

NORTH HURON SCHOOL DISTRICT

WELLNESS POLICY

HEALTH COMMITTEE MEMBERS:

Martin Prout—Superintendent

Jacque Johnson—Elementary Principal

Jean Schumacher—Food Services

Kevin Wiley— Board Member

Jodi Golochowicz—Elementary PE

Deb Walsh—Elementary Special Education

Sally Craig—Parent

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WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the North Huron School District.

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

The Board, 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.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District 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 posters will be displayed in the cafeteria.
 3. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
 4. Nutrition education shall extend beyond the school by engaging and involving families and community.
 5. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
 6. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.

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

Physical Education

1. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
2. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
3. Planned instruction in physical education shall include cooperative as well as competitive games.
4. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

Physical Activity

1. Physical activity should not be employed as a form of discipline or punishment.

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

1. The schools shall provide at least sixty (60) minutes daily for students to eat. This includes breakfast as well as lunches.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs and events.
3. The school shall provide attractive, clean environments in which the students eat.
4. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
5. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals. **Proper forms needed for availability of free or reduced lunches are available both in school offices and online.**
6. 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.

D. With regard to breakfast, the District shall:

Strive to ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

1. The school will operate the school breakfast program.
2. The school will utilize methods to serve school breakfasts that encourage participation, including serving “grab-and-go” breakfast after first hour period to secondary school students.
3. The school will notify parents and students of the availability of the school breakfast program.
4. The school will encourage parents to provide a healthy breakfast for their children through newsletter articles, take home materials, or other means.

E. With regard to fruits and vegetables the District shall:

1. The school shall offer a choice of at least two fruits and/or vegetables daily for consumption to students during breakfast and lunch. Such items could include fresh fruits and vegetables, 100 percent fruit juice, and canned fruits or vegetables.

F. With regards to meeting all the above objectives, the District is:

To meet the objectives stated in the Wellness Policy, the North Huron Elementary School is involved in a grant titled Physical Education & Nutrition (PE-Nut). PE-Nut is a grant-funded program aimed at motivating students, parents, and educators to make improvements in health behaviors in a school environment where nutrition and physical activity messages are simple, consistent, and integrated into the daily school routine.

The PE-Nut project focuses on the educational messages of increasing participation in physical activity; increasing consumption of fruits, vegetables, whole grains and non-fat or low-fat milk or dairy products; trying new foods; choosing healthy snacks; and washing hands before eating. In physical education class, students gain the knowledge and skills to be active now and in the future through the Exemplary Physical Education Curriculum (EPEC). Health messages are incorporated into various classroom lessons, school-wide events, principal announcements, and take-home materials.

We at North Huron Schools are proud to be part of this program that promotes a healthy diet and encourages increased physical activity.

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 strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. 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.
- E. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- F. All food service personnel shall receive pre-service training in food service operations.
- G. Continued professional development shall be provided for all staff of the food service program.

The Superintendent 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 by the principal of each school. The Board designates the Superintendent as the individual(s) charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.