

Madison School District

School Health & Wellness Policy

Madison Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices and supports student achievement by promoting healthy eating and physical activity.

I. Nutrition Education

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 campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

II. Nutrition Standards

Madison Schools 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.

Madison Schools shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students. (See *Appendix A*)

The district superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

III. Physical Education and Physical Activity Opportunities

Madison Schools 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 Content Standards & Benchmarks.

Every year all 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.

- 2
- IV. **Other School-Based Activities Designed to Promote Student-Wellness**
Madison Schools may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

- V. **Implementation and Measurement**
The district superintendent shall implement this policy and measure how well it is being managed and enforced. The district superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service programs, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The district superintendent shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

Administrative Rules for Madison School District's Local Wellness Policy

These rules, established by the Madison Coordinated School Health & Wellness Committee, are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Madison School's Local Wellness Policy.

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of Madison School District. Madison Schools may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

Madison Schools shall implement a quality nutrition education program that addresses the following:

Curriculum:

- Has a curriculum aligned with Michigan Health Education Content Standards and Benchmarks.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.

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, posting on the district website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

Madison Schools shall offer school meal programs with menus meeting the nutrition Standards established by the United States Department of Agriculture (USDA). Madison Schools 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 on promoting a healthy school environment shall be discouraged.

Each school building in the district shall 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 USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- 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 ounces 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.

Madison Schools shall monitor food service distributors and snack vendors to ensure that they provide healthy food and beverage choices that comply with this policy's purpose in all venues. (*See Appendix A*)

Madison Schools 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 celebrations. (*See Appendix B*)

Madison Schools shall encourage healthy fundraisers as alternatives to fundraising that involves the selling of food items of limited nutritional value, such as candy, cookies, or sugary beverages. School fundraising items that are sold during the instructional day and are intended for student consumption must comply with this policy's purpose. (*See Appendix B*)

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of the Madison School District. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

Madison Schools shall implement a quality physical education program that addresses the following:

Curriculum:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Is aligned with the *Michigan Physical Education Content Standards and Benchmarks*.
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all ability levels.
- Is taught by a highly qualified physical education teacher
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a educationally appropriate teacher-to-student ratio.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Offers instructional periods at a minimum of twice per week (elementary) and at least 150 minutes per week (high school).
- Provides facilities to implement the curriculum for the number of students served.

Madison Schools will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade five. Recess is in addition to physical education class time and will not be substituted for physical education. Proper equipment and a safe area designated for supervised recess will be provided. Schools are encouraged to provide opportunities for some type of physical activity for students in grades six through twelve apart from physical education class and organized sports.

Appendix A

Madison School District School Health & Wellness Policy Guidelines for Pre-Packaged Foods and Beverages

The following guidelines apply to all pre-packaged foods and beverages sold to students during the instructional day.

I. Beverages

The following beverages offer significant nutritional value and are permitted for student consumption.

- Pure Water
- Flavored Water
- Sports Drinks
- 100% Fruit Juice
- Milk

II. School Snacks/Pre-Packaged Foods

These guidelines apply to all items sold in the a la cart and school vending machines.

A. Elementary (Pre K-5)

100% of the items sold will be single-serving size snacks (except for nuts, seeds, and cheeses) that have no more than 6 grams of fat and meet all of the following three criteria:

1. Contain 300 or fewer calories,
2. One or more grams of fiber, and
3. At least 10% of Calcium, Iron, Vitamin A or Vitamin C

B. Middle School (6-8)

85% of the items sold in the a la cart will be single-serving size snacks (except for nuts, seeds, and cheeses) that have no more than 6 grams of fat and meet at least two of the following three criteria:

1. Contain 300 or fewer calories,
2. One or more grams of fiber, or
3. At least 10% of Calcium, Iron, Vitamin A or Vitamin C.

C. High School (9-12)

75% of the items sold in the a la cart will be single-serving size snacks (except for nuts, seeds, and cheeses) that have no more than 6 grams of fat and meet at least two of the following three criteria:

1. Contain 300 or fewer calories,
2. One or more grams of fiber, or
3. At least 10% of Calcium, Iron, Vitamin A or Vitamin C

We might want to consider

All prepackaged foods...

- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- will have no more than 35% of its *weight* from added sugars;^a
- will contain no more than 240 mg of sodium per serving (*10% of the USDA Recommended Dietary Guideline*).

Appendix B

Madison School District School Health & Wellness Policy Recommended Guidelines for School Parties & Fundraisers

Schools can play a major role in helping students become fit, healthy, and ready learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. Foods offered at school parties should add to the fun, but should not be the main focus. Furthermore, when healthy food choices are used as fundraising items, the healthy eating message is reinforced. Schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles. Students should practice these lessons during school parties and school fundraisers.

I Recommended Guidelines for School Parties

The same snack food/prepackaged food guidelines are recommended for snacks at school parties. However, administrative approval can be requested for special occasions or cultural events that involve foods that do not meet the established nutritional guidelines.

II School Fundraisers

- A. Items sold as a school fundraiser and intended for student consumption during the instructional day must also meet the snack food/prepackaged food criteria established above.
- B. Home-prepared foods will not be permitted to be sold at school due to the potential for food borne illness.

Healthy School Parties

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools—which have a great impact on children—to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- ◆ Fresh fruit and vegetables –
Buy locally when possible.
- ◆ Yogurt
- ◆ Bagels with lowfat cream cheese
- ◆ Baby carrots and other vegetables
with lowfat dip
- ◆ Trail mix*
- ◆ Nuts and seeds*
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Baked chips
- ◆ Baked chips
- ◆ Lowfat popcorn
- ◆ Granola bars*
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Pudding
- ◆ String cheese
- ◆ Cereal bar
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ 100% fruit juice (small single-serves)
- ◆ Bottled water (including flavored water)

*May be allergens and/or a choking risk for some people, please check with a health care provider.

Note: See "Recipes" in the Resources by Topic section.



NOTE: This exhibit does not need to be filed in the Board's policy manual. It is provided as informational only and if applicable, may be kept by the district in another location.

Guidelines for Nutritious Choices in Vending Machines

Foods and beverages sold through school vending machines that meet acceptable nutritional standards shall consist of the following:

1. Plain, unflavored, noncarbonated water;
2. Milk, as that term is defined in C.R.S. 25-5.5-101 and shall include but not necessarily be limited to chocolate milk, soy beverage, rice beverage and other similar dairy or nondairy beverage;
3. One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners;
4. An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving;
5. Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice; and
6. Any other food item containing:
 - not more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and
 - not more than thirty-five percent of its total weight in sugar.

NOTE: For purposes of this exhibit, "additional sweetener" means an additive that enhances the sweetness of a food or beverage, including but not limited to sugar. "Additional sweetener" does not include the natural sugar or sugars that are contained in any fruit juice that is a component of the food or beverage.