

## WELLNESS

The Mayville Community 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.

### **Nutrition Education**

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Content Standards and Benchmarks.<sup>1</sup> 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 District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in Federal regulations.<sup>2</sup> The District shall encourage students to make nutritious food choices.

The District shall monitor all food and beverages sold or served to students, including those available outside the Federally regulated child nutrition programs. The District shall consider nutrient density<sup>3</sup> and portion size before permitting food and beverages to be sold or served to students.

The District Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

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<sup>1</sup> Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998.

[http://www.michigan.gov/documents/Health\\_Standards\\_15052\\_7.pdf](http://www.michigan.gov/documents/Health_Standards_15052_7.pdf).

<sup>2</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/waisidx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html)

<sup>3</sup> Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).

[http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1\\_Glossary.htm](http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm)

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

The District shall offer physical education opportunities that include the components of a quality physical education program.<sup>4</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>5</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 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 Superintendent shall implement this policy and measure how well it is being managed and enforced. The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall report to the local school board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

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<sup>4</sup> Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.  
<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

<sup>5</sup> Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.  
[http://www.michigan.gov/documents/Physical\\_Education\\_Content\\_Standards\\_42242\\_7.pdf](http://www.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf)

**Model Local Administrative Rules Regarding Mayville Community Schools  
Local Wellness Policy**

In order to enact and enforce Mayville Community Schools Local Wellness Policy, the Superintendent and the administrative team will have developed these local administrative rules. Administrative team members should be comprised of teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school Board members, school administrators, and the public.

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team<sup>6</sup> that will provide an ongoing review and evaluation of the Mayville Community Schools Local Wellness Policy and these local administrative rules.<sup>7</sup>

The Superintendent shall appoint a member of the administrative staff of the District to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team.

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<sup>6</sup> Centers for Disease Control's Coordinated School health web site:  
<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.

<sup>7</sup> Michigan State Board of Education Policy on Coordinated School Health Programs To Support Academic Achievement and Healthy Schools, September 2003.  
[http://www.michigan.gov/documents/CSHP\\_Policy\\_77375\\_7.pdf](http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf)

A Coordinated School Health Team may include representatives from the following areas:

- A. Administration
- B. Counseling/psychological/and social services
- C. Food services
- D. Health education
- E. Health services
- F. Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies)
- G. Physical education

(Note: An existing committee may assume the responsibility of the Coordinated School Health Team.)

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- A. self respect;
- B. respect for others;
- C. healthy eating;
- D. physical activity.<sup>8</sup>

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<sup>8</sup> The Role of Michigan Schools in Promoting Healthy Weight. September 2001.  
<http://www.emc.cmich.edu/pdfs/Healthy Weight.pdf>

These local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Mayville Community Schools Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Superintendent of Schools  
6250 Fulton St.  
Mayville, MI 48744-9103  
989.843.6115 ext. 6205  
989.843.6988 fax

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

### **Nutrition Education**

Nutrition Education, a component of comprehensive health education, shall be offered every year 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:

#### **Curriculum:<sup>9</sup>**

- A. Has a curriculum aligned with the Michigan Health Education Content Standards and Benchmarks.
- B. Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

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<sup>9</sup> The Michigan Model for Comprehensive School Health Education curriculum meets this administrative rule: <http://www.emc.cmich.edu/mm>

**Instruction and Assessment:**

- A. Aligns curriculum, instruction, and assessment.
- B. Builds students' confidence and competence in making healthy nutrition choices.
- C. Engages students in learning that prepares them to choose a healthy diet.
- D. Includes students of all abilities.
- E. Is taught by "highly qualified teachers of health education."<sup>10</sup>

**Opportunity to Learn:**

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

**Nutrition Standards**

The District 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.

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<sup>10</sup> Michigan State Board of Education Policy On Comprehensive School Health Education, June 2004.  
[http://www.michigan.gov/documents/Health\\_Education\\_Policy\\_final\\_94135\\_7.pdf](http://www.michigan.gov/documents/Health_Education_Policy_final_94135_7.pdf)

Each school building in the District shall offer and promote the following food and beverages in all venues outside Federally regulated child nutrition programs:

- A. 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.
- B. Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in twelve (12) ounce servings or less.
- C. 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 (8) ounce servings or less, milk in sixteen (16) ounce servings or less, cheese in one and one-half (1½) ounce (two (2) ounce, if processed cheese) servings or less.
- D. Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one (1) ounce portions or less; portions of three (3) ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- E. Accompaniments (sauces, dressings, and dips), if offered, in one (1) ounce servings or less.<sup>11</sup>

The District shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. (See Appendix A).

The District shall discourage using food as a reward. Alternatives to using food as a reward are found in Appendix B.

The District 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 and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix C).

The District 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. (See Appendix D).

(Example: Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For suggestions on healthier foods, see Appendix E. For the federal law memorandum stating, "it is not permissible for a school to serve foods of minimal nutritional value during a meal service period..." refer to the following link:

<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>.)

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

Developmentally appropriate physical education shall be offered every year to all students of the District.<sup>11</sup> In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

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

#### **Curriculum:<sup>12</sup>**

- A. Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- B. Has a curriculum aligned with the Michigan Physical Education Content Standards and Benchmarks.
- C. Influences personal and social skill development.

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<sup>11</sup> Michigan State Board of Education Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs, December 2003.

