



# Berrien RESA Wellness Policy

As required by Law the Berrien RESA School District has established the following Wellness Policy.

## **Preamble**

The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research concludes that there is a positive correlation between a student's health and well-being, and their ability to learn. We at Bridgman Schools want to play an important role in the education and support of establishing healthy nutrition habits by providing supporting good eating habits and promoting physical activity in and out of school.

## **Process**

Michigan Action for Healthy Kids (MAFHK) recommends including the following individuals when choosing team members. Superintendent, Food Service Director, Principal, School Nurse or Health Services teacher, Gym teacher, Parent and Student.

Our committee included Food Service Director, Superintendent, Gym Teacher Principal, Parent and Student/s.

## **Standard and Nutritional**

- All reimbursable meals will meet or exceed USDA nutrition regulations.
- Nutritional education Posters, including “My Plate” and the “Food Pyramid” will be on display in the cafeteria.
- 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.
- The district shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The district shall encourage students to make food choices based on the most current Dietary Guidelines for Americans.

### **A. Nutrition Education**

With regard to nutrition education, the District shall ensure the following:

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 included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
3. Nutrition and local food 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. An aligned scope and sequence for nutrition education will be established. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.

4. Eating experiences, seasonal local foods, school gardens and cafeteria connections should be integrated into the academic curriculum at all grade levels whenever possible.
5. Nutrition education posters will be displayed in school cafeterias.
6. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise/physical activity in ways that are age-appropriate.

## **B. 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 and skills needed for lifelong physical activity.
- All students, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, promoting physical fitness.
- Planned Instruction in Physical education shall meet the needs of all students.
- School Based Activities: The district will provide at least 20 minutes daily for the students to eat, in clean and attractive environment.
- The District will provide a time for physical activity before or after mealtimes.
- Schools in our system utilize electronic identification system, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

## Goals

To continue to offer students menus that promote fresh fruits, fresh vegetables, whole grain products, low fat and fat-free dairy products that meet USDA guidelines and promote a lifelong healthy lifestyle.

Continue to educate students on the advantages both physically and mentally of maintaining a regular exercise program.

To continue outreach to stakeholders in the district to continue to give feedback, ideas and support this wellness policy.

In accordance with policy 8500, entitled Food Service, the food service program shall comply with Federal and State Regulations predating to the selection, preparation, consumption and disposal of food and beverages as well as to the fiscal management of the program. The Superintendent shall implement this policy and assess how well it is being managed and enforced. The Superintendent shall develop and implement administrative rules consistent with this policy. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

LEGAL REFERENCE: Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

Revised 6/17, 2017

Review of this Policy shall occur annually by a committee appointed by the Board.

# Michigan Department of Education

## Local Wellness Policy Assessment Plan

School: Berrien RESA

Date: June 2021

### Nutrition Promotion and Education Goal(s)

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Students bring bottled water from home. Students will be offered to drink water with breakfast and lunch.	<ul style="list-style-type: none"> <li>a) Send a note home encouraging parents to send water bottles in.</li> <li>b) Designate times that allow students to fill the bottles.</li> <li>c) Make sure staff are on board with the goal.</li> <li>d) Educate staff that they should be offering water with both meals. Encourage staff to offer water throughout the day. offer vs. availability</li> <li>e) District could potentially purchase water bottles.</li> </ul>	8/21	Verbal check-in with teachers. Use of water bottle filler count throughout the buildings.	Christine	Students/Teachers	
Education materials should be selected free of brand names/logos and illustrations of unhealthy foods.	<ul style="list-style-type: none"> <li>a) Administrator reviews education materials to make sure there is no advertising of unhealthy foods.</li> </ul>	8/21	Use formal check with staff on curricular materials		Staff Administration	

## Physical Activity Goal(s)

School-based activities to promote student wellness goal(s).

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Licensed oral health professionals come into the school and provide preventative oral health services once a year.	Schedule dates with SMILE Michigan	In process Start of the school year	Yearly check	BLC Nurse LEC Staff	Students/Parents	Yes

## Nutrition Guidelines for all Foods & Beverages for Sale on the School Campus (i.e. meals, smart snacks)

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
The district will take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way.	a) Create class lists with students names and allergies, nothing indicating eligibility. b) Only certain staff have access to Free & Reduced applications	6/21		Christine	Staff	yes
Schools will serve students a reimbursable meal regardless of whether the student has funds to pay or owes money.	a) Train staff to give meals regardless of money owed. b) Only Food Service Supervisor has access to student meal balances.	6/21		Christine	Staff	Yes
All foods and beverages that are "sold" to students during the day are required to meet or in compliance with the USDA Smart Snacks federal nutrition standards.	a) Provide school store staff with the guidelines. b) Include link in the wellness policy.	8/21	Food Service Supervisor will check with school store staff unannounced to see how it is being followed.	Christine	Staff	

## Guidelines for Other Foods & Beverages on the School Campus but Not Sold

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
The school principals will encourage the use of healthy food for all classroom parties, snacks and celebrations. Ex. fresh fruits, vegetables, and whole grain items. Birthday treats will be discouraged. Other non-food rewards or items will be promoted.	<ul style="list-style-type: none"> <li>a) Make sure it is in the parent/student handbook..</li> <li>b) Memo home to parents mid-year reminding them of the process.</li> </ul>	8/21	Verbal check-in with teachers and staff.	Mr. Rubley Mr. Kuhn LEC ASD	Parents/Teachers	
Students are encouraged by staff to drink tap water throughout the day.	<ul style="list-style-type: none"> <li>a) Communicate to teachers to have the students drink water.</li> <li>b) Send a note home encouraging parents to send water bottles in.</li> <li>c) Designate times that allow students to fill the bottles.</li> <li>d) Make sure staff are on board with the goal.</li> </ul>	8/21	<p>Communicate with families and teachers.</p> <p>Create a chart and check in with teachers every 2 months.</p>	Christine LEC/ASD Supervisor	Students teachers	



## Marketing and Advertising of Only Foods & Beverages that Meet Smart Snacks

School-based activities to promote student wellness goal(s).

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
The advertising of food and beverages that are not available for sale in district schools will not be advertised on school property unless part of the "Got Milk" campaign.	Annual discussion with building leaders and designated staff.	8/21	Facility check twice a year	Christine LEC/ASD Supervisor		

Revised 6/17, 2017

Review of this Policy shall occur annually by a committee appointed by the Board.