

## Section 8000 – Students

### 8453 Student Wellness Policy

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The Fairview Area Schools 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 and hereby adopts this Student Wellness Policy.

#### Nutrition Education

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.

#### Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.<sup>1</sup> The District shall encourage students to make nutritious food choices.

The Superintendent shall periodically evaluate vending policies and contracts.

#### Physical Education and Physical Activity Opportunities

The District shall offer physical education opportunities that include the components of a quality physical education program.<sup>2</sup> Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.<sup>3</sup>

Every year all students, Pre-K – 12, 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

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<sup>1</sup> 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/waisdx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisdx_04/7cfr210_04.html)

<sup>2</sup> Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

<sup>3</sup> Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998. [http://222.michigan.gov/documents/Physical\\_Education\\_Content\\_Standards\\_42242\\_7.pdf](http://222.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf)

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physically active and healthy lifestyle.

### 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

Administrators shall implement this policy and measure how well it is being managed and enforced. A sustained effort is necessary to implement and enforce this policy. Administration shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Approved: June 12, 2006

LEGAL REF: Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004) (Approved by the Michigan State Board of Education, October 10, 2005.)

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Staff shall 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; and
- Physical activity

Students, staff, and community will be informed about the Student Wellness Policy annually.

### Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered regularly to all students of the District. The District may offer age- appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality nutrition education program that addresses the following:

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

Nutrition education should 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.

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### Dining Environment

The 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,
- Encouragement to maximize student participation in school meal programs, and
- Identity protection of students who eat free and reduced price meals.

### Time to Eat

The District shall ensure:

- Adequate time for students to enjoy eating healthy foods with friends in schools,
- That lunch time is scheduled as near the middle of the school day as possible

### Food or Physical Activity as a Reward or Punishment

- Promote the use of non-food items as rewards, rather than snack products (See Appendix A and B)
- Encourage the use of physical activity as rewards, such as teacher or principal walking or playing with students at recess
- Discourage the use of physical activity as punishment
- Discourage the denial of physical activities as a form of punishment
- Recognize that time for make-up time for class activities and physical education classes may provide exceptions to how physical activities of physical education teacher are viewed: a recess aide may restrict activities for discipline

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### Consistent School Activities and Environment

The District shall:

- Promote that school fundraising efforts support healthy eating and physical activity (See Appendix C).
- 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.
- 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.
- 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 Federal Nutrition Service (FNS) programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians.
- Encourage all students to participate in school meals programs, i.e. the National School Lunch and School Breakfast programs.
- Promote physical activity across the curriculum throughout the school day or in all subject areas, for example, brain breaks.

### Implementation and Measurement

Employees of the District are encouraged to be a positive healthy lifestyle role model for students. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models

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in their lives. 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.

**Appendix A:** Alternatives to Using Food as a Reward

**Appendix B:** Healthy School Parties

**Appendix C:** Healthy School Fundraisers

**Appendix D:** Serving Healthy Beverages

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### Appendix A: Alternatives to Using Food as a Reward

At school, home and throughout the community, children are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

#### **ZERO-COST ALTERNATIVES**

- Sit by friends
- Read outdoors
- Have extra Art time
- Have an extra recess
- Read to a younger class
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get “free choice” time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (i.e. sing)
- Watch a video
- Teach the class
- Enjoy class outdoors
- Play a computer game
- Get a no homework pass

#### **LOW-COST ALTERNATIVES**

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Get stickers, pencils, and other school supplies
- Receive a video store or movie theatre coupon
- Get a set of flash cards printed from a computer
- Receive a “mystery pack” (notepad, folder, sports cards, etc.)

#### **IDEAS FROM MICHIGAN TEACHERS**

**GAME DAY:** *“I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!”*

**FRIDAY FREE TIME:** *I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it); if they are too loud working, lining up, etc., I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don’t feel bad about their free time.”*

Adapted from a project funded by Michigan Department of Community Health’s Cardiovascular Health, Nutrition and Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition School. For more information about Team Nutrition, contact Chris Flood at 269-639-0002, or go to: [www.tn.fcs.msue.msu.edu](http://www.tn.fcs.msue.msu.edu)

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**Appendix C: Health School Fundraisers****Smart Fundraisers for Today’s Health Schools**

Fundraising does not have to involve selling food items of limited nutritional value, such as candy. Following are web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and select a creative fundraising alternative to selling foods of limited nutritional value.

**Search the Web**

Select a search engine and type in “school fundraisers” to access 112,000+ sites.

A few of these sites follow:

[www.afrds.org/homeframe.html](http://www.afrds.org/homeframe.html)

Association of Fundraising Distributors and Suppliers. Site includes a Toolbox with “Fundraising Fundamentals”, a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.

[www.PTOtoday.com](http://www.PTOtoday.com)

Lists fundraising activities by categories, has a “work vs. reward” equation, contains a parent sharing section on “what works, what doesn’t and why”.

[www.fundraising-ideas.com](http://www.fundraising-ideas.com)

Offers a free newsletter with programs, services, and press releases. Links to [www.amazon.com](http://www.amazon.com) with books on fundraising.

**Appendix D: Serving Health Beverages**

**Recommendations for Serving Health Beverages**

The following beverages are recommended:

- Fat-free or low-fat milk
- Plenty of water
- 100% juice in 12-ounce servings\* or less
- Fat-free, low-fat, plain and/or flavored milk in 16-ounce servings\* or less
- Fruit/fruit juice smoothies in 16-ounce servings\* or less

**Choosing Your Drinks can be Difficult! Watch out for:**

These are not 100% juice!

- Fruit punches
- Fruit drinks
- Juice drinks