ADMINISTRATIVE PROCEDURE

EEB

BUSINESS MANAGEMENT
WELLNESS FOR STUDENTS

MAY 20, 2024

District Wellness Preamble

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

This procedure outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this procedure establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available throughout the school campus, in accordance with Federal and State nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.

1. District Wellness Committee

A. Committee Role and Membership

The District will convene a representative District Wellness Committee to establish goals for and oversee school health and safety policies and programs; including development, implementation, periodic review and update of this district-level wellness policy.

The District Wellness Committee membership is open to all school employees and include ~~(~~to the extent possible~~)~~, but not be limited to: parents and guardians, representative(s) of the District food service program; physical education teachers; health education teachers; school board members; health professionals (ex., dietitians, doctors, nurses); and the general public. The Director of Secondary Programs will have oversight of this committee.

B. Wellness Policy Implementation

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

C. Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy. Documentation will include:

1. The written wellness policy.
2. Documentation demonstrating compliance with community involvement requirements.
3. Documentation of the annual policy progress report.
4. Documentation of the triennial assessment of the policy.
5. Documentation demonstrating compliance with public notification requirements, including;
    - Method by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and
    - Efforts to notify families about the availability of the wellness policy.

2. Nutrition Education

Nutrition promotion and education positively influence lifelong eating behaviors and encourage healthy nutrition choices.

The District aims to teach, model, encourage, and support healthy eating to students. Schools will provide nutrition education and engage in nutrition promotion.

Every year, all students, pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Content Standards and Benchmarks. 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 District.

3. Nutrition Standards

A. School Meals

The District is committed to serving healthy meals to children in compliance with the USDA Guidelines of the National School Lunch and School Breakfast Programs.

B. Competitive Food and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards.

C. Food Service Guidelines for Livonia Public Schools

The District shall provide cafeteria facilities in all schools and will provide food service for the purchase and consumption of breakfast, lunch, and snacks for all students.

The food-service program shall comply with Federal and State regulations pertaining to the selection, preparation, delivery, consumption, and disposal of food and beverages.

4. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

The District will permit student fundraising by students in school, on school property or at any school-sponsored event only when the profit therefrom is to be used for school purposes or for an activity connected with the schools.

Fundraising by approved school organizations, whose funds are managed by the District, may be permitted in school by the principal. For any fundraisers, including those operated by student clubs and organizations, parent groups, or boosters clubs, that involve the sale of food items and/or beverages to students that will be consumed on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) during the school day (the period from the midnight before, to thirty (30) minutes after the end of the official school day), the food items and/ or beverages to be sold shall comply with the current nutrition standards, and also be consistent with requirements set forth. If the item being sold is a nonfood item it can be sold at any time, if approved by the school principal.

5. Physical Education and Physical Activity Opportunities

A. Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes.

All district elementary students in each grade will receive physical education instruction weekly throughout the school year.

All district middle school students will be required to take two 10 week periods of Physical Education and one 10 week period of Health.

All district 9-12th grade students will be required to take one semester of Personal Fitness and one semester of Health.

The District physical education program will promote student physical fitness through individualized fitness and activity as outlined in the criterion referenced program of the *FItnessgram.*

1. Recess (Elementary)

All elementary schools will offer recess daily. Recess will complement, not substitute, physical education classes.

2. Before and After School Activities

The District will notify families of opportunities for students to participate in physical activity either before and/or after the school.

3. Active Transport

The District will encourage walking or riding bikes to and from school.

6. Other School-Based Activities Designed to Promote Student Wellness

The District will integrate wellness activities across the entire school setting. The School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary and work towards the same set of goals.

A. Community Health Promotion and Engagement

The District will provide information to parents/guardians, and families about the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school- sponsored activities and will receive information about health promotion efforts.

7. Implementation and Measurement

A. Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools. This annual report will include information from each school within the District. This report will include, but is not limited to:

1. The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy.
2. A description of each school's progress in meeting the wellness policy goals.
3. A summary of each school's events or activities related to wellness policy implementation.
4. Information on how individuals and the public can get involved with the District Wellness Committee.

The District Wellness Committee will establish and monitor goals and objectives for the schools.

B. Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy.
2. The District Wellness Committee will provide a description of the progress made in attaining the goals of the District's wellness policy.

The District Wellness Committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

C. Revisions and Updating the Policy

The District Wellness Committee will recommend to the Superintendent updates and modifications to the Wellness Policy based on the results of the annual progress reports and triennial assessments, and /or as District priorities change; wellness goals are met; and new Federal or State guidance or standards are issued.

D. Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of the Wellness Policy. The District will actively communicate ways in which representatives of the District Wellness Committee and others can participate in the development, implementation, and periodic review and update of the Wellness Policy through a variety of means appropriate for the district.