

**8453 Student Wellness Policy**

The Lincoln Consolidated School District is committed to creating a school environment that promotes and protects children's health, well-being, and ability to learn and the development of healthy lifestyles.

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.

**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 program, school Board members, school administrators, and the public shall be considered. 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**.

Students, staff, and community will be informed about the Local **Wellness Policy** annually.

Approved: August 14, 2006

LEGAL REF: Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004) (Approved by the Michigan State Board of Education, October 10, 2005.)

## 8453-R Student Wellness Policy

### Coordinated School Health Team

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team<sup>1</sup> that will provide an ongoing review and evaluation of the Lincoln Consolidated Schools Local ~~Wellness Policy~~ and these administrative rules.<sup>2</sup>

The Superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team shall include representatives from the following areas:

- Administration.
- Counseling/psychological/and social services.
- Food services.
- Health education.
- Health services.
- Parent/Guardian, student and 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).
- Physical education.

### Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.<sup>3</sup> 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.

The District shall implement a quality nutrition education program that addresses the following:

#### *Curriculum:*

- Has a curriculum aligned with the *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.
- Is taught by "highly qualified teachers of health education."<sup>4</sup>

#### *Opportunity to Learn:*

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

The District will support parents'/guardians' efforts to provide a healthy diet for their children. The District/school will offer healthy eating seminars for parents/ guardians, send home nutrition information, post nutrition tips on school

websites, and provide nutrient analyses of school menus. Schools should encourage parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages. The District will provide parents/guardians a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

### **Nutrition Standards**

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards established by the United States Department of Agriculture (USDA).<sup>1</sup> The District shall encourage students to food choices based on the most current Dietary Guidelines for Americans.

The District 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<sup>6</sup> and portion size before permitting food and beverages to be sold or served to students.

Each school building 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 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-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.<sup>7</sup>

### **Physical Education and Physical Activity Opportunities**

The District shall offer physical education opportunities that include the components of a quality physical education program.<sup>8</sup> 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 and Benchmarks*.<sup>9</sup>

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.

The District shall implement a quality physical education program that addresses the following:

#### *Curriculum:*<sup>10</sup>

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum 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 abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.

- 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 teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.<sup>11</sup>
- Provides facilities to implement the curriculum for the number of students served.

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade five. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades six through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before and after-school extracurricular physical activity programs, Safe Routes to School Programs,<sup>11</sup> and use of school facilities outside of school hours.

### **Other School-Based Activities Designed to Promote Student Wellness**

The District shall strive to create a healthy school environment that promotes healthy eating and physical activity.<sup>12</sup> In order to create this environment, the following activities shall be implemented:

#### *Dining Environment*

- The school District shall provide:
  - a clean, safe, enjoyable meal environment for students,
  - enough space and serving areas to ensure all students have access to school meals with minimum wait time,
  - drinking fountains in all schools, so that students can get water at meals and throughout the day,
  - encouragement to maximize student participation in school meal programs, and
  - identity protection of students who eat free and reduced-price meals.

#### *Time to Eat*

- The school District shall ensure:
  - adequate time for students to enjoy eating healthy foods with friends in schools,
  - that lunch time is scheduled as near to the middle of the school day as possible, and
  - that recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat.<sup>13</sup>

#### *Food or Physical Activity as a Reward or Punishment*

- The school District shall:
  - discourage the use of food as a reward or punishment in schools,
  - not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time,
  - not use physical activity as a punishment, and
  - encourage using physical activity as a reward, such as teacher or Principal walking or playing with students at recess.

#### *Consistent School Activities and Environment*

- The school District shall:
  - have all school buildings complete the Michigan Healthy School Action Tool every two years to ensure that school activities and the environment support health behaviors,
  - encourage school fundraising efforts that support healthy eating and physical activity,
  - provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
  - make efforts to keep school or District-owned physical activity facilities open for use by students outside school hours,
  - 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,
  - encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
  - 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,
  - encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs), and
  - implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks<sup>14</sup>.

#### **Staff Wellness**

The Lincoln Consolidated School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. 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.

The Coordinated School Health Team will assess the need for, develop, promote, and oversee activities to promote staff health and wellness. These activities should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

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

Superintendent of Schools

8970 Whittaker Rd.

Ypsilanti, MI 48197

734-484-7001

734-484-1212

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