

## **INSTRUCTION**

### **District Wellness**

The board of education 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. Therefore, Okemos Public Schools, in collaboration with parents, teachers, students, and administrators, shall establish regulations to support the following:

- A. **Nutrition Education**  
All students receive nutrition education that teaches the knowledge, skills, and importance of healthy eating behaviors. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Nutrition education information shall be readily available.
- B. **Nutrition Standards**
- All school meals shall meet program requirements and nutrition standards as determined by federal regulations.
  - All schools shall provide a campus-wide environment that supports healthy eating behaviors. Students should be given the opportunity to learn and practice these behaviors by having access to healthy food and beverage choices in all school venues.
  - The district superintendent or designee shall regularly evaluate vending contracts to ensure they meet the intent and purpose of this policy. All vending contracts not in compliance with this policy will be modified accordingly or not renewed.
- C. **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.
  - 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.
- D. **Other School-Based Activities Designed to Promote Wellness**  
The district shall implement other appropriate programs that help create a school environment that conveys consistent wellness messages to students, staff, and families.
- E. **Implementation and Measurement**  
The district superintendent or designee shall implement this policy and evaluate its effectiveness. The superintendent shall develop and implement administrative regulations consistent with this policy in accordance with the law.

Reference: Sec 204, PL 108-265 June 2004

### **POLICY**

Adopted: 07-24-06

Amended:

Reviewed:

In order to implement and enforce the Okemos Public Schools wellness policy, a coordinated school health team will be established to provide ongoing review and evaluation of the wellness policy and these administrative regulations. The Okemos Coordinated School Health Team shall be comprised of teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school administrators and the public.

These regulations are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of the Okemos wellness policy. Any student, staff or community member wishing to express a viewpoint, opinion, or complaint regarding these regulations should contact:

Superintendent of Schools, Okemos Public Schools  
4406 N. Okemos Road, Okemos, Michigan 48864  
517-349-9460 (Telephone) / 517-349-6235 (Fax)

Information about the Okemos wellness policy will be distributed to students, parents, staff and community members annually.

**A. Nutrition Education**

Schools shall provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Includes health education classes and classroom instruction across the curriculum;
- Encourages enjoyable, developmentally appropriate, culturally relevant participatory activities.
- Builds confidence and competence in making healthy nutrition choices
- Emphasizes balance between food intake and energy expenditure (physical activity/exercise).
- Coordinates with the school meal programs, other school foods and nutrition-related community services.

Nutrition education shall be made available to students, staff, parents/guardians, and the community with a focus on promoting proper nutrition and healthy lifestyles.

**B. Nutrition Standards**

The district shall offer school meal programs with menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The district shall encourage food choices based on the most current Dietary Guidelines for Americans. Each school building shall offer and promote food and beverage selections in all venues that promote a healthy school environment.

B. Nutrition Standards (continued)

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 district venues.
- Discourage using food as a reward or punishment. Alternatives to using food shall be provided and promoted.
- Encourage serving healthy food for snacks and at school parties. Information regarding the importance of providing healthy treats for students, a list of healthful snack items, and/or non-food treats ideas will be available and promoted.
- Support healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value.

C. Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered to all students of the district. 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:

1. 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.

2. 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 highly qualified physical education teacher trained in best practice physical education methods.

3. 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

3. Opportunity to Learn (continued)
    - Includes students of all abilities.
    - Offers instructional periods of an appropriate length in compliance with district standards.
    - Provides facilities to implement the curriculum for the number of students served.
  4. Unstructured physical activity
    - Offers 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. School staff should not repeatedly 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 six through twelve apart from physical education class and organized sports.
- D. Other School-Based Activities Designed to Promote Student Wellness
- The district shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:
1. 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.
    - Identity protection of students who qualify for free and reduced-price meals.
  2. Time to Eat  
The school district shall ensure:
    - Adequate time for students to enjoy eating healthy foods with friends in school.
    - That lunch time is scheduled as near to the middle of the school day as possible.
    - That the idea of offering recess before lunch, rather than immediately following lunch, at the elementary level be explored.

3. Food or Physical Activity as a Reward or Punishment

The school district shall:

- Discourage the use of food as a reward or punishment in schools.
- Discourage repeated denial of student participation in recess or other physical activities as a form of discipline to complete class assignments.
- 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.

4. Consistent School Activities and Environment

The school district shall:

- Ensure that all school fundraising efforts support healthy eating and physical activity.
- Provide opportunities for on-going professional training and development for staff in the areas of nutrition and physical education.
- Consider opening school or district-owned physical activity facilities for use by students, staff, parents and community members outside school hours.
- Encourage parents/guardians, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Implement physical activity across the curriculum throughout the school day.

E. Implementation and Measurement

The district shall work through its Coordinated School Health Team and building level staff to review and evaluate the implementation of the Wellness Policy and Regulations on a regular basis.

Regulations: 7-24-06