

## **Local Wellness Policy for Our Lady of Lake Huron School**

Our Lady of Lake Huron School 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. To this end we utilize various programs including class visitations by professionals in the specific area as well as the recommendations of the Advisory Group and Harbor Beach Community Hospital Student Health Center.

### **Nutrition Education**

Every year, all students, Pre-K-8, shall receive 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. Staff members who provide nutrition education shall have the appropriate training.

### **Nutrition Standards**

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

The school shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The school shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

### **Physical Education and Physical Activity Opportunities**

The school shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Every year, all students, Pre-K-8, 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 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**

The principal shall implement this policy and measure how well it is being managed and enforced. The principal shall develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, representatives of the school food service program, school board members, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The principal shall report to the school board, as requested, on the school's programs and efforts to meet the purpose and intent of this policy.

## **Nutrition Education**

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

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

- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
- 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.
- 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 school website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

## **Nutrition Standards**

The school 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 that compete with the District's policy of promoting a healthy school environment shall be discouraged.

The school shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- 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 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.

The school shall discourage using food as a reward. The school shall encourage serving healthy food at school parties. Notices shall 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. The school shall 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.

### **Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year to all students of the school. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The school shall implement a quality physical education program that addresses the following:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.
- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for much of the class period.
- Builds students' confidence and competence in physical abilities.
- 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.
- Provides facilities to implement the curriculum for the number of students served.

The school should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all student's Pre-K through grade eight. Recess should be in addition to physical education class time and not be a substitute for physical education. The school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should will make every effort not to withhold participation in recess from students or cancel recess to make up for missed instructional time.

### **Other School-Based Activities Designed to Promote Student Wellness**

The school shall strive to create a healthy school environment that promotes healthy eating and physical activity. To create this environment, the following activities shall be implemented:

#### *Dining Environment*

- The school 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 school shall ensure:
  - adequate time for students to enjoy eating healthy foods with friends in schools,

- that lunch time is scheduled as near to the middle of the school day as possible, and
- that recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat.

*Food or Physical Activity as a Reward or Punishment*

- The school shall:
  - prohibit the use of food as a reward or punishment in schools,
  - not use physical activity as a punishment, and
  - encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess.

*Consistent School Activities and Environment*

- The school shall:
  - ensure that all school fundraising efforts support healthy eating and physical activity,
  - provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
  - 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, 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 Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians,
  - 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 implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks.

**Implementation and Measurement**

All employees of the school are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. 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 in their lives. To send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.

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.
- Physical activity.

These local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Our Lady of Lake Huron School's Local Wellness Policy. Anyone wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Students, staff, and community will be informed about the Local Wellness policy annually.