

INSTRUCTION 6179 District Wellness

The board of education is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy lifestyles, healthy eating and physical activities that support student achievement. Therefore, Okemos Public Schools, in collaboration with parents, teachers, students, and administrators, shall establish regulations to support the following:

A. Nutrition Promotion and Education

- All students receive nutrition education that teaches the knowledge, skills, and importance of healthy eating behaviors. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Nutrition education information shall be readily available.

B. Nutrition Standards

- All school meals shall meet program requirements and nutrition standards as determined by federal regulations.
- All schools shall provide a campus-wide environment that supports healthy eating behaviors. Students should be given the opportunity to learn and practice these behaviors by having access to healthy food and beverage choices in all school venues.
- The district superintendent or designee shall regularly evaluate vending contracts to ensure they meet the intent and purpose of this policy. All vending contracts not in compliance with this policy will be modified accordingly or not renewed.

C. 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 desire necessary for lifelong physical activity.
- All students 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.

D. Other School-Based Activities Designed to Promote Wellness

- The district shall implement other appropriate programs that help create a school environment that conveys consistent wellness messages to students, staff, and families.

E. Implementation and Measurement

- The district superintendent or designee shall implement this policy and evaluate its effectiveness. The superintendent shall develop and implement administrative regulations consistent with this policy in accordance with the law.

POLICY Legal Reference: Sec 204, Adopted: 07-24-06 *PL 111-295 December*

2010 Amended: 01-14-19

Reviewed:

District Wellness - Regulations

In order to implement and enforce the Okemos Public Schools wellness policy, a team will be established to provide ongoing review and evaluation of the wellness policy and these administrative regulations. The Okemos District Wellness Committee shall be comprised of teachers (including specialists in health and physical education), parents/guardians, caregivers, students, representatives of the school nutrition program, school administrators, school health professionals, school board members and the general public.

These regulations are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of the Okemos wellness policy. Any student, staff or community member wishing to express a viewpoint, opinion, or complaint regarding these regulations should contact:

Superintendent of Schools, Okemos Public Schools
4406 N. Okemos Road, Okemos, Michigan 48864
517-706-5010 (Telephone) / 517-349-6235 (Fax)

Information about the Okemos wellness policy will be distributed to students, parents/guardians, staff and community members annually.

Wellness Policy Leadership

The Local Education Agency (LEA) will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.

The designated official(s) for oversight is:

Superintendent or their designee
4406 N. Okemos Rd.
Okemos, MI 48864
517-706-5009 (Telephone)

Food Director or their designee
4406 N. Okemos Rd.
Okemos, MI 48864
517-706-5012 (Telephone)

Nutrition

Nutrition Education

All students, Pre-K – 12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health 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.

SMART goal(s) for Nutrition Education:

1. Nutrition education shall be included in the Health 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 shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
4. Nutrition education posters will be displayed in the cafeteria.
5. Nutrition education standards and benchmarks promote the benefits of a balanced diet.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school buildings. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students. The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

SMART goal(s) for Nutrition Promotion:

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 that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:
 - a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
 - b. a variety of vegetables daily to include specific subgroups as defined by dark greens, red/orange, legumes, and starchy
 - c. whole grain products – half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation
 - d. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
 - e. meals designed to meet specific calorie ranges for age/grade groups
3. Eliminate trans-fat from school meals.
4. Require students to select a fruit or vegetable as part of a complete reimbursable meal.
5. Provide adequate time to eat. Lunch/recess periods at K-4 level of at least 40 minutes. Additional time will be allowed for the child to finish eating if not finished in the time allotted. 6-12th grade level will have at least 30 minutes for lunch.

Standards and Nutrition Guidelines for all Foods and Beverages

The district shall encourage students to make nutritious food choices and ensure that all foods

and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.

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Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as "competitive" foods and beverages) must be consistent with USDA's Smart Snacks in School nutrition standards and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance. These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, a la carte lines, fundraising events, school stores, snack carts, and vending machines.

The district will establish nutrition standards for all foods and beverages sold to students during the school day.

Nutrition standards for all foods and beverages sold to students during the school day: 1. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited. 2. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entrée items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.

Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

It is the intent of the district to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.

As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

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Physical Activity and Physical Education

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 Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

SMART goal(s) for 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. All students in grades K-8, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education.
3. Properly certified, highly qualified teachers shall provide all instruction in physical education.
4. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
5. Planned instruction in physical education shall include cooperative as well as competitive games.

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.

SMART goal(s) for Physical Activity:

1. Physical activity shall not be employed as a form of discipline or punishment.
2. All students in grades K-4 shall be provided with a daily recess period at least twenty (20) minutes in duration.
3. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
4. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including students with disabilities, and students with special healthcare needs.
5. Grade K-4th will have Physical Education at least once per week. Grades 5 & 6th will have Physical Education every other day; and grades 7 & 8th will have Physical Education daily.

Other School-based Activities that Promote Student Wellness

The district will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

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SMART goal(s) for other school-based activities that promote student wellness: 1.

The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

2. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
3. 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.
4. 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.

Implementation, Assessment, Documentation, and Updates

Implementation

The district will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building.

Triennial Assessment

The LEA will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

The person responsible for the Triennial Assessment is:

Superintendent or their designee
4406 N. Okemos Rd.
Okemos, MI 48864
(517) 706-5009 Telephone

Food Director or their designee

4406 N. Okemos Rd.
Okemos, MI 48864
(517) 706-5012 Telephone

Documentation

The LEA will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness

policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the LEA, and how stakeholders were made aware of their ability to participate.

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This wellness policy can be found at:

<http://www.okemosk12.net>

Required documentation will be maintained at:

Superintendent's Office

4406 N. Okemos Rd.

Okemos, MI 48864

(517) 706-5009 Telephone

Updates to the Policy

The LEA will update or modify the wellness policy as appropriate based on the results of the Triennial Assessments; as district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial Assessment.

Public Updates

The LEA will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress towards meeting the goals of the policy, will also be made available to the public. The district will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the district website and/or district-wide communications (email, newsletters, and mailings).

Regulations: January, 2019

Okemos Public Schools Okemos, Michigan