

Union City Community Schools

Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Union City Community 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 Health curriculum so that instruction is sequential, standards-based, and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 - 2. Nutrition education shall extend beyond the classroom, engaging and involving all staff.
 - 3. Nutrition education posters, such as My Plate will be displayed in the cafeteria as well as other areas of the school.
 - 4. Nutrition education shall extend beyond the school by engaging and involving families and communities.

- 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. Properly certificated, highly qualified teachers shall provide all instruction in physical education.

- c. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

2. Physical Activity

- a. Staff are encouraged not to restrict physical activity as a form of punishment.
- b. Physical activity and movement, either organized or unstructured, shall be integrated across the curricula and throughout the school day to help students understand the short and long term benefits of a physically active and healthy lifestyle.
- c. The school shall encourage families, clubs and/or community organizations to implement programs that convey consistent wellness messages and are conducive to creating a healthy school and community environment.
- d. All students in grades 7-12 are encouraged to participate in interscholastic and inter mural sports programs.

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

- 1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- 2. The school shall provide attractive, clean environments in which the students eat and adequate time to eat their meals.
- 3. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
- 4. The District wellness committee shall continually evaluate policies concerning vending, fund raisers, school store, bake sales, etc and all policies and practices which do not meet the intent and purpose of this policy shall be modified.

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 as evidenced by a favorable review from MDE every three (3) years.

- 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. It is understood that student opinions and involvement are necessary to do this.
- E. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor sports facilities outside the normal school day. Indoor facilities are available upon prior approval from administration.
- F. 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.
- G. All employees are encouraged to be a positive role model for students by following the wellness policy and accompanying guidelines.

The Superintendent shall develop administrative rules necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy is addressed by 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 year by a wellness committee 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.

The community, staff and students shall be informed of this "Wellness Policy" by many different methods which may include but are not limited to, public publications, the school web site and student handouts. Any District stakeholder wishing to comment on this policy may contact the school business office at 517-741-3300.

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

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