day (outside of traditional PE classes). Examples may include recess, classroom physical activity breaks, after and before school activity programs, safe walking, and biking to school. The National Association for Sport and Physical Education (NASPE) discourages children to have extended periods of inactivity (2 hours or more), especially during the daytime hours ("Moving into the Future: National Standards for Physical Education, 2nd Edition", n.d.).

### **Daily Recess (Elementary School)**

Recess will complement PE class, not a substitute. All elementary school students in TPS will have at least one 20 minutes of supervised recess, during which students are encouraged to have moderate to vigorous physical activity and preferably outdoors. During school days that make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which students are encouraged to have moderate physical activity.

## **Before and After School Physical Activity Opportunities**

All schools in the Trenton Public Schools will offer extracurricular physical activity programs after and before school. The schools will offer a wide range of activities that meet the needs, interests, and abilities of all students, regardless of gender, age, current physical level and ability.

## **Staff Qualifications and Professional Development**

Teachers, school staff and administrators will be trained to promote safe and enjoyable physical activities with students. School staff can also model healthy behaviors to students by being physically active, consuming healthy foods and being involved in the school's wellness program committee.

## **Activities that Promote Student Wellness**

Trenton Public Schools will integrate wellness activities across the entire school setting, not just in the cafeteria, food and beverage venues and PE class. The District Wellness Committee will cooperate with each school to coordinate and integrate other initiatives related to health, physical activity, physical education, nutrition, and other wellness components into the students' lifestyle. Trenton Public Schools will work at completing the above mentioned goals for Nutrition and Physical Education set of goals which promote student well-being, and create a better healthy lifestyle.

## **Physical Activity Goals:**

- High school students will earn at least 1.0 credit in health and physical education
- TPS will allow the use of substitution of physical education to interscholastic sports, JROTC, marching band or cheerleading
- Students will be able to demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities
- Students will participate regularly in physical activity
- Students will achieve and maintains a health-enhancing level of physical fitness
- Students will value physical activity for health, enjoyment, challenge, self-expression and/or social interactions
- Schools will follow CDC and NASPE recommendations in regard to physical activities and physical education:
  - Trenton Public School's will provide elementary students at least 20 minutes of recess per day, in addition to PE
  - Prohibit the use or withholding of physical activity and PE as punishment
  - Provide extracurricular physical activity programs that offer a variety of age-appropriate activities, both competitive and non-competitive, for all students
- Schools will encourage parents and families to support children's participation in physical activity and to be physically active role models
- Schools will give opportunities to students for physical activity before- and/or after-school programs
- Schools will work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school
- Schools will make efforts to keep school or district-owned physical activity facilities open for use by students outside of school hours

- TPS will encourage parents, teachers, school administrators, and other school staff members to serve as role models in practicing healthy eating and being physically active, both in school and at home
- TPS will provide students regular physical education for the entire school year
  - Elementary schools: 150 minutes/week
  - Junior/high schools: 225 minutes/week
- TPS will maintain graduation requirements of 1.0 credit of both health and physical activities and will recommend earning 2.0 credits of both health and physical activities
- All physical education will be taught by certified physical education teachers
- Students will at least spend 50 percent of PE class time in moderate to vigorous physical activity
- Schools will provide age-appropriate physical activities to promote positive growth and development
- Schools will discourage extended periods of inactivity, such as periods of two or more)
- Schools will encourage teachers to give opportunities for physical activity into other subject lessons when appropriate
- Schools will provide physical activity breaks during classroom hours.

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# Nutrition Goals

## Goal

1. Students will adopt healthy eating behaviors.

## Action

1. Provide posters in the cafeteria with examples of creating a healthy plate..
2. Staff and parents will receive emails with nutritional information monthly.
3. Food services doing cooking demonstrations in select classes.
4. Provide posters in the cafeteria with instructions on reading nutrition labels.

## Timeline

September 2021 - June 2024

## Measurement

1. Observation by Brian Barr, Kathleen McPartlin, and lunch staff of students in lunchline creating a healthy plate.
2. Lunch staff is surveyed every September and June. The survey is related to students able to create a healthy plate without assistance.

