

Northwest Community Schools Wellness Policy

The Northwest Community 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.

Nutrition Education

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.

The District shall implement a quality nutrition education program by 2007 school year that will address 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 "highly qualified teachers of health education."
- "Schools will provide nutrition education lessons that cover topics such as reading a Nutrition facts label."

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.
- "Staff will be encouraged to model healthy eating and physical activity as a valuable part of daily life."

- 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. The healthiest choices, such as

salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.

- NW Schools will link nutrition education activities with the coordinated school health program.

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. The District shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.

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.

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. Education materials shall be free of brands and illustrations of unhealthful foods."

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 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 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.

The district superintendent or designee 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

Developmentally appropriate physical education shall be offered to all students of the District. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

Every year, all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured.

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 enough functional equipment for each student to actively participate.

- Includes students of all abilities.
- 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 in Young Fives through fifth grade. 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. Schools should provide opportunities for some type of physical activity for students in grades six through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before- and after-school extracurricular physical activity programs and use of school facilities outside of school hours.

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 shall ensure:
 - students with a minimum of 20 minutes to eat their meals.
 - that lunch time is scheduled as near to the middle of the school day as possible.
 - that recess for elementary schools is scheduled 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:
 - Discourage the use of food as a reward or punishment in schools
 - not deny 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:
 - have access at all school buildings to the Michigan Healthy School Action Tool to support healthy behaviors
 - encourage all school fundraising efforts support healthy eating and physical activity
 - provide opportunities for on-going professional nutrition training and development for foodservice staff
 - provide opportunities for on-going professional physical education training and development for teachers
 - 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 Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians,
 - encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs), and
 - encourage 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. The District shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness, to develop, monitor, review, and revise nutrition and physical activity policies. The team will serve as resources to school sites for implementing these policies. The advisory council shall meet to discuss policy revisions and prepare a report annually for the Superintendent evaluating the implementation of the policy and regulations and include any recommended changes or revisions."

Northwest Community Schools will promote healthy meals and meal alternatives as part of the educational learning environment.

- Ensure all meals offered through the National School Breakfast and Lunch Programs meet and follow all US Government Nutritional Standards.
- Encourage and promote healthy living by implementing nutritional educational materials into the meal program.
- Prohibit the sales of food of minimal nutritional value during school meal service hours.
- With the assistance and support of school administrators, provide a positive environment in school cafeterias by giving adequate amount of time for students to eat school meals, and schedule lunch periods in a reasonable manner.

Food Items:

- Provide food options that are low in fat, calories, and added sugars.
- All food items for sale prior to the start of the school day and throughout the school day will have no more than 30% of its total calories derived from fat.
- Encouraged food items for sale prior to the start of the school day and throughout the school day will have no more than 10% of its total calories derived from saturated fat.
- Prohibit the sale of candy bars during the school day. Elementary buildings 7:00 a.m. – 4:00 p.m. Secondary buildings 6:00 a.m. – 3:00 p.m.
- Any other fundraiser sale to take place in the building during the school day must have prior approval by the building administrator.

Beverage Items:

- The vending or non-vending sale of soda or other fully carbonated beverages will be prohibited prior to and during the instructional day. Soda will be phased out of all vending and fountain machines at the expiration of the vending contract.
- Encourage milk, water and beverages containing 10% real juice. These beverages may be permitted both prior to and during the instructional day.

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.pdf

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

Appendix E

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

Wellness Policy
Revised 3/2011

- *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