

Gladwin Community Schools Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Gladwin Community School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District has established:

Specific Goals for Nutrition

1. Nutrition education will extend beyond the classroom by engaging and involving the school's food service staff.
2. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
3. Nutrition education will extend beyond the school by engaging and involving families and the community.
4. Nutrition education will reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
5. Nutrition educational programs will promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, low-fat and fat-free dairy products.

- B. With regard to physical education, health education and physical activity, the District has established:

Specific Goals for Physical Education, Health Education and Physical Activity

1. **Physical Education**

- a. All students in grades K-12, including those with disabilities, will be encouraged and have the opportunity to participate in physical education classes.
- b. The physical education curriculum will provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- c. Physical education classes will provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
- d. The sequential, comprehensive physical education curriculum will stress the importance of remaining physically active for life.
- e. Properly certified, highly qualified teachers will provide all instruction in physical education.
- f. Planned instruction in physical education will teach cooperation, fair play, and responsible participation.
- g. Planned instruction in physical education will include cooperative as well as competitive games.
- h. Planned instruction in physical education will promote participation in physical activity outside the regular school day.
- i. All students will be encouraged to participate beyond the minimum requirements for Health Education and Physical Education.

2. **Physical Activity**

- a. All students in Young 5's will be provided daily recess of a minimum of ten (10) minutes.
- b. All students in grades K-5 will be provided with a daily recess of a minimum of thirty (30) minutes.
- c. All students in grades 6-8 will be provided daily recess of a minimum of fifteen (15) minutes.
- d. Recess will be encouraged daily and will be discouraged as a form of punishment.

- e. The school will encourage families and community organizations to institute programs that support physical activity of all sorts.
 - f. Interscholastic sports programs will be available for students who meet current academic and athletic guidelines.
- C. With regard to other school-based activities, the District has established:

Specific Goals for Other School-Based Activities Designed to Promote Student and Staff Wellness

1. An organized wellness program shall be available to all staff.
2. A school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students.
3. A school may demonstrate support for the health of all students and/or staff by hosting health clinics and screenings.
4. The District will utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
5. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
6. Encourage marketing techniques to promote healthy choices.
7. Encourage fundraising to promote and support physical activity.

Furthermore, with the objectives of enhancing student and staff health and well being and reducing childhood obesity, the following guidelines are established:

Nutrition Guidelines for all Foods and Beverages Available on Campus During the School Day

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).

1. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
2. All foods and beverages for purchase by students on campus during the school day will comply with the current USDA Dietary Guidelines for Americans and the Foods of Minimal Nutritional Value as listed in the USDA Food and Nutrition Regulations. This will include competitive foods and beverages that are available to students a la carte from vending machines, snack sales and school stores.
3. All foods and beverages available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
4. The food service program shall be administered by a director who is properly qualified, certified, licensed, or credentialed, according to current professional standards.
5. All food service personnel shall receive pre-service training in food service operations.
6. Food and beverage dispensers will display a healthy image.
7. Any food or beverage items sold on campus as an approved fund raiser shall meet the current USDA Dietary Guidelines for Americans with exceptions having to be approved by administration.

The Superintendent shall develop administrative guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the principal of each school. The Board designates the Superintendent as the individual charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every three (3) to five (5) years by a committee appointed by the Board consisting of a representative(s) of the Board, administration, food service provider, staff, parents, students, and the public. The committee shall provide the Board with recommended changes to this policy.

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771