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WELLNESS

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. 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 student 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 general public to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following evidence-based goals below and as expanded in Administrative Guidelines, in an effort to enable students to establish good health and nutritious habits:

- A. Nutrition Education: The District will integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant. Nutrition education will include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations. Schools are encouraged to provide information to parents that is designed to help reinforce at home the standards and benchmarks being taught in the classroom.
- B. Nutrition Promotion: All foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the U.S. Department of Agriculture (USDA) Smart Snacks in School nutrition standards. The District will promote an environment that reinforces the development of healthy habits and provide opportunities for students to develop the knowledge and skills for consuming healthy foods by using evidence based strategies and healthy nutritional messages.

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- C. Physical Education: The District will provide students with physical education instruction, using an age-appropriate, sequential physical education curriculum consistent with national and state standards that align with student's Individualized Education Program (IEP). The physical education curriculum will provide successive instruction related to the knowledge, aptitude, and skill necessary to participate in lifelong, health-enhancing physical activity. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation. Also, planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind. Physical activity shall not be used as a form of discipline or punishment. The school may provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- D. Other School-based Activities: The District will provide an opportunity for an organized wellness program for staff members. Also, schools may provide opportunities for staff, parents, and other community members to model healthy eating habits at school functions such as, conferences, health fairs, trainings, open houses, etc. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes. The schools may demonstrate support for the health of all students by encouraging parents to enroll their eligible children in children's health insurance programs for which they may qualify.

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

- A. The food service program shall comply with Federal and State laws/regulations pertaining to the selection, preparation, consumption and disposal of food and beverages.
- B. Establish school environments that support healthy eating and physical activity, including the development and implementation of safety rules and use of Smarter Lunchroom Strategies.

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- C. Guidelines for reimbursable school meals shall meet the program requirements and nutrition standards set forth under 7 CFR Parts 210 and 220. Reimbursable school meals shall not be less restrictive than the regulations or guidance issued by the USDA.
- D. The food service program will provide student affordable access to varied and nutritious foods.
- E. All foods and beverages offered for sale on the school campus during the school day shall comply with the USDA Dietary Guidelines for Americans and USDA Smart Snacks in School nutrition standards, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.
- F. All food and beverage that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) are strongly encouraged to meet the USDA Smart Snacks in School nutrition standards. The District will provide teachers and school staff a list of alternative ways to reward students.

The Superintendent shall appoint a District Wellness Committee to oversee the development, implementation, evaluation and periodic update of policy and/or guidelines. The committee should include parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and school administrators. To the extent possible, the Wellness Committee should include representatives from multiple school buildings. The Wellness Committee shall be an ad hoc committee with members recruited, rotated and appointed as needed.

The District Wellness Committee shall meet at least four (4) times per year. The Wellness Committee shall recommend to the Superintendent necessary and appropriate revisions to the Wellness Policy and Administrative Guidelines. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations. Further, the Wellness Committee shall assess this policy at least once every three (3) years on the extent to which schools in the District are in compliance with the Wellness Policy, the extent to which this

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policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. This triennial assessment shall be made available to the public on the District's website.

The District will post this policy and Administrative Guidelines on the District's website to inform the public about the content of its Wellness Policy, and make this policy and any updates available to the public on an annual basis.

Administrative Guidelines shall be prepared to implement this policy and shall include the designation of the Wellness Policy Leadership which has the authority and responsibility for school-level compliance and serves to coordinate the implementation, assessment, updates and retention of documentation for the Wellness Policy.

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

42 U.S.C. 1771

7 C.F.R. Parts 210 and 220

M.C.L. 380.1272b (Public Act 42 of 2015)

Amended: June 14, 2017

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WELLNESS

COMMITTEE ROLE AND MEMBERSHIP

The MISD has designated a wellness committee to establish goals for, and to oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the district level wellness policy and administrative guidelines. This committee will convene at least four times per year. The District Wellness Committee (DWC) represents all school building levels and includes to the extent possible, parents, caregivers, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services, staff, school health professionals, members of the public and school administrators. The DWC includes representatives from each school program.

WELLNESS LEADERSHIP

The MISD will establish wellness policy leadership which has the authority and responsibility for school-level compliance with district policy and administrative guidelines.

The designated official for oversight is Nick DeVault, Assistant Principal Lutz School, ndevault@misd.net.

Name	Title	Email Address	Role on Committee
Nick DeVault	Assistant Principal	ndevault@misd.net	Designated Official
Rose Mumma	Adapted PE Teacher	rmumma@misd.net	Member
Ruth Parkinson	Nurse	rparkinson@misd.net	Member
Pam Penkala	Adapted PE Teacher	ppenkala@misd.net	Member
Deanna Jury	School Social Worker	djury@misd.net	Member
Leigh Ruchala	Teacher	lrogers@misd.net	Member
Carolyn Thomas	Nutrition Consultant	cthomas@misd.net	Member
Jennifer Egan	Adapted PE teacher	jegan@misd.net	Member
Jason Campagna	Student	camagnajayson@gmail.com	Member
Melanie Mena	Parent Rep	mmen@ybsus.com	Member

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NUTRITION

Nutrition Education

Every year, all students pre-K through 12th grade, and special needs through age 26, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors will be integrated into the curriculum. Nutrition education shall be offered throughout the school campus, including but not limited to, school dining areas and classrooms. Staff members who provide nutrition education will have the appropriate training. The MISD nutrition guidelines aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