## Lead Person

Brian Barr

Food Service Director

Kathleen McPartlin B.S.N., R.N., M.Ed

School Nurse Educator

## Stakeholders

1. Students
2. Staff
3. Parents

## Complete

# Physical Activity Goals

## Goal

1. Schools will give opportunities to students for physical activity before and/or after school programs.

## Action

1. Sports at Boyd Arthurs Middle School and Trenton High School.
2. Running club at Anderson Elementary & Hedke Elementary Schools.
3. Field day at Anderson Elementary, Hedke Elementary and Boyd Arthurs Middle school.

## Timeline

September 2021 - June 2024

## Measurement

1. Staff will maintain a before and after school record of physical activities at each building for each school year.
2. Staff will maintain a record of participating students in physical activities, before and after school, at each building.

## Lead Person

Brian Barr

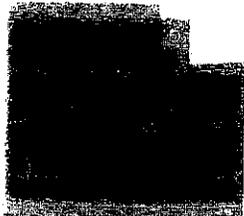
Food Service Director

Kathleen McPartlin B.S.N., R.N., M.Ed

School Nurse Educator

## Stakeholders

1. Students
2. Staff
3. Parents



## Michigan Department of Education Local School Wellness Policy Assessment Plan

### Background

The Healthy, Hunger-Free Kids Act of 2010 requires Local Educational Agencies (LEAs) to update or modify their wellness policy, as appropriate. When wellness committees meet on a regular basis throughout the school year, an assessment plan should be used to ensure progress is being made on the district's wellness policy and procedures.

Developing an assessment plan will help LEAs prioritize a few action steps each year. The chart on the following page may be used as a template to organize plans or used as a school level guide for the triennial assessment. Consider all areas such as nutrition guidelines for school meals and snacks, physical fitness activities, and related school activities. After writing the assessment plan, evaluate what additional resources, if any, will be needed for each action step.

**Tip:** When developing a wellness plan, ensure activities are meeting goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve.
- **Measurable:** Quantify the progress.
- **Attainable:** Determine what is achievable.
- **Realistic:** Consider resources and determine what can reasonably be accomplished.
- **Time bound:** Identify deadlines for goals and related tactics.

The Centers for Disease Control and Prevention (CDC) has [tips for developing SMART objectives](#).

# Trenton Public School's Wellness Plan

# I. Purpose

The purpose of this policy is to develop healthy learners through a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

# II. General Statement of Policy

- A. Trenton Public Schools recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. Trenton Public Schools will involve students, parents, teachers, food service staff and community partners and industry experts in implementing, monitoring and reviewing our district Wellness Policy and Guidelines.
- C. Trenton Public Schools environment will promote and protect students' health, well-being and ability to learn by providing opportunities for healthy eating and physical activity.
- D. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- E. All students will have access to a variety of affordable, nutritious and appealing foods that meet their health and nutrition needs.
- F. All foods and beverages made available on campus (including, but not limited to, concessions, school stores, vending, and a la carte cafeteria items) will meet and strive to exceed USDA Dietary Guidelines where appropriate.
- G. Trenton Public Schools respect religious, ethnic and cultural diversity, in meal planning, nutrition education, and physical activity. All our cafeterias provide a pleasant settings for students to eat. Kitchen Staff will address any food allergy request.
- H. All schools in the district will fully participate in the federal school meal programs to the maximum extent practicable.

### **III. Accountability**

The Superintendent shall execute administrative procedures that ensure the implementation of and compliance with the district Wellness Policy and Guidelines. These procedures shall include the adoption of guidelines, designation of district level and site-based staff responsible for policy implementation and the development of a work plan with district-wide assessment, timeline and evaluation indicators. An annual report will be made to the School Board to ensure district-wide compliance with the policy and guidelines.

### **IV. Communications**

The school district will develop and implement a communications plan which includes staff and student training and communication to families to ensure understanding of the rationale for the wellness policy and needs and actions of the wellness policy.

