

Montabella Community Schools Wellness Policy

Setting Nutrition Education Goals

CLASSROOM TEACHING

Students in pre-kindergarten through grade 12 will receive nutrition education through a standards-based health education curriculum that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Nutrition education must be emphasized for the students to be capable of making wise lifelong food choices. Emphasis must be on foods from the various food groups (proteins, breads/cereals, fruit/ vegetables and dairy products) with an emphasis on increasing servings of complex carbohydrates, low fat choices of protein foods and controlling the amount of fat (especially saturated), sugars, salt and other non-nutritious foods and beverages.

Nutrition education shall be designed to help students learn:

- a. Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and storage;
- b. Nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising; and
- c. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. The program shall engage families as partners in their children's education.

EDUCATION, MARKETING AND PROMOTIONS OUTSIDE THE CLASSROOM

The district food service provider should provide poster campaigns throughout the school promoting healthy eating and wise food choices.

TEACHER TRAINING

Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Setting Physical Activity Goals

TIME

The district recognizes the state time recommendations for elementary and secondary physical education as 150 and 225 minutes respectively and shall attempt to provide physical education time as closely as possible to that recommendation as is feasible given recognized variables.

The high school will meet the graduation requirement of 1 credit.

STANDARDS AND REQUIREMENTS

Physical Education curriculum standards will be aligned with Michigan Physical Education Content Standards and Benchmarks.

STAFF CERTIFICATION

Teachers must be certified to teach Physical Education as required by the State of Michigan.

PHYSICAL ACTIVITY OUTSIDE OF CLASSROOM

Each building shall have instruction in health and physical fitness and shall provide opportunities and teach skills for life long participation in physical activities.

RECESS

Students should not be denied recess or unstructured time. During lunch, recess should be held before eating. Students in grades K-6 should have daily recess in the morning and afternoon, along with lunch recess.

WALKING/BIKING TO SCHOOL

The school should provide a place to lock up bikes during school hours for students who choose to ride their bikes to school or to major bus stops.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

NUTRITIONAL VALUE GUIDELINES

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Michigan. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus should be planned with input from students and other school personnel. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

Students will be encouraged to start each day with a healthy breakfast.

All school meals will feature healthy choices that are tasty, attractive, and of high quality.

School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.

Parents and caregivers should be encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores should be readily available to students, parents and the school community.

Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available wherever food is sold or offered on the school campus during the school day.

All a la carte snacks and beverages offered for sale to students during the school day will comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value.”

Nutritional Value Guidelines for all snack foods and beverages provided/sold during the school day:

Snacks:

- o No more than 200 total calories per package
- o No more than 35% calories from fat
- o No more than 10% calories from saturated fat
- o No more than 480 mg sodium
- o No more than 35% sugar by weight
- o Excludes fruits, vegetables, nuts, seeds, and nut butters

Beverages:

- o 100% fruit and vegetable juice, limited to 12 oz. portion size
- o Fat-free and 1% milk, 8-16 oz. portion size
- o Water and flavored water without added sugar, unlimited portion size
- o Caffeine free except flavored milk
- o Carbonated water and carbonated 100% fruit juice with USDA approval

PORTION SIZE

Montabella Community Schools reserves the right to limit quantities and exercise portion control on any food/beverage item offered at school.

PARTIES

Any school provided snacks for parties, celebrations, or meetings shall follow the Nutritional Value Guidelines for snacks and beverages.

Parents and families should be encouraged to provide healthy snacks for parties or celebrations for which they chose to contribute. For the protection of students with food allergies, efforts will be made to provide awareness of known allergies to parents

contributing food so that they can alert the teacher of any potential allergy triggers found in foods they contribute. Teachers should keep names of students with allergies anonymous. (Also see Policy 4460-R Food Allergies)

REWARDS

School staff shall use food as a reward for student accomplishment **sparingly**. Food as a reward from teacher to student is strongly discouraged. If it must be done, it is required to adhere to the Nutritional Value Guidelines for snacks and beverages and must be approved by the Building Administrator. Each teacher will get a copy of "Alternative to using Food as a Reward." (pg 17 Tips and Tools)

QUALIFICATIONS OF FOOD STAFF

The district is to employ a food service director who is qualified according to current professional standard. Food Service Personnel will meet all State regulations and requirements.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

ACCESS TO CHILD NUTRITION PROGRAMS

The school shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and that eligible families are encouraged to apply. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.

A LA CARTE, VENDING MACHINES, CONCESSION STANDS

At least 50% of all items sold in vending machines and concession stands shall meet the Nutritional Value Guidelines for snacks and beverages.

A la carte sales during the school day must meet the Nutritional Value Guidelines for snacks and beverages.

FUNDRAISING

Organizations are encouraged to use non-food items as fundraisers. School Administrators will monitor food fundraising activities sponsored by the school during the school day in order to ensure that they are in compliance with the Nutritional Value Guidelines for snacks and beverages. Food items designed for delivery and consumption after school hours will be allowed. Candy for fundraisers will not be sold before or during school hours.

AFTER SCHOOL PROGRAM

Any foods provided by the district for after school programs, field trips, or events, shall follow the Nutritional Value Guidelines for snacks and beverages.

FOOD OR BEVERAGE CONTACTS

If a school board enters into a contract that grants to one vendor the exclusive right to sell soft drinks in one or more schools of the school district, the contract may not prohibit the sale of milk in any school and, to the maximum extent possible, the school board shall ensure that milk is available to pupils in each school covered by the contract.

Vendor contracts for sales of competitive foods shall not include incentives for increasing students' consumption of foods or drinks

Any vending sales during the school day shall follow the Nutritional Value Guidelines for snacks and beverages.

MARKETING OF FOOD AND BEVERAGES

Advertising associated with product vending shall be limited to signage on equipment.

Setting Goals for Measurement and Evaluation

MONITORING AND EVALUATION

The District requires that there be a Coordinated Health Committee. One of its missions should be to address nutrition and physical activity issues and to develop, implement, and evaluate guidelines that support a healthy school nutrition environment. This committee should offer revisions to these guidelines annually or more often if necessary.

To monitor the implementation and evaluate the success of the policy guidelines the following written reports will be provided to the Coordinated Health Committee annually in May:

Building principals/nutrition education teachers

- a. a summary of nutrition education curriculum standards addressed during the school year;
- b. teacher training needs determined by a survey of nutrition education teachers and/or principal observation;
- c. summary of use of food as a classroom reward & in fundraising

Curriculum Director

- a. Local physical education curriculum aligned with Michigan Standards & Benchmarks;
- b. Record of highly qualified status of physical education teachers.

School food service director:

- a. an evaluation of compliance with the National School Breakfast and National School Lunch programs;
- b. an evaluation of student healthy meal choices.

Concession stand organizations:

an inventory summary of snacks and beverages offered that meet the Nutritional Value Guidelines compared to those not meeting the guidelines.

FUNDING

The district should provide necessary funding to support implementation, monitoring, and evaluation of this policy.