

Wellness Policy

Kingston Community Schools

The Kingston Community School District recognizes that good nutrition and regular physical activity affect the health and well-being of the district's students. The 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 achievement.

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 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.

- Each school will implement local products into their school meals program as often as they can.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA smart snacks in school nutrition standards.
- Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the district. The district may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.
- 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, posting on the district website, community and student-oriented presentations or other communications focused on promoting proper nutrition and health lifestyles.
- The use of food or candy as a classroom reward in any school is discouraged.
- Students can bring water bottles from home.
- The advertising of foods and beverages that are not available or for sale in district schools will not be advertised on any school property.

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 permitting food and beverages to be sold or served to students.

- The food and beverages sold outside of the school meals programs will meet the USDA Smart Snacks in School nutrition standards.

- The food service director offers reimbursable school meals that meet USDA nutrition standards.
- The school principals will encourage the use of healthy food for all classroom parties, snacks, and celebrations. For example, fresh fruits and vegetables.
- The district superintendent shall continually evaluate vending policies.
- All schools will offer breakfast to all students through the USDA Universal Breakfast Program.
- Water filling stations are available throughout the buildings.
- All food items served or offered (for sale) to students during the school day (from midnight prior to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines.
- All fundraisers held during the school day must meet the smart snacks standards.
- Lunch will follow the recess period to better support learning and healthy eating.
- Sugary goods (candy, fruit snacks, sugary gum) are not used for “rewards: in the classroom.
- Students are permitted to have water bottles at their desk and are given ample opportunities to refill water containers.
- Sugary drinks (soda, sports drinks, energy drinks) in the classroom is discouraged.

Physical Education and Physical Activity

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.

- All district elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- 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.
- Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- Planned instruction in physical education shall include cooperative as well as competitive games.
- Students in grades 6-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
- Physical activity and movement shall be integrated, when possible, across the curriculum and throughout the school day
- Students in grades K-5 will have physical education at least 60 minutes per week, while those in grades 6-8 will have physical education every other day throughout the school year at a minimum duration of 45 minutes per class. All high school students will follow

the district graduation requirements. Physical education can be modified based on student's needs.

- Physical activity during the school day (including but not limited to classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.
- All students will receive a minimum of 60 minutes per week of physical education instruction throughout the school year.
- The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies for physical education teachers.
- Physical activity clubs and intramurals shall be available during, before and/or after school hours.
- Schools must provide at least 20 minutes of active daily recess to all elementary students.
- Physical activity must not be assigned to students because of poor behavior or punishment for any reason.
- Mouth guard education will be provided annually by the PE teacher, AD, and/or coaches, in written form to all parents and/or guardians and in verbal form to all students in all school-based physical activities, including afterschool sports.
- Mouth guard use will be encouraged to all students and recommended to all parents and/or guardians.

Other School-Based Wellness Activities

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.

- The district will promote to parents/guardians, families and the community the benefits of and approaches for healthy eating and physical activity throughout the school year.
- The school shall provide at least thirty (30) minutes daily for all student lunch periods.
- The school shall provide attractive, clean environments in which the students eat.
- 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.
- All district schools shall schedule mealtimes so there is a minimum disruption by bus schedules, recess, and other special programs or events.
- All schools must offer before/afterschool clubs and activities that promote physical activity and/or such as teaching nutrition concepts within the curriculum.
- School district will coordinate content across curriculum areas that promote student health, such as teaching nutrition concepts.
- All school sponsored events will adhere to the wellness policy guidelines. All school sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.
- The district wellness committee shall meet annually.
- After obtaining food, students will have at least 20 minutes to eat lunch.
- Age appropriate oral health education presentations may be provided to students, given by dental health professionals, in a classroom annually.

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), 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.

Team Members

Matthew Drake – Superintendent
Shona Vennevy – Food Service Director
Susan Nemeth – Elementary Head Cook
Holly Skinner – HS Head Cook
Matthew Kiley – Elementary PE Teacher
Matthew Fields – HS PE Teacher
Parent
Hunter Vennevy – Student

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 Kingston Community Schools Wellness Policy. Any district stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Shona Vennevy
Business Manager/Food Service Director
5790 State St
Kingston, MI 48741
989-683-2294 ext. 34309

Students, staff, and community will be informed about the local wellness policy annually.