# Wellness Policy Implementation Guidelines

## Foods and Beverages in Schools

### A. School Meals

- a. The school district will provide healthy and safe school meal programs that comply with all federal, state, and local statutes and regulations.
- b. The Food Services Department will aim to be self-supporting; however, budget neutrality or profit generation will not take precedence over the nutritional needs of students.
- c. To supplement the family's responsibility in feeding children, every school shall operate a food service program to ensure all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- d. The Food Service Director will establish a menu committee that includes parents, students, and staff to assist in choosing new menu items to be served in schools.
- e. The District will accommodate the changing special nutrition needs of students and will accommodate the cultural, ethnic, and religious diversity of our community.
- f. Meals served through the National School Lunch and Breakfast Programs will:
  - i. Offer a variety of fruits and vegetables, with an emphasis on including a variety of fruits and vegetables from the blue/purple, green, white, yellow/orange, and red fruit and vegetable groups on the monthly menu.
  - ii. Serve only low fat (1%) and fat-free milk, except when whole or 2% milk is recommended for students with special nutritional needs; offer lactose-reduced milk when requested by students and/or parent/guardian;
  - iii. Work towards ensuring that at least half of served grains are whole grain;
  - iv. Continue to decrease and exclude deep-fried foods and strive to replace higher fat main entrée items with lower fat items as appropriate;
  - v. Continue to replace menu items that contain trans fats with foods that do not contain trans fats.
  - vi. Be served in portion sizes that meet the National School Lunch Program and Breakfast Program requirements.
  - vii. Meet current USDA nutrition requirements.

## **B. Food Safety**

- a. All food sold or served to students will be prepared in health inspected facilities under the guidance of food safety certified staff.
- b. The District will provide student access to hand washing or hand sanitizing before students eat any meals or snacks.

## **C. Staffing**

- a. Each school shall employ a food service director who is properly qualified, certified and/or credentialed according to current professional standards to administer the school food service program and satisfy reporting requirements.
  - i. The School Nutrition Association has established certification and credentialing standards available at <http://www.schoolnutrition.org/Index.aspx?id=30>. The American Dietetic Association (ADA) has established certification and credentialing standards available at [www.eatright.org](http://www.eatright.org). Schools should utilize SNA and ADA recommendations for food service staffing and qualifications to appropriately staff their food service departments.
- b. Food service directors are strongly encouraged to implement the Michigan Department of Education training program, or equivalent, for all food service personnel.
- c. Cafeteria/dining room supervisory staff shall receive appropriate training in how to maintain safe, orderly and pleasant eating environments.
- d. Food service directors and staff are encouraged to collaborate with classroom teachers about the school nutrition-food service environment and nutrition education.

## **D. Scheduling of Meals**

- a. School sites will provide sufficient time for all students to eat in the school cafeteria and will schedule meal periods at appropriate times during the school day.
  - i. Providing students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes to eat after sitting down for lunch;
  - ii. Arranging for accommodations for students who need more time to finish their lunch
  - iii. Scheduling meal periods at appropriate times (i.e. lunch should be served between 10:30 AM and 1 PM);
- b. Scheduling lunch periods to follow recess periods in elementary schools to increase student nutrient intake and reduce food waste;
- c. Offering attractive dining areas which have enough space for seating all students scheduled for that meal period;

- d. Schools will evaluate their open campus policy, taking into consideration the food choices that students make when they are able to leave campus.
- e. The district and individual school sites will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourages participation, including "grab and go" breakfast, breakfast in the classroom, or breakfast during morning break.

#### **E. Food and Behavior**

- a. Schools will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's Individual Education Plan, Behavior Intervention Plan, or a 504 Individual Accommodation Plan).
- b. Schools will not withhold foods or beverages as punishment.

#### **F. Fundraising**

- a. Fundraising efforts will be supportive of healthy eating by emphasizing the sale of healthy food items or non-food items.
- b. Fundraising activities that involve the sale of food will take place outside the school day (school day is defined as ½ hour before school starts until after the school bell rings at the end of the school day) and must meet the guidelines for foods sold outside of reimbursable meals menus.
- c. Students and staff will be prohibited from personal fundraising efforts that include the sale of foods or beverages on campus.
- d. The district wellness committee will disseminate a list of healthy fundraising options to schools and student organizations and will serve as a resource.
- e. The district will make external organizations (e.g. parent-teacher organizations, booster clubs, etc.) using school property aware of the policy regarding fundraising with food and beverage items and will encourage them to adopt the same policy. The district wellness committee will supply a list of healthier food choices and other choices for fundraising and will offer to help source certain items as is feasible.

#### **G. Celebrations**

- a. Classroom celebrations will encourage healthy choices and portion control and not include more than one item that does not meet the requirements for foods sold outside of the reimbursable meals menus.
- b. The district wellness committee will disseminate a list of healthy party ideas to parents and teachers and will serve as a resource.

