

St. Joseph the Worker School

2016

Bylaws & Policies

8510-Wellness

As required by law, the School Commission establishes the following wellness policy for the Beal City School District.

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

The commission, 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.

A. With regard to nutrition education, the school shall:

1. Nutrition education shall be included in the health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
4. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
5. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
6. Nutrition education shall extend beyond the school by engaging and involving families and the community.
7. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

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

1. Physical Education

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the state.
- b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- c. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- d. 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.
- e. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- f. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- g. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- h. Planned instruction in physical education shall include cooperative as well as competitive games.
- i. Planned instruction in physical education shall take into account gender and cultural differences.
- j. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

2. Physical Activity

- a. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- b. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.

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

1. The school shall provide attractive, clean environments in which the students eat.
2. Activities such as tutoring or club meetings shall not be scheduled during mealtimes, unless students may eat during those meetings.
3. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
4. The school uses a system that eliminates 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.

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 provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- D. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in schools.
- E. All food service personnel shall receive pre-service training in food service operations.

The Principal 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. The School Commission designates the Principal as the individual charged with operational responsibility for verifying that the school meets the goals established in this policy.

The Principal shall report on the school's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the School Commission.

Review of this policy shall occur every five (5) years, by a committee appointed by the Principal, consisting of a representative(s) of the School Commission, the Principal, the food service provider, the parents, the students, and the public. The committee shall provide the Commission with any recommended changes to this policy.

Food and Safety:

1. We encourage students and families to make good health choices for life long benefits.
2. We promote safe learning environments by ensuring that appropriate behaviors are modeled by staff and practiced by students.
3. We encourage the use of healthy food if used as a reward.
4. We prohibit withholding food from any student as a punishment.
5. We encourage offering predominantly healthy food/beverages for classroom celebrations/parties.
6. We encourage not selling foods with low nutrient value in school fundraising or fundraising promoted to the students through the school.
7. We encourage predominantly healthy foods and beverages be offered at school events.(open houses, conferences and meetings).
8. We audit annually to make sure our sidewalks, lighting and/or other key elements are safe.
9. We prohibit staff from withholding physical education class, with the exception of the Physical Education Teachers in their class, as a punishment or to make up missed instructional time, class work or test in other subjects.
10. We prohibit use of physical activity as punishment.