

Eau Claire Public Schools  
BOARD OF EDUCATION

## **Local Wellness Policy**

### **Preamble**

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, this State Board of Education Model Local Wellness Policy was developed by the Michigan Department of Education, in collaboration with other state and local agencies, organizations, educators, and concerned citizens. This document may be modified to reflect local school district policy and procedure. In addition, it is recommended that prior to adopting this policy districts involve 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.

The Michigan State Board of Education recognizes and acknowledges, through its September 2003 policy on coordinated school health programs, that, "schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy." The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

This Model Local Wellness Policy is provided to assist Michigan school districts in developing their local wellness policies. This document may be modified to reflect local school district policy and procedure.

EAU CLAIRE PUBLIC SCHOOLS  
STATE BOARD OF EDUCATION

Local Wellness Policy

Local Wellness Policy for Eau Claire Public Schools

The Eau Claire Public 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**

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.<sup>1</sup> Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. 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 the appropriate training.

**Nutrition Standards**

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.<sup>2</sup> The district shall encourage students to make nutritious food choices.

The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density<sup>2</sup> and portion size before permitting food and beverages to be sold or served to students.

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<sup>1</sup> Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998. [http://www.michigan.gov/documents/Health\\_Standards\\_15052\\_7.pdf](http://www.michigan.gov/documents/Health_Standards_15052_7.pdf). <sup>2</sup> Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program. [http://www.access.gpo.gov/nara/cfr/waisidx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html)

<sup>2</sup> Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all). [http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1\\_Glossary.htm](http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm)

The district superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

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

The district shall offer physical education opportunities that include the components of a quality physical education program.<sup>3</sup> Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.<sup>4</sup>

Every year, all students, Pre-K-12, 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.

### **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.

### **Implementation and Measurement**

Eau Claire Public School Board of Education and Administrative team shall implement this policy and measure how well it is being managed and enforced, they shall develop and implement administrative rules consistent with this policy. 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 shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The administrative team shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

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<sup>3</sup> Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.

<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

<sup>4</sup> Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.

[http://www.michigan.gov/documents/Physical\\_Education\\_Content\\_Standards\\_42242\\_7.pdf](http://www.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf)

*(The following pages provide example model local administrative rules to be considered when drafting your local model wellness policy.)*

### **Administrative Rules Regarding Eau Claire Public Schools Local Wellness Policy**

In order to enact and enforce Eau Claire Public Schools Local Wellness Policy, the superintendent and the administrative team will have developed these local administrative health and physical education), parents/guardians, students, representatives of the school food service program, school board members, and the public.

To assist in the creation of a healthy school environment, the District may establish a Wellness Team<sup>5</sup> that will provide an ongoing review and evaluation of the Eau Claire Public Schools Local Wellness Policy and these local administrative rules.<sup>6</sup>

The superintendent may appoint a member of the administrative staff of the District to organize the Wellness Team and invite appropriate District stakeholders to become members of the Wellness Team. A Wellness Team may include representatives from the following areas:

- Board of Education
- Administration.
- Counseling/psychological/and social services.
- Food services.
- Health education.
- Health services.
- Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
- Physical education.

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<sup>5</sup> Centers for Disease Control's Coordinated School health web site:  
<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.

<sup>6</sup> Michigan State Board of Education Policy on Coordinated School Health Programs To Support Academic Achievement and Healthy Schools, September 2003.  
[http://www.michigan.gov/documents/CSHP\\_Policy\\_77375\\_7.pdf](http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf)

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.<sup>7</sup>

These local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Eau Claire Public Schools Local Wellness Policy.

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

### **Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered to all students of the District. The District may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the curriculum when appropriate.

The District shall implement a quality nutrition education program that addresses the following:

#### *Curriculum:*<sup>8</sup>

- Has a curriculum aligned with the *Michigan Health Education Content Standards and Benchmarks?*
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.
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#### *Instruction and Assessment:*

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.
- Is taught by "highly qualified teachers of health education."<sup>10</sup>

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<sup>7</sup> The Role of Michigan Schools in Promoting Healthy Weight. September 2001.  
<http://www.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>

<sup>8</sup> The Michigan Model for Comprehensive School Health Education curriculum meets this administrative rule: <http://www.emc.cmich.edu/mm>

*Opportunity to Learn:*

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

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.

The District shall monitor food service distributors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all buildings.

The District shall discourage using food as a reward.

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.

**Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year to all students of the District.<sup>4</sup> In addition, physical education topics may be integrated into the entire curriculum when appropriate.

The District shall implement a quality physical education program that addresses the following:

*Curriculum:*<sup>9</sup>

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

*Instruction and Assessment:*

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

*Opportunity to Learn:*

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.<sup>11</sup>
- 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 Pre-K through grade five. Recess should be in addition to physical education class time. The district shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should make a concerted effort to not withhold participation in recess from students or cancel recess to make up for missed instructional time.

**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.<sup>10</sup> In order to create this environment, the following activities shall be implemented:

*Dining Environment*

- The school district shall provide:
  - a clean, safe, enjoyable meal environment for students,
  - enough space and serving areas to ensure all students have access to school meals with minimum wait time,
  - drinking fountains in all schools, so that students can get water at meals and throughout the day,
  - encouragement to maximize student participation in school meal programs, and

- identity protection of students who eat free and reduced-price meals.

#### *Time to Eat*

- The school district shall ensure:
  - adequate time for students to enjoy eating healthy foods with friends in schools,
  - that lunch time is scheduled as near to the middle of the school day as possible.
  - not use physical activity as a punishment, and
  - encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess. (See Appendix F).

#### *Consistent School Activities and Environment*

- The school district shall:
  - provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
  - make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours,
  - encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
  - 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,
  - encourage all students to participate in school meal programs.

### **Implementation and Measurement**

All employees of the District are encouraged to be a positive healthy lifestyle role model for students. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.<sup>16</sup>