#### **H. Sharing Foods and Beverages**

- a. Schools will not allow students to share their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

## **I. Snacks**

- a. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. The district will work towards serving whole grains, fruits, vegetables and low-fat dairy as the primary snack items.

## **J. Foods Sold Outside of the Reimbursable Meals Menus**

- a. The District will recognize that the purpose of all foods sold outside of the reimbursable meals menu are for in between or as an addition to balanced meals. Foods and beverages sold or served on campus (including, but not limited to, concessions, school stores, vending, beverage contracts, and a la carte cafeteria items) will be limited to the following:
  - i. At Elementary Schools
    1. Reimbursable meal menu items;
    2. Fruits;
    3. Vegetables;
    4. Low-fat dairy items;
    5. Yogurt;
  - ii. At Middle/Junior High and High Schools (includes grades 6-8 in K-8 buildings)
    1. Reimbursable meal menu items;
    2. Foods that contain 7 grams of fat or less per serving;
    3. Foods that do not have sugar or other caloric sweeteners as the first ingredient;

## **K. Beverages**

- a. The following beverages may be allowed for sale in all Trenton Schools:
  - i. Unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent non dairy beverages (to be defined by USDA);
  - ii. Water without added caloric sweeteners or artificial sweeteners;
  - iii. More than 50% juice.
- b. The following beverages will not be allowed for sale in any Trenton Schools:
  - i. Soft drinks containing caloric sweeteners or artificial sweeteners;
  - ii. Sports drinks;
  - iii. Iced teas;
  - iv. Fruit based drinks that contain less than 50% real fruit juice;
  - v. Beverages containing caffeine, excluding low-fat or fat free chocolate milk (which contain trivial amounts of caffeine).

## **L. Portion Sizes**

- a. Except in cases where the National School Lunch Program or School Breakfast Program require a larger serving size to meet meal pattern requirements, portion sizes of the following items will be limited to:
  - i. One and one quarter ounces for baked chips, crackers, popcorn, cereal, trail mix, nuts, seeds, and dried fruit;
  - ii. One ounce for cookies;
  - iii. Two ounces for cereal bars, granola bars, and other bakery items;
  - iv. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
  - v. Eight ounces for non frozen yogurt;
  - vi. Twelve fluid ounces for beverages, except
    1. 16 fluid ounces for milk;
    2. Unlimited for water
- b. Fruits and non-fried vegetables are exempt from portion size limits.

## **M. Food Marketing**

- a. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals sold outside of the reimbursable meals menu.
- b. School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

## **N. Nutrition Education**

- a. Schools will provide nutrition education as a part of a holistic, sequential, age-appropriate, comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health for a lifetime. Develop and deliver a sequential, interdisciplinary comprehensive K-12 health education program that will be included as part of a K-12 comprehensive curriculum;
  - i. Make nutrition education interactive and teach students the skills needed to adopt healthy eating behaviors.
  - ii. Emphasize the positive, appealing aspects of eating healthily more than the harmful effects of not eating healthfully.
  - iii. Give students opportunities to taste-test different healthy foods.
- b. Be offered as a part of an early and consistent program that is integrated throughout the school day and after school programs;

- c. Use the school cafeteria as a "learning laboratory" and include enjoyable, developmentally age-appropriate, participatory activities such as taste tests, promotions, and visits to farms and gardens;
  - i. Encourage teamwork between food service staff and teachers to develop ways to integrate nutrition into other classes at all grade levels to reinforce messages.
- d. Be culturally relevant and teach students about cross-cultural nutrition;
- e. Link with school meal programs, other school foods, and nutrition-related community services;
- f. Provide and promote nutrition education to families and the broader community in cooperation with such agencies as WIC, Community Health Clinics, ECFE, Adult Education and other community organizations;
- g. Promote a healthy lifestyle and wellness programs using district communications resources such as PSAs;
- h. Students to receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community, and media;
- i. Train staff in stress management, nutrition education and provide general wellness resources and opportunities.

