

# Standish Sterling Community Schools Local Wellness Policy

Standish Sterling Community Schools is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

## **SCHOOL MEALS**

The district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat free and low-fat milk; moderate in sodium, low in saturated fat and zero grams *trans-fat* per serving. To meet the nutrition needs of school children within their calorie requirements. All schools within the District participate in USDA child nutrition programs, including National School Lunch Program and the School Breakfast Program. All schools within the District are committed to offering schools meals through the above named programs.

- \*All school meals are accessible to all students
- \*The District offers reimbursable school meals that meet the USDA nutrition standards
- \*Drinking water will be available to all students throughout the school day and throughout every school building, including during mealtimes
- \*Students will be allowed at least 10 minutes to eat breakfast and 20 minutes to eat lunch, counting from the time they have received their meal and are seated
- \*Lunch will follow recess period to better support learning and healthy eating
- \*All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

### **OTHER FOOD AVAILABLE AT SCHOOL**

\*The foods and beverages sold outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum

\*All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions will be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class per week.

\*\*Google Healthy Party Ideas for School to get a list of healthy party ideas and snacks, including non-food celebration ideas

\*\*[www.michigan.gov/mde](http://www.michigan.gov/mde) Search Smart snacks and resources will be available.

\*\*Food and Beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

\*Only food and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Each building may have a non-compliant sale 1 day per week.

### **NUTRITION PROMOTION**

\*Promote healthy food and beverage choices using Smarter Lunchroom techniques

\*Standish Sterling School District will implement at least one of the following four Farm to School Activates.

1. Local and/or regional products are incorporated into the school meal program
2. School hosts a school garden
3. School hosts field trips to local farms
4. Schools utilizes promotions or special events, such as tastings, that highlight the local/regional products

### **NUTRITION EDUCATION**

Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities such as taste testing's, farm visits and school gardens

\*Nutrition education will be included in the Health curriculum so that instructions are sequential and follow the Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through such subjects such as math, science, language arts, social sciences and elective subjects such as Physical Education.

\*The district teaches students nutrition education using scientifically-based, up to date nutrition information consistent with the Dietary Guidelines for Americans. The District will include in the health education curriculum the following essential topics on healthy eating.

\*\*Food Guidance from MyPlate

\*\*Reading and using USDA's food labels

\*\*Balancing food intake with physical activity

\*\*Food Safety

\*\*Social influences on healthy eating, including family, peers, and culture

\*\*How to find info on services related to nutrition and dietary behavior

\*\*Resisting peer pressure related to unhealthy dietary behavior

\*\*Influencing, supporting or advocating for others 'healthy dietary behavior

### **PHYSICAL EDUCATION**

Children and adolescents should participate in at least 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

\*Sterling Elementary and Central Elementary will offer recess for 30 minutes per day. Jr/Sr High School will have the opportunity to walk around the perimeter of the cafeteria during breakfast and lunch each day. Recess is NOT to be taken away as a punishment for ANY reason

\*Recess for K-12 will be offered daily when weather is feasible for outdoor play. In the event that a school or district must conduct indoor recess, teachers and staff will promote physical activity for students, to the extent practicable.

\*The District recommends teachers provide a short 3-5 minute physical activity break to all students each day. This may be as little as having students stand and stretch at their desk, touch their toes, reach for the sky, etc.

\*The District will also offer opportunities including, team sports, open gym, activity clubs, etc. for students to participate in before, during and after the school day.

### **Policy Monitoring/Implementation**

\*The District will convene a district wellness committee that meets once per year in August of each year. The District will post the wellness policy on the District home page. All updates to the Wellness Policy will be posted on this site.

\* Wellness Committee members. If feasible, should consist of member from all school levels, parents, caregivers, representatives from the Nutrition Program, PE Teacher, Health Education Teacher, School Administrators, School Board Member, Students, Health Professional, eg. Doctor, Dentist, etc.

\*The Wellness Policy shall be monitored by each building with representative chosen by principal. All Food Fund Raisers will be tracked each school year. School Representative will give updates once per year.

\*The wellness committee will update and modify the wellness policy based on the results of the annual progress reports and/or as District Priorities change. The Wellness Policy will be assess and updated at least every 3 years with the annual yearly meeting.

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