

# Standish Sterling Community Schools Local Wellness Policy

Standish Sterling Community Schools is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

## **SCHOOL MEALS**

The district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, low-fat milk; moderate in sodium, low in saturated fat and zero grams *trans-fat* per serving. To meet the nutrition needs of school children within their calorie requirements. All schools within the District participate in USDA child nutrition programs, including National School Lunch Program and the School Breakfast Program. All schools within the District are committed to offering schools meals through the above named programs.

- \*All school meals are accessible to all students
- \*The District offers reimbursable school meals that meet the USDA nutrition standards
- \*Drinking water will be available to all students throughout the school day and throughout every school building, including during mealtimes
- \*The schools shall provide adequate time for students to eat
- \*All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

## **OTHER FOOD AVAILABLE AT SCHOOL**

- \*The foods and beverages sold outside of the school meal programs including vending machines will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

\*All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions will be allowed at the discretion of the school principal, but shall not exceed more than two exemptions per week per building

\*[www.michigan.gov/mde](http://www.michigan.gov/mde) Search Smart snacks and resources will be available.

\*Only food and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

### **NUTRITION PROMOTION**

\*Promote healthy food and beverage choices using Smarter Lunchroom techniques

### **NUTRITION EDUCATION**

\*Nutrition education will be included in the Health curriculum so that instructions are sequential and follow the Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through such subjects such as math, science, language arts, social sciences and elective subjects such as Physical Education.

\*The district teaches students nutrition education using scientifically-based, up to date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the essential topics on healthy eating, staying healthy and food intake vs physical activity.

Nutrition Education will also be collaborated with the Saginaw Intermediate School District and Hungry Bodies Healthy Minds Program.

### **PHYSICAL EDUCATION/ACTIVITIES**

Children and adolescents should participate in at least 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

\*Physical Activity and movement should be integrated, when possible, across the curricula and throughout the school day.

\*Recess for K-6 will be offered daily when weather is feasible for outdoor play. In the event that a school or district must conduct indoor recess, teachers and staff will promote physical activity for students, to the extent practicable.

\*The District will also offer opportunities including, team sports, open gym, activity clubs, etc. for students to participate in before, during and after the school day.

### **Policy Monitoring/Implementation**

\*The District will convene a district wellness committee. The Wellness committee will review the policy annually and report any updates to BOE and post on website. The Wellness Policy will be assessed and updated every 3 years.

\* Wellness Committee members. If feasible, should consist of member from all school levels, parents, caregivers, representatives from the Nutrition Program, PE Teacher, Health Education Teacher, School Administrators, School Board Member, Students, Health Professional, eg. Doctor, Dentist, etc.

\*The Wellness Policy shall be monitored by each building with representative chosen by principal. All Food Fund Raisers will be tracked each school year per building.

Effective January 14, 2019

PRC: EFFAA