



Haslett Public Schools

## LOCAL WELLNESS POLICY

Haslett Public Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy lifestyles, healthy eating and physical activities that support student achievement.



### **Nutrition Education**

Every year, all students shall receive nutrition education that teaches the knowledge, skills and importance of healthy eating behaviors. Nutrition education information shall be offered throughout the school campus. 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. The district shall encourage students to make nutritious food choices.

The district shall monitor all food and beverages sold or served to students. The district shall consider nutrition and portion size before permitting food and beverages to be sold or served to students.

The district superintendent or designee shall continually evaluate vending contracts to ensure they meet the intent and purpose of this policy.



### **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 desire necessary for lifelong physical activity.

Every year, all students 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.



### **Other School-Based Activities Designed to Promote Student Wellness**

The district will implement other appropriate programs that help create a school environment that conveys consistent wellness messages.



### **Implementation and Evaluation**

The district superintendent or designee shall implement this policy and evaluate how well it is being managed and enforced. The district superintendent or designee shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school administrators and the public shall be considered before implementing such rules. The district superintendent or designee 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.



## Haslett Public Schools

### Administrative Guidelines Regarding Haslett Public Schools Local Wellness Policy

To assist in the creation of a healthy school environment, Haslett Public Schools may establish Coordinated School Health Team(s) that will provide an ongoing review and evaluation of the district's Local Wellness Policy.

Haslett Public Schools recognizes that students come in all shapes and sizes. Students should receive consistent healthy messages and support for: life-long wellness, i.e., positive life choices, healthy eating and physical activity.

These guidelines will be reviewed and modified, as necessary, to help assure compliance with the purpose and intent of Haslett Public Schools' Local Wellness Policy. Students, staff, and community will be informed about the Local Wellness Policy.

#### Nutrition Education

Nutrition education, a component of comprehensive health education, will be offered to students of the District. Nutrition education topics will be integrated into the curriculum when appropriate.

The District will implement a quality nutrition education program that addresses the following:

#### Curriculum

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks, or other as designated by the district.*
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

#### Instruction and Assessment

- Instruction and assessment are aligned.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Assess program and its elements.

#### Nutrition Standards

- The District will offer school meal programs with menus meeting the meal patterns and nutritional standards established by the United States Department of Agriculture (USDA). The District will encourage students to make food choices based on the most current Dietary Guidelines for Americans.
- The District will discourage using food as a reward.
- The District will encourage serving healthy food at school parties.
- The District will encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value.
- The District will strive to create a healthy school environment that promotes healthy eating and physical activity.

- The District will provide drinking fountains in all schools, so that students can get water at meals and throughout the day.
- The District will provide adequate time for students to eat.

#### Physical Education and Physical Activity Opportunities

Physical education will be offered to students at the elementary, middle, and high school levels.

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, or other as designated by the district.*
- Influences personal and social skill development.

#### **Instruction and Assessment**

- Instruction and assessment are aligned.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Assess program and its elements.

#### **Physical Education Standards**

- Certified physical education teacher will teach physical education classes.
- The District will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students kindergarten through grade 8.
- Encourage using additional physical activity as a reward.

#### **Other School Based Activities Designed to Promote Wellness**

- Encourage ongoing professional training and development for staff and faculty 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 faculty and staff to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The District will work through its Coordinated School Health Team and building level staff to encourage staff wellness.

#### **Implementation and Measurement**

The Superintendent or his/her designee may appoint a member of the administrative staff of the District to organize the Coordinated School Health Team(s) and invite appropriate District stakeholders to become members of the Coordinated School Health Team(s). A Coordinated School Health Team may include representatives from the following areas: community, as well as district faculty and staff. The Coordinated School Health Team(s) will meet periodically throughout each year. Assess program and its elements.