

Woodhaven-Brownstown School District
WELLNESS POLICY
Policy #8510

The Woodhaven-Brownstown School District 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, staff, parents, and the community's well-being.

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*. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors may be integrated into the curriculum. Nutrition education information shall be offered throughout the school community including, but not limited to, school dining areas and classrooms. Resources will be made available to staff members providing nutrition education.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. 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 and portion size before food and beverages are sold or served to students.

The district superintendent shall periodically 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. 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*. *The Exemplary Physical Education Curriculum (EPEC) is the K-12 adopted curriculum for the Woodhaven-Brownstown School District.*

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 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 before implementing such rules. 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.

**Administrative Guideline Local Wellness
AG #8510
Woodhaven-Brownstown School District**

In order to enact and enforce the Woodhaven-Brownstown School District Wellness Policy, the superintendent and the administrative team will have developed these local administrative rules. Administrative team members should be comprised of teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public.

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team that will provide an ongoing review and evaluation of the Woodhaven-Brownstown School District Wellness Policy and these local administrative rules.

The superintendent shall appoint 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, physical activity groups, community youth organizations, and university or other governmental agencies)
- Physical education

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
- Physical activity

These local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of the Woodhaven-Brownstown School District's Wellness Policy. Any district stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Superintendent of the Woodhaven-Brownstown School District
24975 Van Horn Road
Brownstown, MI 48134
734-783-3300 (phone)
734-783-3316 (fax)

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

Nutrition Education

Nutrition education is a component of comprehensive health education. The district may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the curriculum when appropriate.

The district's nutrition education program 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 teachers qualified by the state of Michigan.

Opportunity to Learn:

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

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.
- 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.
- No candy products or foods with empty nutrients will be sold in vending machines or in the lunch lines at K-9 buildings.
- Remove all student accessed vending machines from elementary buildings.
- Student accessed vending machines at middle school buildings are to be stocked with only nutritious snacks; no candy or food with empty nutrients.
- No soda pop sold in any student accessed vending machine district wide or in a fountain in the lunch line.
- No candy products sold in vending machines or in the lunch line at WHS during the following hours: 6:30 a.m. to 2:15 p.m.
- Vending machines at high school should be stocked with primarily nutritious snacks.
- French fries will be baked and served one day per week at each building.
- School Stores are encouraged to provide nutritious products for sale during school hours, 6:30 a.m. to 2:15 p.m.

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.

The District shall discourage using food as a reward. Alternatives to using food as a reward are found in the Resource Section.

The District shall encourage serving healthy food at school parties. Notices sent to parents/guardians should remind them of the importance of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

The District shall encourage healthy fundraisers as alternatives to fundraising that involves selling food items of limited nutritional value.

Physical Education and Physical Activity Opportunities

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

Curriculum:

- 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.
- Includes students of all abilities.
- Provides equipment and facilities to implement the curriculum.

Students in grades K through 8 are offered weekly opportunities for structured physical education. Physical education is a graduation requirement to be completed by students in grades 9 through 12. The District should encourage daily opportunities for unstructured physical activity in addition to physical education class time for all students Pre-K through grade five. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. Withholding participation in recess from students or canceling recess to make up for missed instructional time is discouraged.

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. 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 will schedule:

- adequate time for students to enjoy eating healthy foods with friends in schools,
- lunch time as near to the middle of the school day as possible, and
- recess for elementary schools, when possible, before lunch so that children will come to lunch less distracted and ready to eat.

Food or Physical Activity as a Reward or Punishment

The School District shall:

- limit the use of food as a reward or punishment in schools,
- limit denying 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:

- encourage all school buildings to complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support healthy behaviors,
- encourage that all school fundraising efforts support healthy eating and physical activity,
- provide opportunities for ongoing professional training and development for food service 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, food service 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,
- encourage all students to participate in school meal programs, and
- implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks.

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 messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.