MISD Evidence-Based SMART Goals for Nutrition Education

Integrate nutrition into health education classes	Level 1 Human Growth & development through The Michigan Model
Promote skill development	Promote fruits and vegetables through taste tests
	Creating and maintaining a school garden
	Participatory activities by skill level including cooking classes and farm visits.
Integrate nutrition into core subjects	Math curriculum to utilize school garden planning, planting, and harvesting
	Science and social studies curriculum to utilize planning and preparation in cooking lessons.
	Interactive games through physical education

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Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community. MISD will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

MISD goals for Nutrition Promotion:

How To Read a Nutrition Label	Integrate into classroom curriculum
Food Guidance from My Plate	Posters in cafe and Menu Boards will reflect daily allowance through My Plate
Importance of Water Consumption	Giving two water breaks per day by classroom
Providing information to families to encourage consumption of healthy foods at home	Via school newsletters
Posting nutrition and health posters	In hallways, cafeterias, and classrooms

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Standards and Nutrition Guidelines for all Foods and Beverages

MISD shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA) Nutrition Standards for School Meals. All foods and beverages sold to students outside the federally regulated child nutrition programs must be consistent with the USDA's Smart Snacks in School nutrition standards and Michigan Department of Education Administrative Policy Number 21 regarding Non-Compliant Fundraiser Guidance. These standards apply in all areas where foods and beverages are sold which may include but aren't limited to: ala carte lines, vending machines, fundraising events, and snack carts.

MISD will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day.

MISD evidence-based nutrition standards for all foods and beverages provided, but not sold to students during the school day:

MISD strongly encourages all foods offered on the school campus to meet the USDA Smart Snacks in School nutrition standards. The district will provide healthy party ideas to parents and teachers. The district will provide to parents a list of foods and beverages that meet Smart Snacks. The district will also provide teachers and school staff a list of alternative ways to reward children.

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Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

Examples would include coolers, cups, exterior vending machines, posters, menu boards, trash cans, or any other items distributed to students.

It is the MISD's intent to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.

As the MISD reviews existing contracts and considers new contracts, equipment and/or other product purchasing and replacement, decisions will reflect these marketing guidelines.

Dining Environment

The MISD promotes healthy food and beverage choices using at least 10 of the Smarter Lunchroom Strategies.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Physical education is defined as “ the development of: (A) physical and motor fitness; (B) fundamental motor skills and patterns; and (C) skills in aquatics, dance, and individual and group games and sports (including intramural and lifetime sports).” Physical education services, especially designed if necessary, must be made available to every handicapped child receiving a free appropriate public education and that if specifically designed physical education is prescribed

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in a child's individualized education program, the public agency responsible for the education of that child shall provide the service directly, or make arrangements for it to be provided through other public or private programs. The MISD will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. Physical education is modified as needed based upon students' needs. The MISD does not endorse requiring or withholding physical activity/physical education classes as a punishment. Participation in physical activity/physical education may be withheld for safety concerns.

MISD evidence-based SMART goals for Physical Education:

PE Amount and Frequency Requirements	20 minutes per week at a minimum per student
Student fitness assessments and reporting to parents	Physical education teachers will assess student fitness annually and report to parents at conferences.

Every year, all students 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.

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MISD evidence-based SMART goals for Physical Activity:

Classroom Physical Activity Breaks	The district shall provide a list of suggested classroom activity breaks for teachers and school staff.
Motor Movement Breaks	The district recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week. These breaks will complement and not substitute for physical education, recess, and in class transition periods.

Other opportunities for physical activity may include recess and active academics such as kinesthetic learning approaches tied into “core” subjects. The district will provide resources and links to resources, tools, and technology with other ideas for classroom activity breaks.

Other School-based Activities that Promote Student Wellness

MISD will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

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MISD evidence-based SMART goals for other school-based activities:

Staff Wellness Trainings	The MISD will have a Health Plus committee that meets monthly to promote staff wellness.
Health Fair	Biannual health fair for staff
Fitness fundraisers	Each school will have an annual physical activity based fundraiser and will document results.
After school fitness programs	The district will encourage each school building to host an annual after school fitness program.

IMPLEMENTATION, ASSESSMENT, DOCUMENTATION, AND UPDATES

Implementation

The district will develop and maintain a plan to manage and coordinate wellness policy and administrative guidelines implementation. The plan delineates roles, responsibilities, actions, and timelines specific to our buildings. We will use the Healthy School Action Tool (HSAT) to complete a school-level assessment and create evidence-based action plans that foster implementation.

Triennial Assessment

MISD will conduct an assessment of the wellness policy and administrative guidelines every three years at a minimum. The assessment will determine: building level compliance, and progress made in attaining the goals of our administrative guidelines.

The person responsible for the Triennial Assessment is Nick DeVault, Assistant Principal, Lutz School.

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Documentation

MISD will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: 1. A copy or web address of the current wellness policy. 2. Documentation on how the policy and assessments are made available to the public. 3. The most recent assessment of implementation of the policy. 4. Documentation of efforts to review and update the policy and administrative guidelines, including who was involved in the process, their relations to the MISD, and how stakeholders were made aware of their ability to participate.

The wellness policy and administrative guidelines can be found at: www.misd.net

Updates to the Administrative Guidelines

MISD will update or modify the guidelines as appropriate based on the results of the HSAT and Triennial Assessments, as our school district priorities change, community needs change, wellness goals are met, new health science information and technology emerges, and new federal or state guidance or standards are issued. The guidelines will be updated at least every three years, following the Triennial Assessment.

Public Updates

MISD will inform the public annually about the local wellness policy and administrative guidelines, including its' content and any updates to the guidelines. The Triennial Assessment, including progress toward meeting the goals of the administrative guidelines, will also be made available to the public. MISD will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of our wellness policy and administrative guidelines.

June, 2017