

MICHIGAN STATE BOARD OF EDUCATION

Local Wellness Policy

Preamble

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, a State Board of Education Model Local Wellness Policy was developed by the Michigan Department of Education, in collaboration with other state and local agencies, organizations, educators, and concerned citizens. This document may be modified to reflect local school district policy and procedure. In addition, it is recommended that prior to adopting this policy districts involve teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public.

The Michigan State Board of Education recognizes and acknowledges, through its September 2003 policy on coordinated school health programs, that, "schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy." The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

This Model Local Wellness Policy was provided to assist Michigan school districts in developing their local wellness policies. This document has been modified to reflect East Lansing Public Schools' policies and procedures.



East Lansing Public Schools' Local Wellness Policy

The East Lansing Public School District 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 Education

Nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*¹ shall be offered to all students of the district in K-6 classrooms via Michigan Model lessons, and at middle and high school via physical education and health classes. 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 (at K-6, via Michigan Model training, and at the secondary level, by highly qualified teachers in physical education and health).

Nutrition Standards

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.² 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 density³ and portion size before permitting food and beverages to be sold or served to students.

¹ Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998.

http://www.michigan.gov/documents/Health_Standards_15052_7.pdf.

² Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program.

http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html

³ Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).

http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

The district superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy may 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.⁴ Physical education shall equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.⁵

Every year, all students, Pre-K-12, will 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.

Within the scope of this policy, all students, Pre-Kindergarten through 12th grade, will have the opportunity to participate regularly in a supervised physical education program. In addition, all students, 4th through 12th grade, will be individually assessed with regard to those physical fitness parameters deemed essential to maintain adequate health and well-being. To ensure the district is effective with the implementation of the wellness policy, a monitoring system will be developed and implemented to gather data on students, with regard to all extracurricular sports and physical activities throughout their elementary and secondary educational experience, for the purpose of program evaluation.

The physical education program and wellness policy shall equip students with the fundamental knowledge, skills, and attitudes necessary to adopt and sustain lifelong physical activity; acquire and maintain adequate levels of physical fitness and understand the benefits of a physically active and healthy lifestyle.

⁴ Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.
<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

⁵ Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.
http://222.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf

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 shall implement this policy and measure how well it is being managed and enforced. The district superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, 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 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 East Lansing Public School District Local Wellness Policy

In order to enact and enforce East Lansing Public School District 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, school board members, school administrators, and the public, will have developed these administrative rules.

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team⁶ which will provide an ongoing review and evaluation of the East Lansing Public School District Local Wellness Policy and these administrative rules.⁷

The Superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:

- Administration.
- Counseling/psychological/and social services.
- Food services.

⁶ Centers for Disease Control's Coordinated School health web site:
<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.

⁷ Michigan State Board of Education Policy on Coordinated School Health Programs To Support Academic Achievement and Healthy Schools, September 2003.
http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf

- Health education.
- Health services.
- Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
- Physical education.

(Note: Other district committees may assume the responsibility of the Coordinated School Health Team.)

Staff are to be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect.
- Respect for others.
- Healthy eating.
- Physical activity.⁸

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of East Lansing Public School District Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Dr. David Chapin, Superintendent of Schools
 841 Timberlane, Suite A
 East Lansing, MI 48823
 517-333-7424
 517-333-7470

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 to all students of the District. The District may offer age-appropriate nutrition education curriculum. In addition, nutrition education topics may be integrated into the curriculum.

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

Curriculum:

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks*.

⁸ The Role of Michigan Schools in Promoting Healthy Weight. September 2001.
<http://www.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy 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."⁹

Opportunity to Learn:

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

Nutrition education may 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 which compete with the District's policy of promoting a healthy school environment will be discouraged.

Each school building in the District shall offer and promote the following food and beverages in all venues, including federally regulated child nutrition programs, as possible:

- 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 milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or

⁹ Michigan State Board Of Education Policy On Comprehensive School Health Education, June 2004.

http://www.michigan.gov/documents/Health_Education_Policy_final_94135_7.pdf

- 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.
 - Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.¹⁰

The District will 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. (See Appendix A.)

The District will encourage the use of non-food rewards. Alternatives to using food as a reward are found in Appendix B.

The District will encourage serving healthy food at school parties. Notices will be sent to parents/guardians either separately or as part of a school newsletter, 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. (See Appendix C.)

The District will 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. (See Appendix D.)

(Example: Vending sales of soft drinks, artificially sweetened drinks, and candy to students will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For suggestions on healthier foods, see Appendix E. For the federal law memorandum stating, "it is not permissible for a school to serve foods of minimal nutritional value during a meal service period..." refer to the following link:

<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>

¹⁰ Michigan State Board Of Education Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs, December 2003.
http://www.michigan.gov/documents/Healthy_Foods_AttchmtA_12_9_83141_7.pdf

Physical Education and Physical Activity Opportunities

The district shall offer physical education opportunities which include the essential components of a quality physical education program, and are in concert with the standards and practices set forth by the *National Association for Sport and Physical Education (NASPE)* and the *Michigan Physical Education Content Standards and Benchmarks*.

