

**ECORSE PUBLIC SCHOOLS
ECORSE, MICHIGAN 48229**

WELLNESS POLICY

Purpose

The Ecorse Public Schools District (the “District”) is committed to complying with the Child Nutrition Act and creating a healthy school environment that promotes wellness practices, healthy eating, and physical activities that support lifelong student achievement. Central to this goal is the creation, adoption and implementation of this Wellness Policy, which promotes a responsible approach to nutrition and physical activity and encourages healthy weight maintenance in order to reduce the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

Policy Definitions

Nutrition Education – A sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.

Dietary Guidelines for Americans (DGA) - Set of recommendations established by the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce disease risks.

Food of Minimal Nutritional Value - Food that provide less than five percent of the U.S. recommended daily allowance per serving of protein, vitamin A, vitamin C, niacin, riboflavin thiamin, calcium and iron.

School Day - The school day is defined as the normal arrival time as approved by the Ecorse Public School Board including the academic day until students are dismissed at the end of the school day as approved by the board.

Nutrition Education

All students, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks* and that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors. Moreover, nutrition education information shall be offered throughout the school district including, but not limited to, school dining areas and classrooms.

Nutrition education shall also include the following core components:

I. Classroom Component

Students shall have the opportunity to participate in a variety of classroom nutrition education learning experiences that may include the following characteristics:

- **Nutrition knowledge:** Information about the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling and storage;
- **Nutrition related skills:** Information about planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising;
- **Assessment of personal eating habits:** setting goals for improvement, and planning to achieve those goals.

Nutrition lessons will be designed for integration into other areas of the curriculum; will be integrated within the sequential, comprehensive health education program; will incorporate physical activity lessons; and will be based upon the most recent Dietary Guidelines for Americans and the USDA My Pyramid food guidance system.

The nutrition education program will engage families as partners in their children's education.

The District's school board will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with both the District's educational and wellness policy goals.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, skill practice in program specific activities, instructional techniques, and strategies designed to promote healthy eating habits.

II. Cafeteria Component

In order to ensure the integrity of Child Nutrition Programs as well as to maximize the benefits to our students, the following key concepts will be followed:

A. Promote Healthful Eating Habits

1. Nutrition standards will be adopted to meet the Dietary Guidelines for Americans, the Healthy School Meals Initiative and will be based on current scientific recommendations.
2. Foods sold by Food Service in addition to meals will be thoughtfully selected to ensure optimal nutritional quality and foster healthful eating habits.

B. Integral Part of Education

1. School meals will be an integral part of the school day in recognition of the relationship of nutrition to education.
2. Nutrition education is a part of the curriculum from preschool through grade twelve. The school cafeteria will serve as a laboratory for applying decision-making skills taught in the classroom.

C. Responsive to Student Customers

1. Student preferences will be considered in menu planning.
2. Foods will be prepared in ways that ensure a balance between optimal nutrition and student acceptance.
2. Pleasant eating environments should be provided in addition to sufficient time and space for each customer to eat school meals, have positive supervision as well as role models at meal times.

D. Foster Quality Partnerships

1. Purchasing practices will ensure the use of high-quality ingredients and prepared products to maximize flavor and appearance while meeting nutritional standards.
2. Food Service personnel, school administrators, teachers, district staff, parents and community members will work together to meet the nutritional goals and concerns within Ecorse Public Schools.

III. Physical Activity Component

Students will be given opportunities for physical activity during the school day through daily recess periods, physical education (P.E.) classes, and the integration of physical activity into the academic curriculum. Schools will promote an environment supportive of physical activity.

Students will be given opportunities for physical activity through a range of after-school programs including athletics and physical activity clubs.

Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Time allotted for physical activity will be consistent with the most research and current national and state standards. According to the National Association of State Boards of Education, elementary school students shall receive 150 minutes/week of physical education. Middle and high school students shall receive 225 minutes of physical education/week.

All schools in the District will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.

Nutritional Standards

As part of the enactment and implementation of this Policy, the District shall:

1. Ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.
2. Encourage students to make nutritious food choices.
3. Monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs (i.e. vending machines).
4. The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.
5. Have the District superintendent or his or her designee evaluate vending policies and contracts each school year. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.
6. The District shall offer physical education opportunities that include the components of a quality physical education program, and align instruction with the *Michigan Physical Education Content Standards and Benchmarks*.
7. Encourage all students 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.

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.

Policy Implementation and Evaluation

In order to enact and enforce Ecorse Public Schools' Local Wellness Policy, the Superintendent and/or his or her designee, and administrative team, with input from 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 will have developed these administrative rules.

To assist in the creation of a healthy school environment, the Ecorse Public School Board will provide ongoing review and evaluation of the Ecorse Public School District's Local Wellness Policy and these administrative rules.

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 rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Ecorse Public School District's Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Ecorse Board of Education
4024 West Jefferson
Ecorse, MI 48229

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

