

## Section 8000 – Students

### 8453 Wellness

#### Key Idea:

Adoption of this policy will reflect the current state of the law and should be adopted to maintain accurate policies.

#### Recommended Resolution

It was moved by member Mark Zink and seconded by member Kristen B.F. to approve the first reading of replacement Policy #8453 for the Pellston Public Schools. A period of at least two weeks will be allowed for stakeholder input prior to a second reading at the public board meeting, at which time a majority vote of the board voting in favor of this policy will cause it. The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting and modeling the development of good eating habits, and by promoting increased physical activity both in and out of school.

The District, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also the parents and the public at large to be involved in a community-wide effort to promote, support and model such healthy behaviors and habits.

The District sets the following goals in an effort to enable students to establish good exercise and nutrition habits:

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A. Pellston Nutrition Education

1. Shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to adopt healthy eating and exercise behaviors taught at grade level K-8 and at least one semester during student grade 9-12<sup>1</sup>.
  2. Shall be in accordance with the curriculum standards and benchmarks established by the Michigan Health Education Content Standards and Benchmarks.
  3. Shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace the standards and benchmarks for health education.
  4. Standards and benchmarks shall be age-appropriate, culturally relevant, and build confidence and competence in making healthy nutrition choices.
  5. Shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing and others.
  6. Shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
  7. Shall extend beyond the classroom by engaging and involving the school's food service staff.
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8. Shall include posters promoting healthy eating behaviors, for example My Plate, on display in the cafeteria.
  9. Shall have the school cafeteria serve as a learning lab by allowing students to apply the knowledge, attitudes and skills taught in the classroom when making choices at mealtime.
  10. Should strive to extend beyond the school by engaging and involving families and the community.
  11. Shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise that are age-appropriate.
  12. Shall include a focus on media literacy as it relates to food marketing strategies.
  13. Shall apply standards and benchmarks that promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
  14. Shall support District staff responsible for providing instruction in nutrition education through participation in professional development activities designed to better enable them to teach the benchmarks and standards.
  15. Shall provide a highly qualified health educator to oversee the nutrition curriculum. Information taught will either be evidence-based or based on best practices.

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16. Shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom. Nutrition Education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting healthy eating habits and lifestyles.

B. Pellston Physical Education:

1. Will provide a written, sequential, comprehensive physical education program for students in K-8 and 9-12 in accordance with the standard and benchmarks established by the Michigan Physical Education Content Standards and Benchmarks<sup>2</sup>.
2. Shall provide sequential instruction related to the knowledge, attitudes, and social and physical skills necessary to participate in lifelong, health-enhancing physical activity.
3. Shall provide proper equipment and a safe area designated for supervised recess in the elementary setting.
4. Shall provide enough functional equipment for each student to participate.
5. Shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.

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6. Shall stress the importance of remaining physically active for life through sequential, comprehensive physical education curriculum.
  7. Will strive to build students' confidence and competence in physical activities.
  8. K-8 and grades 9-12 Program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
  9. Provide properly certified, highly qualified teachers for its physical education classes.
  10. Planned instruction in physical education shall teach cooperation, fair play, and involvement in purposeful activity for 80-100% of class time.
  11. Planned instruction in physical education shall meet the needs of all students.
  12. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
  13. Planned instruction in physical education shall take into account gender and cultural differences.
  14. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

c. Physical Activity:

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1. Physical activity shall not be employed as a form of discipline or punishment. Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. (Example: running laps or jogging around a playground)
  2. Physical activity shall be integrated across the curricula and throughout the school day, such as Brain Breaks, ACES, Walking Wednesdays, and Walking Club.
  3. Staff will model physical activity in concrete ways, such as participating in exercise breaks in the classroom and sharing positive experiences with physical activity with students.
  4. Shall be encouraged by stressing to families the importance of providing physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities, like swimming, walking, bowling or tennis.
  5. Will be provided through daily recess for Pre K-5 grade students. To the extent possible, recess shall not be used to make up for missed instructional time.
  6. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
  7. All students in grades 6-12 shall be encouraged and have the opportunity (including interscholastic sports) to participate in extracurricular activities and intramural programs that emphasize physical activity

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8. Additional physical activity time may be encouraged as a reward, such as a teacher or principal walking or playing with students at recess.