[http://www.michigan.gov/documents/Healthy\\_Foods\\_AtthcmtA\\_12\\_9\\_83141\\_7.pdf](http://www.michigan.gov/documents/Healthy_Foods_AtthcmtA_12_9_83141_7.pdf)

<sup>12</sup> The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule: <http://www.michiganfitness.org/EPEC>



**Instruction and Assessment:**

- A. Aligns curriculum, instruction, and assessment.
- B. Builds students' confidence and competence in physical abilities.
- C. Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- D. Includes students of all abilities.
- E. Is taught by a certified physical education teacher trained in best practice physical education methods.
- F. Keeps all students involved in purposeful activity for a majority of the class period.

**Opportunity to Learn:**

- A. Builds students' confidence and competence in physical abilities.
- B. Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- C. Has enough functional equipment for each student to actively participate.
- D. Includes students of all abilities.<sup>13</sup>
- E. Provides facilities to implement the curriculum for the number of students served.

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<sup>13</sup> Michigan State Board of Education Policy on Quality Physical Education, September 2003.

[http://www.michigan.gov/documents/HealthPolicyPE\\_77380\\_7.pdf](http://www.michigan.gov/documents/HealthPolicyPE_77380_7.pdf)

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before- and after- school extracurricular physical activity programs, Safe Routes to School Programs,<sup>14</sup> and use of school facilities outside of school hours.

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

The District shall strive to create a healthy school environment that promotes healthy eating and physical activity.<sup>15</sup> In order to create this environment, the following activities shall be implemented:

#### **Dining Environment**

The District shall provide:

- A. a clean, safe, enjoyable meal environment for students;
- B. enough space and serving areas to ensure all students have access to school meals with minimum wait time;
- C. drinking fountains in all schools, so that students can get water at meals and throughout the day;
- D. encouragement to maximize student participation in school meal programs;
- E. identity protection of students who eat free and reduced-price meals.

<sup>14</sup> Safe Routes to School Program Information: <http://www.saferoutesmichigan.org/>

<sup>15</sup> Michigan's Healthy School Action Tool: <http://mihealthtools.org/schools>

# policy

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## **Time to Eat**

The District shall attempt, when possible, to provide:

- A. adequate time for students to enjoy eating healthy foods with friends in schools;
- B. that lunch time is scheduled as near to the middle of the school day as possible;
- C. that recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat.<sup>16</sup> (See Appendix F)

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

The District shall:

- A. prohibit the use of food as a reward or punishment in schools, (see Appendix B);
- B. not use physical activity as a punishment;
- C. encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess. (See Appendix F)

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<sup>16</sup> A Recess Before-Lunch Policy Implementation Guide, Montana Team Nutrition Program, Office of Public Instruction School Nutrition Programs, September 2003. <http://www.opi.state.mt.us/schoolfood/recessBL.html>

## **Consistent School Activities and Environment**

The District shall:

- A. ensure that all school fundraising efforts support healthy eating and physical activity; (see Appendix D)
- B. provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education;
- C. make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours;
- D. 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;
- E. encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas;
- F. 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;
- G. 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
- H. implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks.<sup>17</sup> (See Appendix F)

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<sup>17</sup> Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004. <http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

## **Implementation and Measurement**

All employees of the District 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. 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.<sup>16</sup> The District shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

### **Appendix A**

Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,  
<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

### **Appendix B**

Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,  
<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

### **Appendix C**

Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,  
<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

### **Appendix D**

Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,  
<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

### **Appendix E**

Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,  
<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>

### **Appendix F**

Michigan Physical Education and Activity Resources

## **Cross-Curricular Instruction: Integrating Physical Activity into Classroom Subjects**

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

- A. Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects; language arts, math, science and social studies.
- B. Brain Breaks: <http://www.emc.cmich.edu/BrainBreaks>
- C. Energizers: <http://www.ncpe4me.com/energizers.html>
- D. Take Ten: [www.take10.net](http://www.take10.net)
- E. Michigan Team Nutrition booklist: The list contains short, one-paragraph annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade. <http://www.tn.fcs.msue.msu.edu/booklist.html>

### **Examples:**

- A. Get Moving: Tips on Exercise, Feeney, Kathy, Bridgestone Books, 2002
- B. Let the Games Begin, Ajmera, Maya and Michael J. Regan Charlesbridge, 2000
- C. Display poster or banners with physical activity themes: [http://www.nal.usda.gov/wicworks/Sharing\\_Center/KYactivitypyramid.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.pdf)

### **Using Physical Activity to Reward Students**

- A. Have an extra recess; Walk with a teacher during lunch; Dance to favorite music in the classroom; Hold Friday Physical Activity Time where students earn extra physical activity time based on their good behaviors during the week; and Challenge another homeroom to a sport or activity
- B. Ideas for School Parties

- C. Make your party a dance; Modify traditional games for classroom use; Hold contests or relays
- D. Resources:
  - 1. All Children Exercising Simultaneously (ACES) day: A one-day event where millions of children of all ages exercise at the same time worldwide in a symbolic event of fitness and unity. <http://www.michiganfitness.org/>
  - 2. Hoops for Heart: Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. <http://www.americanheart.org/>
  - 3. Jump Rope for Heart: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising. <http://www.americanheart.org/jump>
  - 4. National Physical Education & Sport Week: Designated week for encouraging and promoting physical activity. <http://www.aahperd.org/naspe/may>
  - 5. Walk to School Day/Safe Routes to School: Join in the effort to promote walking to school as a way to provide an opportunity for more physical activity! <http://www.michiganfitness.org/><http://www.michiganfitness.org/>

### **Recess Before Lunch**

Recess Before Lunch gives students the opportunity to excel in both health and academics. Find everything you need to establish a recess before lunch program including, how to implement, resources and supporting information, and educational and marketing materials.

<http://www.opi.state.mt.us/schoolfood/index.html>