

Climax-Scotts Community Schools Wellness Policy

Climax-Scotts Community 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

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 appropriate training.

The District may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality nutrition curriculum that:

- A. Provides students the knowledge and skills needed to engage in sound nutrition behavior
- B. Builds students' confidence and competence in making healthy nutrition choices
- C. Engages students in learning that prepares them to choose a healthy diet
- D. Includes students of all abilities

Nutrition education shall also be made available to parents/guardians and the community. This instruction may be provided in the form of handouts, wall posters, or banners, postings on the District website, community and student presentations, or other communications focused on promoting proper nutrition and a healthy lifestyle.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in Federal regulations. The District shall encourage students to make nutritious food choices.

The District shall offer school meal programs with menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

The District shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians reminding them of the necessity of providing healthy treats for

students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

All District fundraisers will comply with the State/Federal mandated requirements to include “Smart Snacks.” These items must meet the USDA Food Nutrition Standards: <200 calories per item, <200mg of sodium, <35% of calories from Total Fat, <10% of calories from Saturated Fat, 0 grams of Trans Fat, and <35% sugar by weight.

Physical Education and Physical Activity Opportunities

The District shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Every year, all Pre-12 students 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.

The physical education curriculum shall be aligned with the Michigan Physical Education Content Standards and Benchmarks and will include students of all abilities. The District shall provide functional equipment and facilities to implement the curriculum for the number of students served. Physical education instructors shall be certified and trained in best practice physical education methods and will keep all students involved in purposeful activity for the majority of each class period.

The District shall offer daily opportunities for unstructured physical activity for all K-5 students. This recess shall be in addition to, not a substitute for, physical education class time. The Elementary School shall provide proper equipment and a safe area designated for supervised recess.

Besides physical education class and organized sports, the District may also offer before and after school extracurricular physical activity programs and the use of school facilities outside of school hours.

Other School-Based Activities Designed to Promote Student Wellness

In order to create a healthy school environment, the District shall provide a clean and safe dining area for students that will have enough space and serving areas to ensure all students have access to school meals. Drinking fountains are available near the cafeterias at all schools to ensure the availability of water at meals and throughout the day.

While encouraging maximum student participation in the school lunch program, the District shall protect the identities of students who qualify for free or reduced price meals.

The District shall promote opportunities for continued professional training and development for food service staff and teachers.

The District shall also provide information and outreach materials to parents/guardians of students about other Food and Nutrition Service programs such as Bridge Cards, WIC (Women, Infants, and Children), and locations of summer food programs in the community.

Wellness Committee

The Superintendent shall verify that the District meets the goals established in this policy.

The Superintendent shall appoint a Wellness Committee that includes the food service supervisor, physical education teachers, building principals, school board members, parents, and members of the public. His committee shall oversee development, implementation, evaluation, and periodic update of the wellness policy.

The Wellness Committee shall report annually before the end of the school year to the superintendent any recommended changes to the policy deemed necessary. The Superintendent shall then report the committee's findings to the School Board and revision to the policy shall then be implemented.

The District shall post the School Wellness Policy, along with annual revisions, on the District's website.

Adopted 9-16-2013

Revised 3-20-2017

Revised & Adopted 6-2017