

The Watervliet Public Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement and hereby adopts this Student Wellness Policy.

### 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>1</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.

### Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.<sup>2</sup> The District shall encourage students to make nutritious food choices.

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>3</sup> and portion size before permitting food and beverages to be sold or served to students.

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1 Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998. [http://www.michigan.gov/documents/Health\\_Standards\\_Standards\\_15051\\_7.pdf](http://www.michigan.gov/documents/Health_Standards_Standards_15051_7.pdf)

2 Title 7 – United States Department of Agriculture, Chapter II – Food and Nutrition Service, Department of Agriculture, Part 210 – National School Lunch Program.

3 Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients.(sometimes not at all). [http://www.health.gov/dietary\\_guidelines/dga2005/report/HTML/G1\\_Glossary.htm](http://www.health.gov/dietary_guidelines/dga2005/report/HTML/G1_Glossary.htm)

The 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.

#### Physical Education and Physical Activity Opportunities

The District shall offer physical education opportunities that include the components of a quality physical education program.<sup>4</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>5</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.

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

The District 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.

#### Implementation and Measurement

The Superintendent shall implement this policy and measure how well it is being managed, and enforced. The 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, the Board of Education, school administrators, and the

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4 Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

5 Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998. [http://222.michigan.gov/documents/Physical\\_Education\\_Education\\_Content\\_Standards\\_42242\\_7.pdf](http://222.michigan.gov/documents/Physical_Education_Education_Content_Standards_42242_7.pdf)

public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Approved: MASB Recommended and Approved by the Michigan State Board of Education

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.)

Administrative Rules Regarding Watervliet Public Schools Student Wellness Policy

In order to enact and enforce Watervliet Public Schools Student Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, the school board, school administrators, and the public, have developed these administrative rules.

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team<sup>6</sup> that will provide an ongoing review and evaluation of the Watervliet Public Schools Student Wellness Policy and these administrative rules.<sup>7</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 may 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,

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<sup>6</sup>Centers for Disease Control's Coordinated School health web site:  
<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.

<sup>7</sup>State of Michigan's State Board of Education's Policy on Coordinated School Health Programs To Support Academic Achievement and Healthy Schools:  
[http://www.michigan.gov/documents/CSHP\\_Policy\\_77375\\_7.pdf](http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf)

physical activity groups, community youth organizations, and university or other governmental agencies),

- Physical education.

*(MASB Note: An existing committee may assume the responsibility of the Coordinated School Health Team.)*

Staff shall be reminded that healthy students come in all shapes and sizes.

Students should receive consistent messages and support for:

- Self respect;
- Respect for others;
- Healthy eating; and
- Physical activity.<sup>8</sup>

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

Superintendent of Schools  
450 East Red Arrow Highway  
Watervliet, MI 49098  
PHONE: 269-463-0300  
FAX: 269-463-6809

Students, staff, and community will be informed about the Student Wellness Policy annually **in the School Bell**.

#### Nutrition Education

Nutrition education, a component of comprehensive health education,<sup>9</sup> shall be offered every year to all students of the District. The District may offer age appropriate

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<sup>8</sup> The role of Michigan Schools in Promoting Healthy Weight. 2001

<http://www.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>

<sup>9</sup> The Michigan Model For Comprehensive School Health Education is a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health

<http://www.emc.cmich.edu/cshp/healthed.htm>

nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

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

Curriculum<sup>10</sup>

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*.<sup>11</sup>
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.<sup>12</sup>

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>13</sup>

Opportunity to Learn:

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

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<sup>10</sup>Michigan Model for Comprehensive School Health Education nutrition lessons meet this administrative rule: <http://www.emc.cmich.edu/Health/Maps/nutrition.htm>

<sup>11</sup>Health Education Content Standards and Benchmarks, Michigan Department of Education, July 1998.  
[http://www.michigan.gov/documents/Health\\_Standards\\_15052\\_7.pdf](http://www.michigan.gov/documents/Health_Standards_15052_7.pdf).

<sup>12</sup>Michigan Model for Comprehensive School Health Education nutrition content map: <http://www.emc.cmich.edu/Heath/Maps/nutrition.htm>

<sup>13</sup>Michigan State Board of Education, Policy On Comprehensive School Health Education, June 2004.  
[http://www.michigan.gov/document/Health\\_Education\\_Policy\\_final\\_94135\\_7.pdf](http://www.michigan.gov/document/Health_Education_Policy_final_94135_7.pdf)

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

### Nutrition Standards

The District shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The District 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 of promoting a healthy school environment shall be discouraged.

