

## 8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall:
  1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
  2. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
  3. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
- B. With regard to physical activity, the District shall:
  1. **Physical Education**
    - a. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
    - b. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
    - c. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
    - d. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
  2. **Physical Activity**

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- C. With regard to other school-based activities the District shall:
  1. The school shall provide attractive, clean environments in which the students eat.

2. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
  3. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
  4. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall:

1. encourage students to increase their consumption of healthful foods during the school day;
2. create an environment that reinforces the development of healthy eating habits, including a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards;
3. provide opportunities for students to develop the knowledge and skills for consuming healthful foods.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).  
The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.
- D. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from

school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.

- E. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.
- F. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) shall comply with the current USDA Dietary Guidelines for Americans.
- G. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- H. Foods available to students from vending machines shall be provided with consideration for promoting student health and well-being. A variety of healthy choices such as water, milk, and juice should be provided.
- I. All food service personnel shall receive pre-service training in food service operations.

The Board designates the Superintendent as the individual charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent shall appoint a District wellness committee includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and school administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's wellness policy;
- C. presentation of the wellness policy to the school board for approval;
- D. measurement of the implementation of the policy;
- E. recommendation for the revision of the policy, as necessary.

Before the end of each school year the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Superintendent shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. The Superintendent shall inform the public at a public board meeting and post the policy on the District's website, including the Wellness Committee's assessment of the implementation of the policy.

The District shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the School District's web site.

42 U.S.C. 1751, Sec. 204  
42 U.S.C. 1771  
7 C.F.R. Parts 210 and 220

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Revised 5/15/17

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## Rogers City Area Schools Local School Wellness Procedures

Rogers City Area Schools promotes students' health, well-being, and the ability to learn by establishing a school building's environment that reflects the districts specific, measurable, achievable, realistic and time based goals.

### Committee Role and Membership

Rogers City Area Schools has convened a 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 and procedure.

The Committee represents the food service department, the physical education department, building principals, district superintendent, the school nurse and community members. [The wellness committee is open 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 Superintendent has Wellness Policy leadership over all buildings within the district as well as any facilities the district's food service department caters. It is the responsibility of the Superintendent to ensure each school building complies with the Wellness Policy and the Wellness Procedures.

The Superintendent is the designated official for oversight of the District and can be reached at (989)734-9100; the Elementary Principal is the designated official for oversight of the Elementary School and can be reached at (989)734-9150; and the 6-12 principal is the designated official for oversight of the Middle School/High School and can be reached at (989)734-9170.

### Nutrition Education

Every year, all students, 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 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.

Rogers City Area Schools provide the following nutrition education to K-5 students (including but

not limited to): Physical Education curriculum incorporates a section on healthy nutrition, nutrition education reviewed prior to holiday breaks and provides students with pre and post testing on nutrition that supplies measurable goals, and a contract with LifeSpan who educates healthy nutrition to students through example, preparation and samples. Rogers City Area Schools food service department educates students through example by meeting the requirements of the Healthy, Hunger-Free Kids Act of 2010 in the National School Lunch Program and the School Breakfast Program.

Rogers City Area Schools provide the following nutrition education to 6-9 students (including but not limited to): A health section provided to students as part of their middle school curriculum including education on nutrition, Physical Education curriculum incorporates pre and post testing on nutrition that supplies measurable goals, signage throughout the middle school/high school building educating students on healthy choices, and the Rogers City Area Schools food service department educates students through example by meeting the requirements of the Healthy, Hunger-Free Kids Act of 2010 in the National School Lunch Program and the School Breakfast Program.

Rogers City Area School provide the following nutrition education to 9-12 students (including but not limited to): Advanced Physical Education classes are provided as an elective for high school students, Health class that includes a section on healthy nutrition is required of high school students, signage throughout the middle school/high school building educating students on healthy choices, and the Rogers City Area Schools food service department educates students through example by meeting the requirements of the Healthy, Hunger-Free Kids Act of 2010 in the National School Lunch Program and the School Breakfast Program.

#### Nutrition Promotion

Rogers City Area Schools District promotes healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. Specific signage is hung throughout the school buildings on making the right nutritional choices.

#### Standards and Nutrition Guidelines for all Foods and Beverages

Rogers City Area Schools encourages students to make nutritious food choices and ensures 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 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.

Rogers City Area Schools limits all foods and beverages sold to students during the school day to at most (2) fundraisers a week. Non-smart snack approved foods sold to students will be documented in the building office.

Rogers City Area Schools has established 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). The district shall encourage serving healthy food at school parties. This information will be provided in both teacher and student handbooks, Notices shall be sent to parents/guardians when appropriate as part of school newsletters, 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.

#### Food and Beverage Marketing

Rogers City Area Schools does not allow for food and beverage marketing which 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.

As the district reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

#### Physical Activity and Physical Education

Rogers City Area Schools offers physical education opportunities that include the components of a quality physical education program. Physical education equips students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction aligns with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

Students K-12 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. Rogers City Area Schools K-5 students are offered physical education class multiple times per week along with the unstructured daily recesses, 6-8 students receive physical education multiple times per week and are encouraged to participate in open gym daily, and 9-12 students are offered advanced physical education as an elective as well as encouraged to participate in open gym daily.

All physical education courses require students take pre and post testing to accurately measure their growth.

#### Other School-based Activities that Promote Student Wellness

Rogers City Area Schools have implemented other evidence-based programs across the district setting to create environments that are conducive to healthy eating and physical activity and

convey consistent health messages. Some of the school based student options that promote student wellness are as follows: LifeSpan, Girls on the Run, Hoops for Heart, Gym Rental, Jump Rope for Heart, Fitness Celebration, and a multitude of competitive athletic programs and Field Days.

#### Implementation

Rogers City Area Schools retain records to document compliance with the Wellness Policy and the Wellness Policy Procedures requirements. Documentation maintained includes a copy or web address of the current wellness policy and wellness policy procedures. The plan delineate roles, responsibilities, actions, and timelines specific to each school building.

#### Triennial Assessment

The Superintendent will conduct an assessment of the Wellness Policy and Wellness Procedures every three years, at a minimum. The assessment will determine: building level compliance with the Wellness Policy and the Wellness Procedures, how they compare to model Wellness Policies, and progress made in attaining the goals of the Wellness Policy.

#### Documentation

Rogers City Area Schools will retain records to document compliance with the Wellness Policy And Wellness Procedures 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 district, and how stakeholders were made aware of their ability to participate. The Wellness Policy and Wellness Procedures can be found at Central Office 1033 W. Huron Ave. Ste. B Rogers City, Michigan 49779 or go to our website at [www.rcashurons.org](http://www.rcashurons.org)

#### Updates to the Policy and Procedures

Rogers City Area Schools will update or modify the Wellness Policy and Wellness Policy Procedures 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. They will be updated at least every three years, following the Triennial Assessment.

#### Public Updates

Rogers City Area Schools 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 district- wide communications (email, newsletters, mailings).