Model Local Wellness Policy

Writing and Review Team Members

Lisa Meyer, Chairperson

Cathy Ferraro, Woodhaven-Brownstown School District Board Member

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Jessica Zadorozny, PHMS Student

Cal Avison, Parent

Julie Kilgore, Parent

Kristyn Wilson, Parent

Julie Moening, Parent

Lisa Carling, Parent

General Resources

Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, <http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

Michigan Physical Education and Activity Resources

Cross-Curricular Instruction: Integrating Physical Activity into Classroom Subjects:

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

- Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects; language arts, math, science, and social studies.
 - Brain Breaks: www.emc.cmich.edu/BrainBreaks
 - Energizers: www.ncpe4me.com/energizers.html
 - Take Ten: www.take10.net
- Michigan Team Nutrition booklist: The list contains short, one-paragraph annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade.
www.tn.fcs.msue.msu.edu/booklist.html

Examples:

- Get Moving: Tips on Exercise, Feeney, Kathy, Bridgestone Books, 2002.
- Let the Games Begin, Ajmera, Maya and Michael J. Regan Charlesbridge, 2000.
- Display poster or banners with physical activity themes:
www.nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.df

Using Physical Activity to Reward Students

- Have an extra recess; walk with a teacher during lunch; dance to favorite music in the classroom;
Hold Friday Physical Activity Time where students earn extra physical activity time based on their good behaviors during the week; and challenge another homeroom to a sport or activity.

Ideas for School Parties

- Make your party a dance; modify traditional games for classroom use;
- Hold contests or relays.

Resources:

- *All Children Exercising Simultaneously (ACES) day*: A one day event where millions of children of all ages exercise at the same time worldwide in a symbolic event of fitness and unity. www.michiganfitness.org
- *Hoops for Heart*: Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. www.americanheart.org
- *Jump Rope for Heart*: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising. www.americanheart.org/jump
- *National Physical Education & Sport Week*: Designated week for encouraging and promoting physical activity. www.aahperd.org/naspe/may
- *Walk to School Day/Safe Routes to School*: Join in the effort to promote walking to school as a way to provide an opportunity for more physical activity! www.michiganfitness.org/

Recess Before Lunch

Recess Before Lunch gives students the opportunity to excel in both health and academics. Find everything you need to establish a recess before lunch program including: how to implement, resources and supporting information, and educational and marketing materials.

www.opi.state.mt.us/schoolfood/index.html

Miscellaneous Websites

- http://www.michigan.gov/documents/Health_Standards_15052_7.pdf
- http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html
- http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

- <http://www.fns.usda.gov/tn/Healthy/108-265.pdf>
- http://www.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf
- <http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.
- http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf
- <http://www.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>
- <http://www.emc.cmich.edu/mm>
- http://www.michigan.gov/documents/Health_Education_Policy_final_94135_7.pdf
- http://www.michigan.gov/documents/Healthy_Foods_AttchmtA_12_9_83141_7.pdf
- <http://www.fns.usda.gov/cnd/Governance/PolicyMemos/2001-01-16.pdf>.
- <http://www.michiganfitness.org/EPEC>
- http://www.michigan.gov/documents/HealthPolicyPE_77380_7.pdf
- <http://www.saferoutesmichigan.org>
- <http://www.mihealthtools.org/schools>
- <http://www.opi.state.mt.us/schoolfood/recessBL.html>
- <http://www.tn.fcs.msue.msu.edu/toolkit.pdf>
- <http://www.Emc.cmich.edu/BrainBreaks>
- <http://www.ncpe4me.com/energizers.html>
- <http://www.take10.net>
- <http://www.tn.fcs.msue.msu.edu/booklist.html>
- http://nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.pdf
- <http://www.americanheart.org>
- <http://www.aahperd.org/naspe/may>
- <http://www.michiganfitness.org>
- <http://www.opi.state.mt.us/schoolfood/index/html>