

## **8500 - LOCAL WELLNESS POLICY**

The Lakeview School District Board of Education values health and wellness. It is a belief that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills and values. District staff also recognize that good nutrition and regular physical activity affect the health and well being of the district students and employees. Research concludes that there is a positive correlation between a person's health and well being and his/her ability to learn. Schools play an important role in supporting healthy habits in students and staff by providing nutritionally balanced meals and snacks and promoting increased physical activity both during and outside of the school day.

The District recognizes that parents, family members, and the community at large also play a significant role in promoting healthy lifestyles. As such, a local wellness committee was formed using the knowledge and expertise of a diverse group of members. The following policy has been developed by this committee to establish and maintain goals to support and maintain healthy lifestyles.

### **Wellness Committee and Policy Leadership**

Lakeview Schools will convene a representative district wellness committee to establish goals and oversee school health policies and programs, including development, implementation and periodic review and update of the district-level wellness policy.

The committee will represent all school building levels (elementary and secondary schools) and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, school health professionals, mental health and social services staff, school administrators, and the general public. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.

Wellness policy leadership will be established using one or more district and/or school building official(s) that have the authority and responsibility to ensure each school building complies with this policy.

**Policy Leader - Superintendent - Dr. William Patteson**

### **Nutrition**

#### **Nutritional Education**

Every Year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectation and 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. A web based menu system will be made available to all stakeholders with current nutrition information.

### **Nutrition Promotion**

Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community. Social media will be used to educate, offer resources, and notify stakeholders of relevant nutrition information.

### **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.

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, à la carte lines, fundraising events, school stores, snack carts, and vending machines.

The district will offer breakfast to all school buildings through the National School Breakfast program.

The District will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives). Food and beverages will not be used as rewards.

### **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.

## **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.

Students in grades K-5 will have physical education at least 60 minutes per week, while those in grades 6-8 will have physical education every other day throughout the school year at a minimum duration of 45 minutes per class. All High School students will follow the District graduation requirements. Physical education can be modified based on student needs.

Physical Activity during the school day ( including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

The schools must provide at least 20 minutes of active daily recess time to all elementary students.

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.

Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

## **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.

The Schools shall provide attractive, clean environments in which the students eat.

The Schools shall provide thirty (30) minutes daily for the students to eat.

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

### **Implementation, Assessment, Documentation, and Updates Implementation**

#### 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.

#### Assessment:

The LEA will conduct a Triennial 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 Laura Montague - Food Service Director:

#### 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.

This wellness policy can be found at : <https://mio2212286.schoolwires.net/Page/73>

Required documentation will be maintained at Lakeview Middle School Food Service Office  
Updates to the Policy

The LEA will update or modify the wellness policy as appropriate based on the results of the HSAT and 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 toward 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 districtwide communications.