



LOCAL WELLNESS POLICY

Putting Child Nutrition First



8450 To assist in the creation of a healthy school environment, the District's Wellness Policy Committee will provide an ongoing review and evaluation of the District's Wellness Policy and State/Federal regulations.

The Superintendent shall appoint a member of the administrative staff of the District to organize the Wellness Policy Committee (also known as the Coordinated School Health Team) and invite appropriate District stakeholders to become members of the Committee, including:

- Administration
- Counseling/psychological/and social services
- Food services
- Health Education
- St. John School Based Clinic
- Parents/Guardians
- Students
- General Community including health care providers, hospital and public health department staff: non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies.

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect.
- Respect for others.
- Healthy eating.
- Physical activity

These regulations are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of District's Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

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The Superintendent or Designated Administrators shall inform all students, staff, and community annual about the District's Wellness Policy.

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered to all students of the District. The Nutrition Education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, Rec&Ed classes, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles. .

The District may offer nutrition education in health and physical education classes, through the Project Healthy Schools programs, and as a unit in other classes. In addition, nutrition education topics shall be integrated into the entire curriculum and extra-curricular activities when appropriate.

Nutrition Standards

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.

Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

After complying with accommodations addressing the needs of those with food allergies, each school in the District shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food prep
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.

The District shall monitor food service distributors and snack vendors including school stores to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues.

Healthy snacks are defined as a single serving size snack:

- Contain 300 or fewer calories
- Contain at least one gram of fiber,
- Contain at least 10% of Calcium, Iron, Vitamin A or Vitamin C

Healthy beverages are defined as:

- A serving size of 12 ounces or fewer of 100% fruit and/or vegetable juice
- A serving of 8-16 ounces of non-fat, 2% and 1% milk
- Water
- Carbonated and flavored water without sugar
- Carbonated water
- 12 ounces or fewer of carbonated 100% fruit juice

The District shall discourage using food as a reward, and shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

The District shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) fundraising project should be replaced with healthy foods or non-food items such as candles, wrapping paper, greeting cards, etc.

Vending sales will not be permitted at Elementary Schools (with the exception of staff-only areas). At the middle school, vending sales aside from fresh food vending, will be limited to 100% juice, calorie-free non-carbonated beverages, and low fat milk. At the high schools, vending sales will contain healthy food and beverage choices. Foods of minimal nutritional value (as defined in the Nutrition Standards section) will not be served during an instructional day, including the meal service period.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year in the Pre-K-12 program. Physical education topics shall be integrated into the entire curriculum when appropriate. The District shall implement a quality physical education program that addresses the following:

1) Curriculum:

- a) Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- b) Has a curriculum aligned with the Michigan Physical Education Content

2) Standards and Benchmarks.

- a) Influences personal and social skill development.

b) Instruction and Assessment:

- i) Aligns curriculum, instruction, and assessment.
- ii) Builds students' confidence and competence in physical abilities.
- iii) Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
 - (1) Includes students of all abilities.
 - (2) Is taught by a certified physical education teacher trained in best practice physical education methods.
 - (3) Keeps all students involved in purposeful activity for a majority of the class period.

iv) Opportunity to Learn:

- (1) Builds students' confidence and competence in physical abilities.
- (2) Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- (3) Has enough functional equipment for each student to actively participate.
- (4) Includes students of all abilities.
- (5) Provides facilities to implement the curriculum for the number of students served.

- v) The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade five.

- vi) Recess should be in addition to physical education class time and not be a substitute for physical education.
- vii) Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting.
- viii) Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports.
- ix) Physical activity opportunities might include: before- and after-school extracurricular physical activity programs, Safe Routes to School Programs, and use of school facilities outside of school hours.
- c) Other School-Based Activities Designed to Promote Student-Wellness
- d) The District shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:
 - i) Dining Environment
 - (1) A clean, safe, enjoyable meal environment for students;
 - (2) Enough space and serving areas to ensure all students have access to school meals with minimum wait time;
 - (3) Drinking fountains in all schools, so that students can get water at meals and throughout the day;
 - (4) Encouragement to maximize student participation in school meal programs, and
 - (5) Identity protection of students who eat free and reduced-price meal
 - (a) Adequate time for students to enjoy eating healthy foods with friends in schools;
 - (b) That lunch time is scheduled as near to the middle of the school day as possible, and
 - (c) That recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat.
 - (i) Discourage the use of food as a reward or punishment in schools,
 - (ii) Not use physical activity as a punishment, and
 - (iii) Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess.
 - (d) Consistent School Activities and Environment
 - (i) Encourage all school buildings to complete the Michigan Healthy School Action Tool to ensure that school
 - (ii) Encourage all school fundraising efforts to support healthy eating and physical activity.
 - (iii) Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
 - (iv) Make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours

- (v) Encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
- (vi) Encourage and provide opportunities for students, teachers, and community volunteers to practice
- (vii) Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians,
- (viii) Encourage all students to participate in school meal programs, (i.e., the National School Lunch and School Breakfast programs), and
- (ix) Implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Break

All employees of the District are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.

The District shall work through the Wellness Policy Committee and building level staff to find cost effective ways to encourage staff wellness.

Legal Reference

http://www.michigan.gov/documents/Healthy_Foods_AttchmtA_12_9_83141_7.pdf

Resources

- Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy. 2004.
<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>
- A Recess Before Lunch Policy Implementation Guide, Montana Team Nutrition Program, Office of Public Instruction school Nutrition Programs, September 2003.
<http://www.opi.state.mt.us/schoolfood/recessBL.html> Safe Routes to School Program Information: www.saferoutesrtnichii.mn.org
- Exemplary Physical Education Curriculum (EPEC) <http://www.michiganfitness.org/EPEC>
- Michigan State Board Of Education Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs, December 2003.
http://www.michigan.gov/documents/Healthy_Foods_AttchmtA_12_9_83141_7.pdf
- The Role of Michigan Schools in Promoting Healthy Weight. September 2001.
<http://www.v.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>