



Book	Policy Manual
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8510 - **WELLNESS**

As required by law, the Board of Education establishes the following wellness policy for the Comstock Park Public 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 the student's 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 with respect to eating and exercise.

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

A. With regard to nutrition education, the District shall:

Nutrition Education

1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
3. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
4. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
5. Nutrition education is also made available to parents/guardians, and community.

B. With regard to nutrition promotion, the District shall:

Nutrition Promotion

1. Nutrition promotion and education shall positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs.
2. Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community.
3. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.
4. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
5. The school shall provide attractive, clean environments in which the students eat.
6. Water filling stations are available by all cafeterias.
7. All schools will offer breakfast to all students through the USDA School Breakfast Program.
8. All Schools utilize promotions or special events, such as tastings, that highlight local/regional products.

C. With regard to Standards & Nutrition Guidelines, the District shall:

Standards & Nutrition Guidelines for all Foods and Beverages

1. The District shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations (the meal period from the midnight before, to 30 minutes after the end of the official school day).
2. Reimbursable school meals must meet requirements found in the United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals.
3. All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as "competitive" foods and beverages) must be consistent with USDA's Smart Snacks in School nutrition standards and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidelines.
4. These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, à la carte lines, fundraising events, school stores, snack carts, and vending machines.
5. 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. Any non-compliant vending machines are turned off during school hours, to 30 minutes after the end of the official school day.
6. It is the intent of the District to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.

D. With regard to physical activity, the District shall:

Physical Education and Activity

1. The District 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 Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical

Education.

2. The K-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.
3. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
4. Schools shall encourage families to provide 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 bowling, swimming, or tennis.
5. Physical education classes 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.
6. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
7. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
8. The K-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. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
10. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
11. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
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.
15. Physical activity should not be employed as a form of discipline or punishment.
16. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
17. Schools shall encourage families to provide 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 bowling, swimming, or tennis.
18. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
19. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
20. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.

E. With regard to other school-based activities the District shall:

Other School Based Activities

1. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
2. The district will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to at least one

school sponsored wellness event and will receive information regarding health promotion.

3. 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.
 4. Oral health professionals come into the school to provide preventive oral health services, ie: dental screenings, dental sealants, fluoride varnish, education, dental cleanings etc. as able.
- F. The Board designates the Superintendent as the individual(s) charged with operational responsibility for verifying that the District meets the goals established in this policy.
- G. The Superintendent shall appoint a District wellness committee that includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and school administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.
- H. The Wellness Committee shall be responsible for:
1. The District Wellness Committee shall meet annually
 2. assessment of the current school environment;
 3. Develop Wellness Policy Goals;
 4. review of the District's wellness policy;
 5. Update the public annually about the wellness policy, committee, and goals;
 6. presentation of the wellness policy to the school board for approval;
 7. measurement of the implementation of the policy;
 8. recommendation for the revision of the policy, at a minimum of every three years.
 9. Before the end of each school year the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.
- I. The Superintendent shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.
- J. The District shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the School District's website.
- K. The Superintendent 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 include information in the district newsletter and post the policy on the District's website, including the Wellness Committee's assessment of the implementation of the policy.

Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, [this institution is] prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be

made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

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7 C.F.R. Parts 210 and 220

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

42 U.S.C. 1771