

Blissfield Community Schools

Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall:
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 - 1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
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 - 2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
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 - 3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
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 - 4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
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 - 5. Nutrition education shall extend beyond the school by engaging and involving families and the community.
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- B. With regard to physical activity, the District shall:
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1. **Physical Education**

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- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

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- b. All students in grades K - 5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for twenty-five (25) minutes two (2) days per week for the entire school year.

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- c. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

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- d. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.

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- e. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.

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- f. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

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- g. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

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2. **Physical Activity**

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- a. All students in grades 6 - 8 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.

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- b. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.

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C. With regard to other school-based activities the District shall:

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1. The schools shall provide at least twenty (20) minutes daily for students to eat.

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2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

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3. The school shall provide attractive, clean environments in which the students eat.

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4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
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 5. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
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Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
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- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
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- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
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- D. The school food service program may involve students, parents, staff, and/or school officials in the selection of competitive food items to be sold in the schools.
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- E. The food service program shall be administered by a qualified nutrition professional.
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The Superintendent shall develop administrative guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the principal of each school. The Board designates the building principals as the individual(s) charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every three (3) years, by a committee appointed by the Board, consisting of a representative(s) of the Board, the administration, the food service provider, the parents, the students, and the public. The committee shall provide the Board with any recommended changes to this policy.

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

Adopted 6/19/06