d. Wellness Promotion

1. Each school shall provide an appropriate amount of time for students to eat:  
For middle and high school, a 30 minute lunch and break will be provided allowing approximately 25 minutes for each breakfast and lunch.  
For elementary school, a combined 30 minute lunch and recess break will be provided allowing approximately 20 minutes for each breakfast and lunch.  
The District strictly enforces its closed campus policy for all K-12 students.
2. Schedule mealtimes so there is minimum disruption by bus schedules, recess and other special programs and events.
3. Provide spacious, attractive, clean environments in which the students eat.
4. Be allowed to have access to student provided bottled water in the classroom during instructionally appropriate times, with the exception of the technology lab.
5. Activities, such as tutoring or club meetings, however, should avoid scheduling during mealtimes, unless students may eat during those meetings.
6. Classroom celebrations will focus on activities, rather than food. The number of celebrations involving serving food during the school day may be limited. If classroom parties, celebrations etc. include food and or beverages, choices will be encouraged to include one snack and one beverage from a list of

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Smart Snack<sup>3</sup> allowable items and it is encouraged that up to one traditional party food be included.

7. When appropriate, allow students, parents, and other community members access to, and be encouraged to use, the school's outdoor and indoor recreational facilities, when supervised by an appropriate adult, physical activity facilities outside the normal school day.
  8. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
  9. Students are discouraged from sharing their food or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
  10. The District will make every effort to include nutrition and physical activity into family events provided throughout the school year.
- E. With regard to Nutrition Promotion, the District shall
1. Encourage students to increase their consumption of healthful foods during the school day; for example by applying Smarter Lunchroom<sup>4</sup> strategies where the healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias.
  2. Create an environment that reinforces the development of healthy eating habits by insuring that all food items and beverages available for sale to students for consumption on the school campus (any area of property under



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the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the USDA Dietary Guidelines for Americans<sup>5</sup> and the USDA Smart Snacks in School<sup>3</sup> nutrition standards.

- a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
  - b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes and starchy
  - c. whole grain products-half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation
  - d. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored and unflavored).
  - e. meals designed to meet specific calorie ranges for age/grade groups
  - f. eliminate all trans-fat from school meals
  - g. require students to select a fruit or vegetable as part of a complete reimbursable meal
  - h. In the offer verses serve program, which is part of the K-12 lunch, juice may only be served as a substitute for fruit and vegetables 50% of the time or less and usually at breakfast.
  - i. food or beverages available through vending machines should meet Smart Snack standards
3. Designate one or more wellness champions in the district that will promote resources through the District's website for wellness for students, families, and the community.
  4. Encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in

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practicing USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, both in school and at home. Teachers wishing to consume snack or lunch alongside their students should ensure that only healthy food/beverages are present. The staff is provided with break/lunch periods and is not required to eat with students.

5. The school shall prepare and distribute to staff, parents, and other after-school program personnel, a list of snack items that comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.
6. Promote and encourage Farm to School efforts in order to provide the healthy foods identified above.
7. Foods and beverages sold to students as fund raisers outside of the school meals program during the regular and extended school day for consumption on the school campus are encouraged to meet the USDA Competitive Food regulations, the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines, and the USDA Smart Snacks in School nutrition standards. School fundraisers will strive to include non-food items such as gift wrap, light bulbs, plant sales, books, etc.
8. Two (2) fundraisers per month per school building that do not meet the Smart Snacks standards during the school day are allowed. A fundraiser may last up to ten (10) days.

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9. Rewarding children in the classroom in most cases should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

10. Prohibits ALL advertising of food and beverages that cannot be sold during the school day/do not meet the Smart Snack nutrition standards or prohibits this advertising on signs, banners, scoreboards, etc. or will prohibit at time of renewal of sponsorship agreements.

- a. Busses, building exteriors, score boards, etc. on and around school property shall be free of brands and illustrations of unhealthful foods.
- b. The advertising of foods and beverages that are not available for sale in district schools will not be advertised on any school property.

11. Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods. "Students will have the opportunity to provide input on local, cultural, and ethnic favorites."

F. Food Service

1. In accordance with Policy #4450, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and

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the USDA Smart Snacks in School nutrition standards as well as to the fiscal management of the program.

