

## Reeths-Puffer Schools

# LOCAL WELLNESS PRACTICES

Reeths-Puffer Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy lifestyles, healthy eating and physical activities that support student achievement.

### **Nutrition Education**

Every year, all students shall receive nutrition education that teaches the knowledge, skills and the value of adopting healthy eating behaviors. Nutrition education information shall be offered throughout the school campus. 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. The district shall encourage students to make nutritious food choices.

The district shall monitor all food and beverages sold or served to students. The district shall consider nutrition content and portion size before permitting food and beverages to be sold or served to students.

The district designee shall continually evaluate vending contracts to ensure they meet the intent and purpose of this policy.

### **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.

Every year, all students 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 designee shall implement this policy and measure how well it is being managed and enforced. The district designee shall develop and implement administrative rules consistent with these practices. 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. The district designee shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of these practices.

### **Nutrition Education**

Nutrition education shall be offered every year to all students of the District. The District may offer age-appropriate nutrition 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**

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks, or other as designated by the District.*
- 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 all students in learning that prepares them to choose a healthy diet.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provide 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. Each school building shall offer and promote the following food and beverages in venues outside federally regulated child nutrition programs:

- Whole and enriched grain products high in fiber and low in fat
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100% fruit or vegetable juice.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese.
- Nuts, nut butters, seeds, trail mix and/or soybean snacks in one ounce portions or less.
- Accompaniments (sauces, dressings and dips), if offered, in one ounce servings or less.

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.

The District shall encourage serving healthy food at school parties.

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.

### **Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year to all students of the District. 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:

- 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.
- Aligns curriculum, instruction, and assessment.
- Includes students of all abilities.
- Builds students' confidence and competence in physical abilities.

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. School staff should not withhold participation in recess from students or cancel recess to

make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades seven 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 that promotes healthy eating and physical activity.

The District shall provide:

- A clean, safe, enjoyable meal environment
- Drinking fountains in all schools
- Enough space and serving areas to ensure all students have access to school meals with minimum wait time
- Identity protection of students who eat free and reduced price meals

The District shall ensure:

- Adequate time for students to enjoy eating healthy foods with friends in school
- That recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat

The District shall:

- Prohibit the use of food as a reward or punishment in schools
- Not deny students 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
- Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess

### **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.