



Walled Lake Consolidated Schools
Food Service Department
46740 West Pontiac Trail
Walled Lake, Michigan 48390

WELLNESS POLICY

Walled Lake Consolidated Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition Education

Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices.

Breakfast program must offer 3 food components that consist of the 4 food items ([Breakfast Fact Sheet](#)). The 3 components that must be offered are fruit (vegetable or juice), grain and milk. Optional offering is meat/meat alternate. Students must take at least 3 items at breakfast. One of the items must be at least a ½ cup of fruit and at least 2 other items. If a grain is considered 1 oz. grain equivalent, then the student must take 2 other items (1 includes ½ cup of fruit). If the grain is considered a 2 oz. grain equivalent, then the student must take ½ cup of fruit because the 2 oz. grain equivalent counts as 2 items out of 3 needed.

Lunch program must offer at least the minimum serving sizes for all 5 food components which include a meat/meat alternative, fruit, vegetable, grain and milk ([National School Lunch Program](#)). Students must select at least 3 components. One must be at least a ½ cup of fruit or vegetable or combination of the two.

Specific nutritional information of the components served can be found at the Food Service Supervisor's office who will provide information to Students, Parents and Staff as requested.

The district shall monitor all food and beverages sold or served to students. All food and beverages sold or served to students must meet the smart snacks guidelines provided by the Michigan Department of Education (MDE).

Smart Snack Standards don't apply during non-school hours, on weekends and at off-campus fundraising events. Non-school hours start a half hour after the school day ends until Midnight. Each school in the district is allowed two in school fundraisers per week that do not follow smart snack standards. This must be approved prior to the event by the School Leader and the School Leader is to keep track of each fundraiser.

Competitive food and beverage selling is not allowed a half hour before breakfast and lunch and during breakfast and lunch. Selling may continue a half hour after breakfast is served and stopped one hour before lunch is served and can continue after the last lunch period is over. This includes but is not limited to all food and beverage fundraisers, vending machines and school stores. The MDE states that fundraisers are not allowed in the school cafeteria or serving area.

The district does not have an open campus and students are not allowed to go off campus during school hours including lunch time. Students are not allowed to order food from outside sources using but not limited to uber eats, door dash, grub hub and other restaurants that may deliver. Parents are allowed to drop off Student meals to the front office for their Student to pick up. Students have at least twenty minutes to eat their breakfast and lunch.

Nutrition education can be found at [MDE Nutrition Education](#).

Free drinking water is available at the drinking fountain in or closest to the Cafeteria during meal times.

The district superintendent or designee shall continually evaluate vending machines that are available to students during the school day and policies and contracts to ensure that they follow smart snack guidelines.

The district Food Service staff is required to have annual training for food and nutrition services in accordance with the MDE and the United States Department of Agriculture (USDA) ([Professional Standards](#)). The Food Service Director is required to have 12 hours, Kitchen Manager is required to have 10 hours, food service staff that work over 20 hours per week are required to have 6 hours and food service staff that work under 20 hours per week are required to have 4 hours of food service training.

Families are notified through letter and/or email about the status of their Free and Reduced application.



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Physical Education and Physical Activity Opportunities

The district shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.

Physical Education instructional time will be 90 minutes per week for Elementary grades K-3 and 60 minutes for Elementary grades 4-5 and 275 minutes per week for Middle and High School. Teacher-Student ratio for physical education classes is 1 Teacher per 32 students for elementary and 1 Teacher per 44 students for Middle and High School. The qualifications for physical education teachers for grades K-12 are to have a Physical Education Certification. Students are not allowed to have a waiver or exemption for Physical Education, however if a student is injured, they are allowed to sit out if they have a doctor's note that indicates they should not participate. High School Students who have a personal curriculum are not required to take Physical Education. Middle School Students do not have to choose to take Physical Education as their elective.

Elementary students go outside for 20 minutes a day for lunch recess. Additionally, for block, some classes may go outside an additional 20-60 minutes per week. Some teachers take their students out for a 10-15 minute recess in the morning or afternoon for a brain break/unstructured play opportunity.

Physical Activity breaks include recess, physical education and Go Noodle (online dance, yoga, brain break activities).

Every year, all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Wellness Promotion and Marketing

Staff are encouraged to model and promote healthy eating/drinking and physical activity behaviors. Promotion materials can be hung in the classroom such as posters, student drawings, or pictures. Staff are encouraged to reward students with physical activity instead of food. Staff is encouraged to not withhold physical activity as a punishment.

Other School-Based Activities Designed to Promote Student Wellness

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The district superintendent shall implement this policy and measure how well it is being managed. The district superintendent or designee shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The district superintendent or designee shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.