

BOARD RESOLUTION

WHEREAS children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and

WHEREAS good health fosters student attendance and education; and

WHEREAS obesity is increasing rapidly in the United States, affecting adults and children of all races, ethnicities, and income levels; and

WHEREAS the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and the number of overweight adolescents aged 12-19 has more than tripled in that same time; and

WHEREAS overweight children and adolescents are more likely than not to remain overweight, become obese adults, and develop related chronic illnesses; and

WHEREAS reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn, and play; and

WHEREAS schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and

WHEREAS the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all school districts with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006 - 2007 school year;

THEREFORE BE IT RESOLVED that it is the intent of the Board of Education of the Wyoming Public Schools to comply fully with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and

BE IT FURTHER RESOLVED that the Superintendent shall seek the involvement of parents, students, representatives of the school food service program, the school board, school administrators, and the public as this District's wellness policy is developed, and shall recommend a policy to the Board not later than April 17, 2006, and

BE IT FURTHER RESOLVED that the Board reserves the right to modify the recommended policy as it deems necessary; and

BE IT FURTHER RESOLVED that said policy shall be adopted no later than May 8, 2006 and shall be effective on the first day of the school year beginning after July 1, 2006.

NEOLA of MICHIGAN (DRAFT FEBRUARY 2006)

BOARD OF EDUCATION WYOMING PUBLIC SCHOOL DISTRICT OPERATIONS

8510/page 1 of 5

WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Wyoming Public School 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 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. Nutrition Education

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.

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.

Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.

Nutrition education shall include opportunities related to nutrition, involving, when possible, community agencies and organizations.

Nutrition education shall extend beyond the classroom by involving the school's food service staff.

Nutrition education posters will be displayed in the cafeteria.

Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and other whole foods.

Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.

The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. Physical Activity

Physical Education

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

The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn and demonstrate the developmentally appropriate knowledge and skills necessary to engage in lifelong, health-enhancing physical activity.

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

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

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

Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

Planned instruction in physical education shall include cooperative as well as competitive games.

Planned instruction in physical education shall take into account gender and cultural differences.

Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

Physical Activity

Physical activity should not be employed as a form of discipline or punishment during the school day as a form of student management.

Activity and/or movement shall be integrated, when possible, across the curricula and throughout the school day.

Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, tennis, golf, biking, walking, etc.

Attempts will be made to provide students in grades K-8 a daily activity period of 15 minutes in duration. Activity period or recess shall not be used as a reward or punishment for academics or attendance.

The district shall encourage families to participate in community sponsored programs in our schools that support physical activity of all sorts.

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

C. School-based Activities:

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

Students are permitted to have bottled water (appropriate containers as defined by the district) where it is not a deterrent to or possible hazard to the learning environment.

Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.

Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.

The schools shall demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.

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.

D. Health and Well Being

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

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.

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).

The food service program will strive to be financially self-supporting. However, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

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.

All foods available to students in District supported programs shall be served with consideration for promoting student health and well-being.

All fundraising organizations shall review alternative choices to non-healthy foods before making a decision regarding the product(s) offered.

The district shall prepare and distribute to staff, parents, and after-school program personnel a suggested list of snack and beverage items to be used at school parties and gatherings.

The food service program may be administered by a qualified nutrition professional.

The food service program may be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

All food service personnel shall receive pre-service training in food service operations.

Continuing professional development shall be provided for all staff of the food service program.

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 Superintendent as the individual 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 year, 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 D.S.C. 1751, Sec. 204 42 D.S.C. 1771

© NEOLA 2005