

## WELLNESS

Vicksburg 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**

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 appropriate training.](#)

### **Nutrition Standards**

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in Federal regulations. The District shall encourage students to make nutritious food choices.

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

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.

Every year, all ~~BK~~ [Pre-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-term 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.

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

**Nutrition Education**

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:

A. *Curriculum:*

- 1. ~~A curriculum aligned with the Michigan Health Education Content Standards and Benchmarks.~~
- 2. Equip students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

B. *Instruction and Assessment (Secondary Only):*

- 1. ~~1.~~ Aligns curriculum, instruction, and assessment.
- 2. Builds students' confidence and competence in making healthy nutrition choices.
- 2. Engages students in learning that prepares them to choose a healthy diet.
- 3. Includes students of all abilities.

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.

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.

~~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 grade level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc.~~

All District fundraisers will comply with Federal/State mandated requirements to include "Smart Snacks." These products must meet the USDA Food Nutrition Standards; <200 Calories per item as served, <35% Calories from total fat as served, <10% Calories from saturated fat as served, 0 grams Trans-fat as served, <35% Weight from total sugar as served, and <200 mg per item served.

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

Developmentally appropriate physical education shall be offered every year to all students of the District. 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:

A. *Curriculum:*

1. Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
2. Has a curriculum aligned with the Michigan Physical Education Content Standards and Benchmarks.
3. Influences personal and social skills development.

B. *Instruction and Assessment:*

1. Aligns curriculum, instruction, and assessment.
2. Builds students' competence in physical abilities.
3. Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
4. Includes students of all abilities.
5. Is taught by a certified physical education teacher trained in best practice physical education methods.
6. Keeps all students involved in purposeful activity for a majority of the class period.

C. *Opportunity to Learn:*

1. Builds students' competence in physical abilities.
2. Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
3. Has enough functional equipment for each student to actively participate.
4. Includes students of all abilities.
5. Provides facilities to implement the curriculum for the number of students served.

The District should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K through fifth grade. 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. Schools should provide opportunities for some type of physical activity for students in all grades apart from physical education class and organized sports. Physical activity opportunities might include: before and after-school extracurricular physical activity programs 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. In order to create this environment, the following activities shall be implemented:

A. *Dining Environment*

The School District shall provide:

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

B. *Time to Eat*

The School District shall ensure:

1. adequate time for students to enjoy eating healthy foods with friends in school;
2. that lunch time is scheduled as near to the middle of the school day as possible.

C. *Consistent School Activities and Environment*

The School District shall:

1. provide opportunities for on-going professional training and development for food service staff and teachers in appropriate subject areas;

2. make efforts to keep school or District-owned physical activity facilities open for use by students outside school hours;
3. 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;
4. 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).

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