

## MENOMINEE INDIAN SCHOOL DISTRICT

#459

### WELLNESS POLICY

Our School District is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. The school board recognizes that wellness and healthy eating are important to the physical and academic achievement of all children.

#### 1. **GOALS.**

- a. **Nutrition education.** School District aims to teach, encourage, and support healthy eating by students. Staff members shall teach health living skills as part of the regular instructional program and provide the opportunity for all students to understand concepts and skills related to health promotion and disease prevention.
- b. **Physical activity.** The district shall adopt and implement a comprehensive health and fitness curriculum, consistent with state standards. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education, except for those with IEPs, by a certified physical education teacher for the entire school year. The district shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play, preferably outdoors.
- c. **School-based activities.** All school-based activities shall be consistent with local wellness policy goals. Schools will create a total school environment that is conducive to health, safe habits and being physically active.

2. **NUTRITION GUIDELINES.** All foods and beverages made available on campus (including through vending, concessions, a la carte, student stores, parties, athletic meals, and fundraising) during the school day shall follow these standards:

### **Standards for Food Content**

**Standard 1** - Snack, foods, and beverages shall be:

- No more than 35% of total calories from fat
- Less than 10% of total calories from fat
- Zero trans-fat ( $\leq 0.5$  g per serving)
- Sugar by weight ( $\leq 35\%$ )
- Sodium (230 mg or less)

**Standard 2** - Beverages containing nonnutritive sweeteners are only allowed in the high school after the end of school.

**Standard 3** - Foods and beverages are caffeine-free, with the exception of trace amounts of naturally occurring caffeine-related products.

**Standard 4** - The district will use the School Competitive Food Guidelines for all buildings.

### **Standards for the School Day**

**Standard 5** - Plain, portable water is available throughout the day at no cost to the students.

**Standard 6** - Sports drinks are not available in the school setting except when provided by the school for student athletes participating in sports programs.

**Standard 7** - Foods and beverages are not to be used as rewards or discipline for academic performance or behavior.

### **Standards for the After School Setting**

**Standard 8** - On campus fundraising activities during the school day and after school will follow the School Competitive Food Guidelines.

**Standard 9** - After school concessions will follow the School Competitive Food Guidelines for snacks items. Whole grain products, fruits, and healthy, nutritious foods are strongly encouraged. Food items such as

pizza, hamburgers, hot dogs, nachos, and tacos are permitted. Deep fried products are not permitted. Coffee is permitted. Hot chocolate (low fat) is permitted. Diet sodas can be sold. Salted popcorn is permitted. When determining what can be sold in concessions, common sense should prevail on the side of nutrition. Items that have no nutritional value and are high in sugar, fat, and or sodium should not be sold.

The district shall provide school breakfasts and lunches that meet the nutritional standards required by state and federal school breakfast and lunch programs.

3. **GUIDELINES FOR REIMBURSABLE SCHOOL MEALS.** The district shall provide free and reduced-price breakfasts and lunches to students according to the terms of the national School Lunch and Breakfast Programs and the laws and rules of the state. The district shall inform parents or guardians of the eligibility standards for free or reduced-price meals. The district shall make reasonable efforts to protect the identity of students receiving such meals.
4. **A PLAN FOR MEASURING IMPLEMENTATION OF THE POLICY.**
  - a. **Principals.** In each school, the principal will ensure compliance with the policy in his/her school and will report on the school's compliance to the superintendent.
  - b. **Food service staff.** School food service staff, at the school or district level, will ensure compliance with the nutrition policy within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).
  - c. **Summary report.** The superintendent will ensure and develop a summary report once each semester on district-wide compliance with the district's established nutrition and physical activity wellness policy, based on input from schools within the district. The superintendent will

provide monthly committee minutes to the school board as well as to all school health councils, parent/community through the district newsletter, school principals, and school health services personnel in the district.

5. **COMMUNITY INVOLVEMENT.** Students, staff members, school board members, food service managers and staff, parents, and other community members shall be included on an ongoing basis in school and district wellness planning processes. Schools and the district shall actively develop and support the engagement of students, staff, and parents in the community health-enhancing activities and events at the school or throughout the community.

Draft Presented: 8/2006  
Draft Revision: 1/11/07  
Approved: 4/2008  
  
Revised: 11/5/12