



Wellness Committee and Policy Leadership

*Adapted from the Michigan State Board of Education
Model Wellness Policy*

Committee Role and Membership

The LEA will convene a representative district wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy. The committee will represent all school building levels (elementary and secondary schools) and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators, school board members, health professionals (e.g., dietitians, doctors, nurses, dentists), and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education (SNAP-Ed) coordinators. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.

Wellness Policy Leadership

The LEA will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.

The designated official(s) for oversight are:

Katie Dorband, Student Support Coordinator, dorbandk@calschools.org

Sara Devries, Director of Finance, devriessb@calschools.org

Wendy Dubuisson, Director of Special Programs, dubuissonw@calschools.org

Nutrition

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines

for Health Education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education shall address agriculture and the food system. 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.

- Nutrition education shall be age-appropriate and culturally relevant.
- Nutrition education standards and benchmarks shall promote the benefit of a balanced diet as defined by the USDA.
- The district shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

SMART Goal:

At least 50% of teachers will discourage the consumption of sugary drinks (soda, sport drinks, energy drinks) in the classroom as measured by teacher self-report and classroom observations.

SMART Goal:

All schools will offer breakfast to all students through the USDA School Breakfast Program as measured by the food service program reporting.

Nutrition Promotion

Nutrition promotion and education 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. 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.

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. All families in the district will be provided with information about free/reduced priced meals at least once annually.

The District will offer healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards. The District nutrition department will promote and encourage Farm to School efforts in order to provide the healthy foods identified in the USDA Dietary Guidelines.

SMART Goal:

Nutrition education shall be available to parents/guardians and the community. This 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 healthy lifestyles. This information will include the USDA MyPlate Guidelines.

Standards and Nutrition Guidelines for all Foods and Beverages

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.

Reimbursable school meals must meet requirements found in the United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. 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 Guidance. 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.

SMART Goal:

The District will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).

SMART Goal:

Reimbursable school meals must meet requirements found in the United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals.

Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

It is the intent of the District to protect and promote student's health and to provide consistent health-related messaging. As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

SMART Goal:

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.

Physical Activity and Physical Education

Physical Education

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.

All students in grades K-4, including students with disabilities, and special health care needs (to the extent consistent with the students' IEPs), shall receive instruction in physical education weekly for the entire school year.

All students in grades 5-12, including students with disabilities, and special health care needs (to the extent consistent with the students' IEPs), shall receive instruction in physical education weekly for at least 2 semesters in grades 5-12.

Planned instruction in physical education shall teach cooperation, fair play, and responsible participation. Properly certificated, highly qualified teachers shall provide all instruction in physical education.

SMART Goal:

All schools will take into consideration the MDE guidelines when scheduling Physical Education, which recommends instructional periods totaling 150 minutes per week at the elementary level and 225 minutes per week at the secondary level, for students of all abilities, including those with disabilities.

Physical Activity

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.

- Physical activity should not be employed or withheld as a form of discipline or punishment.
- Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day. Physical activity may be used as a reward.
- Staff members will be encouraged to incorporate physical activity into their workday.
- Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports, aerobics, dance, gymnastics and other physical activities sponsored by community agencies or organizations, and in lifelong physical activities like bowling, golf, skating, swimming and tennis.

SMART Goal:

Quarterly, the school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily life.

Other School-based Activities that Promote Student Wellness

The District will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages. Other activities to promote student wellness include the following:

- The schools shall provide at least twenty-five (25) minutes daily for students to eat.
- The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- The school shall provide attractive, clean environments in which the students eat.
- Students at all CCS buildings are encouraged to have water only in the classroom. Students will have access to water throughout the school day.
- Students, parents, staff members, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities that are open and available, outside the normal school day.
- Schools in our district utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- Students with unpaid meal balances will not be denied access to school meals.
- All schools will offer at least one before/after school club and activity that promotes physical activity and healthy eating. Some examples are ski club, Girls on the Run, and Girls on Track.

SMART Goal:

To promote whole-child wellness, the district shall implement the following:

- At each grade level, students shall be offered social/emotional health education throughout the year.
- Each building will have a safe space for students in emotional distress.
- A team of mental health first responders will be identified at each building for when students are in distress.

Implementation, Assessment, Documentation, and Updates

Implementation

The District will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building. It is recommended that school buildings use the Healthy School Action Tool

(HSAT) to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

Triennial Assessment

The LEA will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

The person responsible for the Triennial Assessment is Katie Dorband, dorbandk@calschools.org.

Documentation

The LEA will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the LEA, and how stakeholders were made aware of their ability to participate.

This wellness policy can be found at www.calschools.org.

Required documentation will be maintained at the Caledonia Community Schools Administration Office.

Updates to the Policy

The LEA will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial Assessment.

Public Updates

The LEA will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The District will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the district website and/or districtwide communications (email, newsletters, mailings).

