

Michigan Department of Education
Office of Health and Nutrition Services
School Nutrition Programs

Local Wellness Policy Sample Goals

Nutrition Standards for All Foods in School

1. The foods and beverages sold outside of the school meals programs will meet the USDA Smart Snacks in School nutrition standards.
2. The food service director offers reimbursable school meals that meet USDA nutrition standards.
3. The school principals will encourage the use of healthy food for all classroom parties, snacks, and celebrations. For example, fresh fruits, vegetables, and whole grain items. Birthday treats will be strongly discouraged. Instead, other non-food rewards or items will be promoted.
4. 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.
5. All schools will offer breakfast to all students through the USDA School Breakfast Program.
6. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
7. Water filling stations are available in all cafeterias.
8. All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines.
9. All vending machines will be turned off during the school day.
10. All fundraisers held during the school day must meet Smart Snack standards. There are no exemptions.
11. Lunch will follow the recess period to better support learning and healthy eating.
12. Sugary foods (candy, fruit snacks, sugary gum) are not used for “food as reward” in the classroom(s).
13. Students are encouraged by 50% of teachers to drink tap water throughout the school day. Students are permitted to have water bottles at their desks and are given ample opportunities to refill water containers.
14. Sugary drinks (soda, sport drinks, energy drinks) in the classroom is discouraged by 50% of teachers.
15. Students are permitted and encouraged by faculty, staff, and administrators to perform personal oral hygiene during the school day. Signs are posted above at least four designated sinks indicating ‘toothbrush friendly’ and students who bring their own oral health supplies to school are aware of the designated area.

Nutrition Promotion/Education

1. Each school will implement at least one of the following four Farm to School activities
 - a. Local products are incorporated at least once a week into the school meal program.
 - b. School hosts a school garden.

- c. School hosts field trips to local farms.
 - d. School utilizes promotions or special events, such as tastings, that highlight local/regional products.
2. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
3. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
4. Nutrition education, a component of comprehensive health education, shall be offered every year 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 entire curriculum when appropriate.
5. 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, posting on the District website, community and student-oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.
6. Nutrition education will incorporate lessons helping students acquire skills for reading food labels and menu planning.
7. The nutrition education program shall work with the school meal program to use the cafeteria as a learning lab.
8. All school cafeterias will have a minimum of three taste tests per school year for locally grown products.
9. The use of food or candy as a classroom reward in any school is prohibited.
10. Students can bring in bottled water from home.
11. The advertising of foods and beverages that are not available for sale in district schools will not be advertised on any school property.

Physical Education/Activity

1. All district elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.
2. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
3. 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.
4. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
5. Planned instruction in physical education shall include cooperative as well as competitive games.
6. All students in grades 7-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
7. Quarterly, the school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
8. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

9. Students in grades K-5 will have physical education at least 60 minutes per week, while those in grades 6-8 will have physical education every other day throughout the school year at a minimum duration of 45 minutes per class. All High School students will follow the District graduation requirements. Physical education can be modified based on student's needs.
10. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.
11. All elementary/middle/high school students will receive X minutes per week of physical education instruction throughout the school year.
12. The school district shall provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies for physical education teachers.
13. Physical activity clubs and intramurals shall be available during before and/or after-school hours.
14. Schools must provide at least 20 minutes of active daily recess to all elementary students.
15. Physical activity must not be assigned to students because of poor behavior or punishment for any reason.
16. Recess, PE, or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.
17. Mouthguard education will be provided annually by the PE teacher, AD, and/or coaches, in written form to all parents and/or guardians and in verbal form to all students in all school-based physical activities, including afterschool sports.
18. Mouthguard use will be encouraged to all students and recommended to all parents and/or guards in all school-based physical activities, including afterschool sports.

Other School Based Wellness Activities

1. The district will promote to parents/care givers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to at least one school sponsored wellness event and will receive information quarterly regarding health promotion.
2. The school shall provide at least thirty (30) minutes daily for students to eat.
3. The school shall provide attractive, clean environments in which the students eat.
4. 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.
5. The schools shall schedule mealtimes so there is a minimum disruption by bus schedules, recess, and other special programs or events.
6. All schools must offer before/afterschool clubs and activities that promote physical activity and healthy eating. Examples include healthy cooking clubs, ski club, and more.
7. School districts will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the Districts' curriculum experts.
8. All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.
9. The district wellness committee meets a minimum of three times a year.

10. After obtaining food, students will have at least 20 minutes to eat lunch.
11. An oral health care space is available for all students. This space shall include a working sink, toothpaste, small paper cups for rinsing, and mouthwash.
12. The wellness center or school nurse has toothbrushes available for students in need. There is a designated prepared space and a way to safely store student toothbrushes (labeled with full names and non-touching) for daily use.
13. Age appropriate oral health education presentations are provided to students, given by dental health professionals, in classroom a minimum of one time per year.
14. Oral health professionals come into the school to provide preventive oral health services, ie: dental screenings, dental sealants, fluoride varnish, education, dental cleanings etc. at least twice a year. Parents are sent home a dental report card, completed by the dental provider after the dental treatment.
15. Licensed oral health professionals come into the school to provide preventive and restorative oral health services i.e.: dental screenings, dental sealants, fluoride varnish, education, dental cleanings, dental exams, fillings, radiographs etc. at least twice a year. Parents are sent home a dental report card, completed by the dental provider after dental treatment.