

Local Wellness Policy for
PEWAMO-WESTPHALIA COMMUNITY SCHOOLS

Pewamo-Westphalia 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 Curriculum

Every year, all students, Pre-6, 8 and 10, 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.

Curriculum Nutrition Standards

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. 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 beverages to be sold or served to students.

The district superintendent or principal 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

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 Content Standards and Benchmarks*. (*Each physical education teacher has a notebook that covers this*)

Every year all 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. (PE, Life Fit and after school sports and activities)

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 district superintendent or principal shall implement this policy and measure how well it is being managed, and enforced. The district superintendent or principal shall develop and implement administrative rules consistent with this policy. Input from the teachers (including specialists in health and physical education), parents/guardians, student representatives of the school food service program, the school board, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The district superintendent or principal shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

Administrative Rules Regarding Pewamo-Westphalia Schools Local Wellness Policy

In order to enact and enforce Pewamo-Westphalia Schools Local 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 has established a Coordinated School Health Team that will provide an ongoing review and evaluation of the Pewamo-Westphalia Schools Local Wellness Policy and these administrative rules.

The CSHT Coordinators shall appoint members from the District to assist in organizing the Coordinated School Health Team and invite appropriate District stakeholders to become members. A Coordinated School Health Team may include representatives from the following areas:

- ✓ Administration,
- ✓ Counseling/psychological and social services,
- ✓ Food services,
- ✓ Health education,
- ✓ Health services,
- ✓ Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, and university or other governmental agencies),
- ✓ Physical education.

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;
- ✓ Health 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 Pewamo-Westphalia Schools Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Todd Simmons - High School Principal
and/or
Jason Mellema - Superintendent of Schools
5101 Clintonia Road
Westphalia, MI 48894
989-587-5100 (phone)
989-587-4075 (fax)

Students, staff, and community will be informed about the Local Wellness Policy annually.

Nutrition Education

Nutrition Education, a component of comprehensive health education, shall be offered every year to PreK-8 and 10th graders of the District per Michigan Model Curriculum. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality nutrition education program that addresses 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 student's confidence and competence in making health 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." (Tim Cornman – Qualified for this teaching position)

Opportunity to Learn:

- ✓ Includes students of all abilities
- ✓ Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

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.

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.

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 mild 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; and
- 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.

The District shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians 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.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of the Pewamo-Westphalia Schools. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

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 the students involved in purposeful activity for a majority of the class period

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities
- Has a teacher to student ratio consistent with those of other subject areas and/or classrooms
- Has enough functional equipment for each student to actively participate
- Includes students of all abilities
- Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school)
- Provides facilities to implement the curriculum of the number of students served

The District should offer daily opportunities of unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. 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 seven through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before and after school extracurricular physical activity programs, 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 shall strive to create a healthy school environment, which 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 (state law to test for water impurities, such as sulfur, Biology Lab in Lansing),
- 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:

- adequate time for students to enjoy eating healthy foods with friends in schools,
- that lunchtime is scheduled as near the middle of the school as possible

Food or Physical Activity as a Reward or Punishment

The school district shall:

- Limit the use of food as a reward and prohibit as a punishment in schools
- not use physical activity as a punishment
- 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 all school buildings complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors
- ensure that all school fundraising efforts support healthy eating and physical activity
- provide opportunities for on-going professional training and development of foodservice staff and teachers in the areas of nutrition and physical education
- 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 professional, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home
- provide opportunities for all (staff, students, community) through a health fair, physical activity days, and blood drives.
- 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 FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians
- encourage all students to participate in school meals program, i.e. the National School Lunch, and School Breakfast programs

- implement 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 to encourage staff wellness.

Appendix A

Future Goals for the Pewamo-Westphalia Community Schools (Long-Term)

1. Schools shall not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
2. Assign a day, per week for 10 minutes, where the students will participate in the gymnasium prior to the school day.

Appendix B

Future Goals for the Pewamo-Westphalia Community Schools (Short-Term)

- Insert to Student Handbook a Wellness Policy segment.
- Add a Wellness Policy page to the new enrollment package.