Developmentally appropriate physical education will be offered every year to all students of the District. In addition, physical education topics will be integrated into the curriculum when appropriate. Collaborative efforts among the various community providers of physical exercise and activity (including, but not limited to, city and county recreational programs, nonprofit sports clubs, and for-profit exercise programs) may be pursued to help execute the goals of the ELSD Wellness Policy.

The District will implement a quality physical education program, consistent with NASPE standards, which 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 which prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a qualified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period and encourages all students to continue their physical activity outside of school.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- At the elementary level, 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 a minimum of 70 minutes per week (elementary) and 3-5 periods per week (middle and high school), with serious consideration given to increasing physical education time in subsequent years.
- Provides facilities to implement the curriculum for the number of students served.

The District will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. Recess will be in addition to physical education class time and not be a substitute for physical education. Each school will provide proper equipment and a safe area designated for supervised recess in the elementary setting.

Schools may 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.

Schools will build collaborative relationships with community providers of physical exercise and activity including city and county recreational programs, nonprofit sports clubs, and for-profit exercise programs.

Other School-Based Activities Designed to Promote Student-Wellness

The District will strive to create a healthy school environment which promotes healthy eating and physical activity. In order to create this environment, the following activities will be implemented:

Dining Environment

- The school district will 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;
 - Healthy options for food and beverages, including machines for water and healthy beverages, and salad options for middle/high school;
 - Drinking fountains in good working order in all schools, so that students can get water at meals and throughout the day; and
 - Encouragement to maximize student participation in school meal programs:
 - Students and families will be given input into menu planning throughout the year.
 - Efforts will be made to accurately count and estimate numbers of lunches needed to reduce shortage of lunches for last students coming through the lunch lines.
 - Elementary students who forget their lunches will be offered a Type A lunch (peanut butter and jelly or cheese sandwich, plus milk. Peanut butter and jelly sandwiches will not be offered in buildings where there are students with peanut allergies.).
 - Student selections of healthy food options in the lunchroom will be encouraged.
 - Identity protection of students who eat free and reduced-price meals.

Time to Eat

- The school district will provide:
 - Adequate time for students to enjoy eating healthy foods with friends in schools. Reasonable provisions are to be made for students to finish eating who get their food late or need additional time;
 - That lunch time is scheduled as near to the middle of the school day as possible;
 - That a pilot program in at least one (K-4) and one (5-6) building for 2006-07 be implemented to observe and evaluate the effects of recess before lunch. Pilot results via surveys of students, teachers, lunchroom staff and parents

- will be considered in determining whether to implement recess before lunch district wide in 2007-08; and
- That students will be provided a reasonable opportunity to have healthy snacks during the school day.
 - Students will be given adequate time and encouragement to wash their hands before lunch.

Food or Physical Activity as a Reward or Punishment

- The school district will:
 - Prohibit the use of food as a sole reward, but may offer it as one reward option among several. Teachers are encouraged to use non-food rewards (see Appendix B);
 - Consider other alternatives to denying student participation in recess or other physical activities as a form of discipline or classroom make-up time;
 - Avoid physical activity as a punishment during the school day;
 - Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess (see Appendix F); and
 - Provide teachers with information about the importance of physical activity in reducing discipline problems and increasing student performance.

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 (see Appendix G),
 - Encourage fundraising efforts which benefit the school, (exclusive of annual family events), and support healthy eating and physical activity (see Appendix D);
 - Provide opportunities for ongoing professional training and development for food service 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, supported by any reasonable and/or necessary fees and supervision per building use policy;
 - Encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active;
 - 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 Food and Nutrition Service programs such as Food Stamps,

- and Women, Infants, and Children (WIC) to students and parents/guardians upon request;
- Encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs); and
 - Encourage physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks (see Appendix F).

Implementation and Measurement

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.¹⁶ The Coordinated School Health Team and building level staff are encouraged to find cost effective ways to encourage staff wellness.

East Lansing Public Schools Local Wellness Policy Writing and Review Team Members

- Maria Bachteal, ELPS Parent
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- Thom Dye, ELPS Teacher
- Ann Guyer, ELPS Parent and Michigan State University Extension/Team Nutrition/Co-chair
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- Tony Moreno, Assistant Professor, Eastern Michigan University
- Anne Murphy, PEP Grant Evaluator
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- Mark Pullano, ELPS Parent and School Board Member
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- Anna Rahilly, ELHS Student
- Cliff Seybert, Glencairn Elementary School Principal
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