2. As set forth in Policy #4450, entitled *Free and Reduced Price Meals*, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA)<sup>6</sup>. Competitive foods are sold from the same lines as reimbursable meals
3. All schools will provide breakfast through the USDA School Breakfast Program.
4. Shall provide periodic food promotions to encourage taste testing of healthy new foods that are being introduced on the menu.
5. Items meeting Smart Snack standards, but traditionally served as dessert, such as cookies and ice cream, shall not be sold to students during the lunch period at the elementary level. Snack foods may not be purchased during meals at the elementary level.
6. The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for food service directors, managers and staff<sup>7</sup>.
7. Staff will share and publicize information about the nutritional content of meals with students and parents.
8. Applications for free/reduced priced meals are available to all families throughout the school year. The application is also available on the district website.

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9. Students will be made aware of the availability of water during meals. Water jugs and cups will be present in the cafeteria at the middle and high school level and supervisory staff will allow students to access water throughout the meal period.

10. Students and staff will have access to free, safe, and fresh drinking water throughout the school day.

g. Implementation and Evaluation

1. The Board designates the Superintendent as the individual charged with operational responsibility for verifying that the District meets the goals established in this policy.

2. The Superintendent shall appoint a Coordinated School Health Team that includes parents, students, representative of the school food service, educational staff (including physical education teachers), Hornet Health Center staff, SNAP Ed coordinators, school board members, administrators, members of community-based organizations and members of the general public to oversee development, implementation, evaluation, and periodic update of the wellness policy. The Wellness Coordinated School Health Team shall be an ad hoc committee with members recruited and chosen annually. The Coordinated School Health Team should meet at least twice throughout the school year.

h. Each school in the district shall have at least one staff member responsible for representing the school on the district wellness committee. A PTO representative will also have an opportunity to serve as a liaison to the Coordinated School Health Team.

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1. The Coordinated School Health Team shall conduct a quantitative assessment of policy implementation every two years using the Wellness School Assessment Tool-Implementation (WellSAT)<sup>8</sup>. Additional surveys such as the Michigan Healthy School Action Tool (HSAT)<sup>9</sup> may be used.
  2. The Coordinated School Health Team shall provide a periodic summary for the Superintendent, school staff, students and parents, evaluating the implementation of the policy and regulations and including any recommended changes or revisions.
  3. The goals developed by the committee may be posted to the district website, and may also be communicated through direct mailings to families, presentations to the PTO, and/or a press release to local news media every September. The report will include a link to the SWP, a progress report for each school in the district that includes a summary of wellness activities and contact information for wellness committee members. The report will include an open invitation for interested parties to join the committee.
  4. Every three years, the Coordinated School Health Team will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

<sup>1</sup>Michigan Health Education Content Standards and Benchmarks.

[http://www.michigan.gov/mde/0,4615,7-140-74638\\_74639\\_29233-156852--,00.html](http://www.michigan.gov/mde/0,4615,7-140-74638_74639_29233-156852--,00.html)

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<sup>2</sup> Michigan Physical Education Content Standards and Benchmarks.

[http://www.michigan.gov/documents/mde/K\\_12\\_PE\\_Standards\\_Aug\\_17\\_ADA\\_compliance9-18\\_601116\\_7.pdf](http://www.michigan.gov/documents/mde/K_12_PE_Standards_Aug_17_ADA_compliance9-18_601116_7.pdf)

<sup>3</sup>Smart Snacks <https://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>; <https://foodandhealth.com/usda-school-snack-guide/>; USDA School Snack Guide- Smart Snack list for Parents, Teachers and School Food Service Directors <https://foodandhealth.com/usda-school-snack-guide/>

<sup>4</sup>Smarter Lunchrooms <https://www.smarterlunchrooms.org/>

<sup>5</sup> US Dietary Guidelines for Americans <http://www.health.gov/DietaryGuidelines/>

<sup>6</sup> F-2 National School Lunch Program <http://www.fns.usda.gov/nsip/national-school-lunch-program--nsip>

<sup>7</sup>US Department of Agriculture, Food and Nutrition Service Professional Standards for State and Local School Nutrition Programs Personnel as Required by the Healthy, Hunger-Free Kids Act of 2010 <http://www.fns.usda.gov/sites/default/files/CN2014-0130.pdf>

<sup>8</sup>Rudd Center Wellness School Assessment Tool <http://www.wellsat.org/>

<sup>9</sup> Michigan Healthy School Action Tool <http://mihealthtools.org/hsat/>

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