## **Physical Activity**

### **A. Physical Education (P.E.)**

- a. The district will provide students regular physical education of 150 minutes/week for elementary and 225 minutes/week for middle and high school students for the entire school year.
- b. The district will maintain graduation requirements of two credits of both health and physical education in high school.
- c. The district will follow state compulsory instruction law which requires all students ages 7-16 (and kindergarten) to receive instruction in health and physical education. There will be no exemptions to this law (i.e., choice between band, foreign language, and physical education is not permissible).
- d. All physical education will be taught by a certified physical education teacher.
- e. Physical education courses will provide an opportunity for students to learn, practice and be assessed on developmentally appropriate motor skills, social skills, and knowledge.
- f. Student involvement in other activities involving physical activity (i.e. interscholastic or intramural sports or elective classes such as marching

band) will not be substituted for meeting the physical education requirement.

- g. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- h. The district will establish an enrollment cap for PE class sizes to ensure adequate supervision and minimize the risk of school district liability for injuries.
- i. Schools will increase the number of physical education electives available to high school students.
- j. Age-appropriate physical activities to promote positive growth and development will be implemented for early childhood programs within the district.

#### **B. Integrating Physical Activity into the Classroom Setting**

- a. For students to receive the recommended amount of physical activity throughout the day (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond PE (physical education) class. Toward that end:
  - i. Classroom health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
- b. Opportunities for physical activity will be incorporated into other subject lessons (such as science, math and social studies), where appropriate;
- c. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate;
- d. Schools will discourage extended periods (i.e. periods of two or more hours) of inactivity.

#### **C. Daily Recess**

- a. All elementary school students will have at least 20 minutes a day of supervised recess, preferably before lunch and outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

#### **D. Physical Activity Opportunities Before and After School**

- a. All schools will provide every student with opportunities to voluntarily participate in extracurricular physical activities that meets his or her needs, interests and abilities.
- b. Middle and high schools shall offer intramural physical activity programs that feature a broad range of competitive and cooperative activities.
- c. High schools shall offer interscholastic athletic programs that shall adhere to the rules and regulations of the Michigan State High School League.

- d. Schools shall work with recreation agencies and other community organizations to coordinate and enhance the opportunities available to students and staff for physical activity during their out-of-school time.
- e. Out of school hours childcare and programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.
- f. School facilities will be available to students, staff and community members before and after the school day, on weekends, and during school vacations for physical activity and nutrition programs through Community Education.
- g. School communities will examine if biking and walking to school is safe and encourage students to bike and walk to school where appropriate.

#### **E. Physical Activity and Punishment**

- a. Teachers and other school and community personnel will not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (i.e. recess, physical education) as punishment.

#### **Staff Wellness**

School staff members serve as role models for students and are the key to successful implementation of student wellness programs. Therefore, the district and schools should offer staff wellness programs as well as general wellness resources and opportunities. This may include workshops and presentations on health promotion, stress management, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases, and foster exceptional role modeling.

#### **Communication with Families and the Community**

- A. The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
- B. The district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- C. The district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
- D. The district will provide information to families, community-based organizations and the general public about ways to promote healthy lifestyles.
- E. The district will encourage community based organizations and other out of school time activity

- F. The district will include healthy foods and physical activity as part of their wellness planning.
- G. The district will encourage community based organizations and other out of school time activity providers to adopt wellness policies that will promote healthy lifestyles.

### **Implementation and Monitoring**

- A. The Superintendent shall execute administrative procedures that ensure the implementation of and compliance with the wellness policy. These procedures shall include adoption of current guidelines, the designation of district level and site-based staff responsible for policy implementation and an implementation work plan.
- B. An annual report will be made to the School Board to ensure district-wide compliance with the policy.
- C. A Wellness Committee shall be formed to plan, implement, and improve the school district's nutrition and physical activity environment.
- D. A district-wide assessment will be implemented to assess the nutrition and physical activity needs of students. Assessments will be repeated every three years to help review policy compliance, assess programs, and determine areas in need of improvement.
- E. An implementation work plan will be created with timeline and evaluation indicators.
- F. Schools will include wellness policy implementation plans in their School Improvement Plans.
- G. The school district will develop and implement a communications plan which includes training to ensure understanding of the rationale for the wellness policy and the implementation plan.

**Legal References:**

42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)

42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)

P.L. 108-265 (2004) § 204 (Local Wellness Policy)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F.R. § 220.8 (School Breakfast Program Regulations)

American Association for Health, Physical Education, Recreation and Dance

American Heart Association, [www.americanheart.org](http://www.americanheart.org)

Center for Disease Control

National Alliance for Nutrition & Activity

School Nutrition, [www.schoolnutrition.org](http://www.schoolnutrition.org)