

Policy 5800

## **Wellness**

### **Wellness Committee and Policy Leadership**

#### Committee Role and Membership

The committee will represent all school building levels (elementary and secondary schools) and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, and school health professionals.

#### Wellness Policy Leadership

Bloomfield Hills Schools has established a wellness policy leadership of one or more District and/or school building officials who have the authority and responsibility to ensure each school building complies with this policy. The designated officials for oversight are the Physical Education and Health curriculum coordinator and Food Service Director.

### **Nutrition**

#### Nutrition Education

Every year, K-12 students shall have the opportunity to 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 shall be integrated into the curriculum.

Secondary students will have access to nutrition education through health classes in their respective schools. Elementary students will receive nutrition education at a minimum of once per year provided from either their teacher, food service department or through a third party volunteer/community member.

#### 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.

The Food Service Department will provide healthy eating and nutrition information on the food service website for parents and community members as well as posters and health-related fliers posted in cafeterias. The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. Each school cafeteria will conduct occasional taste testing on any new menu options designed to encourage healthy eating choices.

### Standards and Nutrition Guidelines for all Foods and Beverages

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. Fresh fruit & veggie bars will be encouraged in all K-12 schools where they can be supported. In certain circumstances where it is not viable, other alternatives will be provided for students. All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as "competitive" foods and beverages) must be consistent with USDA's Smart Snacks in School nutrition standards and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance. These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, à la carte lines, fundraising events, school stores, snack carts, and vending machines.

Every building will have one person in charge of monitoring and recording all non-compliant food fundraisers during school. All non-compliant food fundraiser logs will be maintained and sent to the Food Service Department at the end of the school year. All exempt fundraisers shall be subject to recordkeeping requirements and other documentation pursuant to food service administrative guidelines. All fundraisers involving food must also comply with any building allergen issues.

Nutrition guidelines are provided for all foods and beverages provided, but not sold to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives). The district will encourage the use of healthy food for all classroom parties, snacks and celebrations. For example fresh fruit, vegetables, and whole grain items. Birthday treats will be strongly discouraged. Instead, other non-food rewards or items will be promoted.

### 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. For example coolers, cups, banners, and vending machine graphics must be compliant with USDA Smart Snack nutrition standards.

## **Physical Activity and Physical Education**

The District 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. Physical education instructions shall be aligned with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

Students in grades K-5 will have physical education at least 60 minutes per week, while those in grades 6-8 will have physical education every other day throughout the school year at a minimum duration of 45 minutes per class. All High School students will follow the District graduation requirements. Physical education can be modified based on student's needs.

## **Other School-based Activities that Promote Student Wellness**

K-12 students, 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. All schools are encouraged to offer before/after school clubs and activities that promote physical activity or healthy eating. Examples include healthy cooking clubs, ski club and more.

## **Implementation, Assessment, Documentation, and Updates**

### Implementation

Bloomfield Hills Schools will implement this plan for Fall 2017. A HSAT will be conducted by the wellness committee in the first year to assess needs and goal implementation.

### Triennial Assessment

The Bloomfield Hills Schools will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy. The Food Service Director and Health/PE Coordinator for the district's physical and health education curriculum are responsible for the Triennial Assessment.

### Documentation

Bloomfield Hills Schools will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent

assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the Wellness Committee, and how stakeholders were made aware of their ability to participate. Required documentation will be maintained at the Food Services office. This Board Policy 5800, Wellness, can be found on the District's website at <http://www.bloomfield.org/about-us/board-of-education/board-policies>.

#### Updates to the Policy

Bloomfield Hills Schools will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as 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 wellness policy will be updated at least every three years, following the Triennial Assessment.

#### Public Updates

Bloomfield Hills Schools will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The District 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 the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the district website and/or district-wide communications (email, newsletters, and mailings.)

Approved – 9/14/17