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;~~ **served in appropriate portion sizes consistent with current USDA standards;**
- ~~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;~~

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~~• Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less<sup>14</sup>; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques; and~~

- All foods sold as part of a reimbursable meal or competitive food will comply with current USDA standards.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.<sup>15</sup>

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

The District 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 providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix C)<sup>16</sup>

The District shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar-coated chocolate snacks, or the like) as a school or grade level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc. (See Appendix D)<sup>17</sup>

Vending sales of soft drink and candy will not be ~~permitted on school grounds~~ **prior available to students for purchase prior** to the start of the school day and throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For the federal law memorandum stating, "it is not permissible for a school to serve FMNV

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<sup>14</sup>The District shall assure that the dietary needs of food-allergic students are taken into consideration in menu planning.

<sup>15</sup>State of Michigan's Board of Education's Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs.

<sup>16</sup>[http://www.tn.fcs.msue.msu.edu/Stateboardofeducatinnutritionpolicy\\_12003.pdf](http://www.tn.fcs.msue.msu.edu/Stateboardofeducatinnutritionpolicy_12003.pdf)

<sup>17</sup>For healthier fundraisers, page 19 of the Nutrition Tips and Tools document as a guide:  
<http://222.tn.fcs.msue.msu.edu/toolkit.pdf>

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during a meal service period..." refer to the following link:

<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>

### Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all K-12 students of the District.<sup>18</sup> In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

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

#### Curriculum<sup>19</sup>

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *Michigan Physical Education Content Standard and Benchmarks*.<sup>20</sup>
- 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.

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<sup>18</sup>Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265).

Physical education, while recommended, is not required.

<sup>19</sup>The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule: <http://www.michiganfitness.org/EPEC>

<sup>20</sup>Physical Education Content Standards and Benchmarks, State Board of Education, July 1998.

[www.michigan.gov/documents/Physical\\_Education\\_Content\\_Standards\\_42242\\_7.pdf](http://www.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf)

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- 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>21</sup>
- Offers instructional periods totaling **Kdg 60 minutes, 1<sup>st</sup> 50 minutes, 2<sup>nd</sup> – 5<sup>th</sup> 60 minutes** per week (elementary) and 225 minutes per week (middle and high school).<sup>22</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. Watervliet Public School encourages opportunities for some type of physical activity for students in grades six through twelve apart from physical education class and organized sports.

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

The District shall strive to create a healthy school environment which promotes

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<sup>21</sup>The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule:

<http://www.michiganfitness.org/EPEC>

<sup>22</sup>State Board of Education, Policy on Quality Physical Education. September 2003.

[http://www.michigan.gov/documents/HealthpolicyPE\\_77380\\_7.pdf](http://www.michigan.gov/documents/HealthpolicyPE_77380_7.pdf)

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healthy eating and physical activity.<sup>23</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 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, when possible, less distracted and ready to eat.<sup>24</sup> (See Appendix F)

Food or Physical Activity as a Reward or Punishment:

The school District shall:

- ~~Prohibit the use of food as a reward or punishment in schools~~ **Encourage the use of physical activity or healthy snacks as a reward**, (See Appendix B)
- Not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time, (See Appendix F)

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<sup>23</sup>Michigan's Healthy School Action Tool: <http://www.thtools.org/schools/>

<sup>24</sup>A Recess Before Lunch Policy Implementation guide, Montana Team Nutrition Program, Office of Public Instruction School Nutrition Programs, September 2003. <http://www.opi.state.mt.us/schoolfood/recessBL.html>

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- 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. (See Appendix F)

### Consistent School Activities and Environment

The school District shall:

- ~~Have all school buildings complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors,<sup>25</sup> (See Appendix G)~~
- Ensure that all school fundraising efforts support healthy eating and physical activity, (See Appendix D)
- 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 FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians,

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<sup>25</sup>Michigan's Healthy School Action Tool: <http://www.mihealthtools.org/schools>

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- Encourage all students to participate in school meals program, 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>26</sup> (See Appendix G)

### Implementation and Measurement

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. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent message to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.<sup>27</sup> The District shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

**Appendix A:** Healthy Food and Beverages Criteria and Healthy Snack List<sup>28</sup>

**Appendix B:** Alternatives to Using Food as a Reward<sup>29</sup>

**Appendix C:** Healthy School Parties<sup>30</sup>

**Appendix D:** Healthy School Fundraisers<sup>31</sup>

**Appendix E:** Serving Healthy Beverages<sup>32</sup>

**Appendix F: Michigan Physical Education and Activity Resources**  
**Appendix G: Healthy School Action Tool Brochure<sup>33</sup>**

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<sup>26</sup>Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy

<http://www.tn.fcs.msue.msu.edu/toolkit/pdf>

<sup>27</sup>Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit/pdf>

<sup>28</sup>Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit/pdf>

<sup>29</sup>Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit/pdf>

<sup>30</sup>Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit/pdf>

<sup>31</sup>Tips and Tools to Help Implement Michigan's Healthy food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit/pdf>

<sup>32</sup>Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit/pdf>