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| Wells Township School District |
| Bylaws & Policies |
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**8510 - WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the Wells Township School District.

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 the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, 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 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 Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

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|  | A. | With regard to nutrition education, the District shall: | |
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|  | | 1. | Nutrition education 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 lead healthy lives. |
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|  | | 2. | Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant. |
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|  | | 3. | Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria. |

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|  | B. | With regard to physical activity, the District shall: | | |
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|  | | 1. | **Physical Education** | |
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|  | | | a. | A sequential, comprehensive physical education program shall be provided for students in K-5 in accordance with the standards and benchmarks established by the State. |
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|  | | | b. | The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life. |
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|  | | 2. | **Physical Activity** | |
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|  | | | Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day. | |
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|  | C. | With regard to other school-based activities the District shall: | | |
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|  | | 1. | The schools shall provide at least twenty (20) minutes daily for students to eat. | |
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|  | | 2. | The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events. | |
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|  | | 3. | The school shall provide attractive, clean environments in which the students eat. | |

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|  | D. | With regard to nutrition promotion, the District shall: | | |
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|  | | 1. | encourage students to increase their consumption of healthful foods during the school day; | |
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|  | | 2. | create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods: | |
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|  | | | a. | a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium; |
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|  | | | b. | a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy; |
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|  | | | 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; |
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|  | | | d. | fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored); |
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|  | | | e. | meals designed to meet specific calorie ranges for age/grade groups; |
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|  | | | f. | eliminate trans-fat from school meals; |
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|  | | | g. | require students to select a fruit or vegetable as part of a complete reimbursable meal; |

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

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|  | A. | In accordance with Policy [**8500**](http://www.neola.com/wellstwp-mi/search/policies/po8500.htm), 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 as well as to the fiscal management of the program. |
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|  | B. | As set forth in Policy [**8531**](http://www.neola.com/wellstwp-mi/search/policies/po8531.htm), 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). |
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|  | C. | The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value. |

The Board designates the Administrator as the individual(s) charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.

The Wellness Committee shall be responsible for:

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|  | A. | assessment of the current school environment; |
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|  | B. | review of the District’s wellness policy; |
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|  | C. | recommendation for the revision of the policy, as necessary. |

The Administrator is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall distribute information at the beginning of the school year to families of school children; and/or include information in the student handbook and post the policy on the District’s website.

42 U.S.C. 1751, Sec. 204  
42 U.S.C. 1771

Adopted 10/16/06  
Revised 1/15/14

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