

## 8510 - WELLNESS

As required by law, the School Board establishes the following wellness policy for the MSD of Washington Township as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests 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 through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

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 shall follow the following principles:

1. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. Nutrition education posters, such as consistent nutrition messages from MSDWT Food Services approved sources, will be displayed in the cafeteria.
3. Nutrition education shall reinforce lifelong balance by emphasizing the link between food habits and physical activity in an age appropriate manner.
4. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products.
5. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

B. With regard to physical activity, the District shall provide the following:

1. Physical Education

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- b. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- c. All students in grades K-5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for at least 1 day per week for the entire school year.

- d. All students in grades 6-8, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for at least 2 days per week for at least 1 semesters. Two semesters of Physical Education Credit is required for graduation in grades 9-12.
- e. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- f. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- g. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- h. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in physical education.
- i. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- j. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- k. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
- l. Planned instruction in physical education shall include cooperative as well as competitive games.
- m. Planned instruction in physical education shall take into account gender and cultural differences.
- n. Other: High school students may earn one physical education credit by completion of a semester physical education course, summer school physical education course, or may also receive credit through participation in Junior ROTC, or marching band. The administration may increase or decrease the opportunities to earn PE credit. All opportunities to earn PE credit will be communicated through the course catalog or available upon request.

## 2. Physical Activity

- a. All students in grades 6 - 12 shall have the opportunity to participate in extracurricular activities and intramural programs (if an intramural program exists) that emphasize physical activity.

- b. All students in grades 6 -12 shall have the opportunity to participate in interscholastic sports programs.

C. With regard to other school-based activities the District shall:

1. The schools shall provide at least 25 minutes daily for students to eat.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. The school shall provide attractive, clean environments in which the students eat.
4. Schools may limit the number of celebrations involving serving food during the school day.
5. An organized wellness program shall be available to all staff.
6. 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.

D. With regard to nutrition promotion, the District shall:

1. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
  - A variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
  - A variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
  - Half of all grains offered must be whole-grain-rich. Whole-grain-rich refers to products which contain at least 50% whole-grains. The remaining percentage may be enriched.
  - Fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
  - Meals designed to meet specific calorie ranges for age/grade groups
  - Eliminate trans-fat from school meals
  - Require students to select a fruit or vegetable as part of a complete reimbursable meal
2. The District nutrition department will promote and encourage Farm to School efforts in order to provide the healthy foods identified above.
3. School cafeteria staff will be provided continuing staff development that includes training programs for good child nutrition and appropriate training on any nutrition updates or revision to the policy at least quarterly.

All foods and beverages sold as fund raisers outside of the school meals program during the regular and extended school day shall meet the USDA Smart Snacks in School rules. The Smart Snacks standards apply to all food and beverages sold during the school day from midnight the night before until 30 minutes after the end of school day. This includes food and beverages sold à la carte, in vending machines, through fund raisers, or any other venue that sells to students during the school day. All marketing on school campus during the school day should only be for those foods and beverages that meet the competitive food/beverage requirements/smart snacks.

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

- 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 are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. 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.
- D. Each school building, per school year, are allowed two (2) exemptions for fundraisers involving the sale of foods & beverages not meeting the nutrition standards for Smart Snacks and occurring during the school day.
- E. Any food or beverage service available to students on the school campus during the school day that is separate and apart from the district's nonprofit federally reimbursed food service program, and is operated by school approved organizations or by school approved vendors shall not operate in competition with the district's food service program and shall be closed for a period beginning ½ hour prior to and remain closed until ½ hour after each meal service.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall appoint the District Wellness Committee Chair. The Chair will appoint a District Wellness Committee that includes, (at minimum) representatives of District Food Service, educational staff (including physical education teachers), school health professionals, a student, a parent, a board member, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The appointed District wellness committee shall be responsible for accomplishing the following:

- A. Assess the current environment in each of the District's schools
- B. Measure the implementation of the District's wellness policy in each of the District's schools
- C. Review the District's current wellness policy
- D. Recommend revision of the policy.

In order to inform the public, the Superintendent shall post the wellness policy on the District's website.

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

42 U.S.C. 1771, et seq

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