

Bendle Public Schools Wellness Policy

8453 Student Wellness (Cf. 4450, 4460) 8453-2 8453-R, 8453-R2, 8453-R3 8453-R4

In support of student achievement, the Bendle Board of Education adopts this “Student Wellness Policy,” demonstrating a commitment to the creation of a healthy school environment that enhances the development of lifelong wellness practices promoting healthy eating and physical activities.

Stakeholders, including Students, staff, and community members will be informed about the Student Wellness Policy annually.

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.

Nutrition Standards

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations set forth by the U.S. Department of Agriculture. 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 district shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the Districts policy of promoting a healthy school environment shall be discouraged.

The Superintendent shall continually evaluate vending policies and contracts to ensure that they provide predominantly healthy food and beverage choices that comply with this policy’s purpose in all venues. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed. Vending sales of

soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day and throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day.

Outside the lunch room

The District shall discourage using food as a reward.

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.

To the greatest extent possible, the District shall encourage healthy fundraisers as alternatives to fundraising that involves selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Priority shall be given to “non-food” fundraising activities. All snacks sold must meet the USDA standards for “Smart Snacks” in School.

Physical Education and Physical Activity Opportunities

The district shall offer developmentally appropriate, regularly supervised physical education opportunities for all students (Pre K-12) on an annual basis. Opportunities will 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. In addition, physical education topics shall be integrated into the entire curriculum when appropriate. Under no circumstances should physical education activity be used as a form of punishment.

Every year all students, Pre K-12, shall have the opportunity to participate physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physical active and healthy lifestyle.

School Recess and Before/After-School Programs

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade five. 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.

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, or After-School” extracurricular physical activity programs. (3) Safe Routes to School Programs, and use of school facilities outside of school hours.

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 Superintendent shall implement this policy and measure how well it is being managed, and enforced. The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, the Board of Education, school administrators and the public may be considered before implementing such rules. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Administrative Rules regarding Bendle Public Schools Student Wellness Policy

In order to enact and enforce Bendle Public Schools Student Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, the School Board, school administrators, and the public, have developed these administrative rules. To assist in the creation of a healthy school environment, the District shall establish a Coordinated /School Health Team that will provide an ongoing review and evaluation of the Bendle Public Schools Student Wellness Policy and these administrative rules.

The Superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team.

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; and
- Physical activity.

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Bendle Public Schools Student Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or compliant regarding these rules should contact:

Superintendent of Schools
3420 Columbine Avenue
Burton, MI 48529
(810) 591-2501
Fax (810) 591-2210

The District shall strive to create a healthy school environment which promotes healthy

eating and physical activity.

The District shall provide a clean, safe, enjoyable meal environment for students, and adequate time for students to enjoy eating healthy foods with friends in schools.

The District shall follow state law with regard to the use of food in fundraisers, as well as discouraging the practice of using food as a form of reward or punishment in schools

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.

(3) Safe Routes to Schools Program Information: www.saferoutesmichigan.org

The District shall work through its' Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

Approved: April 27, 2009

LEGAL REF. Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004) (Approved by the Michigan State Board of Education, October 10, 2005.)

Approved: April 25, 2016.

8453 R5 - STUDENT WELLNESS (Cf. 4450, 4460)

In support of the ability to learn for all Bendle students, the Bendle Board of Education adopts the following "Student Wellness Policy," to establish and maintain a school environment promoting overall student health and well-being. It is the expectation of the Board that the Superintendent shall be responsible for oversight of the Student Wellness policy, as well as ensuring policy updates and modifications are made as necessary.

Public Involvement:

To the greatest extent possible, all stakeholders, including Administrators, Parents, Students, Staff, and Community Members will be allowed to participate in the implementation, further development, and annual review of this policy. Notice and annual review of this policy will take place through district publications, open house events, special announcements, and Board of Education meetings.

Triennial Assessments:

The Superintendent in collaboration with all stakeholders shall conduct an assessment of this "Wellness" policy every (3) years, at a minimum. Purpose of the assessment shall determine:

- **Compliance with this "Wellness" policy,**
- **Comparison with model "Wellness" policies, and**
- **Progress toward attainment of policy goals.**

Inquiries and comments should be sent to:

**Bendle Public Schools
Attn: Superintendent**

3420 Columbine Ave
Burton, MI 48529

Nutrition Promotion & Education

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

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.

SMART GOAL (1) By 2021, Bendle Food Services will implement a comprehensive marketing program promoting healthy school meals, thereby increasing participation by 5%.

SMART GOAL (2) By 2021, relevant staff will receive nutrition updates to ensure accurate information is being taught and promoted to students in the classroom and cafeteria.

SMART GOAL (3) By 2021, active student leadership groups and parents will contribute to the development of healthier school meals.

Standards and Nutrition Guidelines for all Foods and Beverages:

The district shall ensure reimbursable school meals meet the program requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meal and nutrition standards found in federal regulations set forth by the U.S. Department of Agriculture.

The District shall monitor all food and beverages sold or served to students on the school campus during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives) are 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, a' la carte lines, fundraising events, school stores, snack carts, and vending machines.

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 (1) By 2021, all foods provided to students in the classroom, or after school will meet the USDA Standards for Smart Snacks.

SMART GOAL (2) By 2021, guidance on "non-food" fundraisers will be provided to staff.

SMART GOAL (3) By 2021, continued monitoring of school vending machines will ensure all foods and beverages meet the USDA Standards for Smart Snacks.

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. 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.

The Superintendent shall continually evaluate vending policies and contracts to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. Vending contracts that do not meet Smart Snacks in School Nutrition Standards shall be modified accordingly or not renewed. Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day and throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day.

Physical Education and Physical Activity Opportunities

The district shall offer developmentally appropriate, regularly supervised physical education opportunities for all students (Pre K-12) on an annual basis. Opportunities will 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 Expectations and the Michigan Merit Curriculum Guidelines for Physical Education. In addition, physical education topics shall be integrated into the entire curriculum when appropriate. Under no circumstances should physical education activity be used as a form of punishment.

SMART GOAL (1) By 2021, 75% of middle and high school students will participate in one or more district sponsored sports, school day physical activity, or after-school physical activity to help maintain optimal body weight.

SMART GOAL (2) By 2021, K-12 students will decrease their Body Mass Index (BMI) by 2%.

SMART GOAL (3) By 2021, physical education teachers will teach comprehensive health and importance of staying physically fit.

SMART GOAL (4) By 2021, students will demonstrate motor and movement patterns in accordance with physical development.

Every year all students, Pre K-12, shall have the opportunity to participate in 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.

SMART GOAL (1) By 2021, each student will have multiple opportunities to participate in after-school activities and, or district sponsored sports programs to improve physical fitness.

SMART GOAL (2) By 2021, a "state approved" comprehensive health model will continue to be taught within the Bendle Public School District.

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.

Implementation, Assessment, Documentation, and Updates

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 foster implementation.

The Superintendent shall implement this policy and measure how well it is being managed, and enforced. The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, the Board of Education, school administrators and the public may be considered before implementing such rules. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

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- Physical activity.

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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.

The District shall work through its' Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

USDA Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010: Summary of the Final Rule. MDE SBE Model Wellness Policy.

Approved: June 12, 2017