

Climax-Scotts Community Schools Wellness Policy

The 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

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. 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 the appropriate training.

Nutrition Standards

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

The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

The district shall encourage serving healthy food at school parties. Notices may be sent to parents/guardians either separately or as part of a school newsletter, encouraging them to provide healthy treats or non-food treats to students for school parties.

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.

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. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.

Every year, all 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.

Other School-Based Activities Designed to Promote Student Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The District Superintendent shall implement this policy and measure how well it is being managed and enforced. The District Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The District Superintendent shall report to the local school board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Snack Policy for Snack Shack and Food Service Vending

At least 80% of single serve size snacks (except nuts, seeds, and cheese) must meet at least two of the following four criteria:

1. Contain 300 or fewer calories
2. Eight grams or less of fat
3. One or more grams of fiber or
4. At least 10% of calcium, iron, Vitamin A or Vitamin C

Beverage Policy for Snack Shack and Food Service Vending

- At least 50% juice
- Water
- 100% juice in 12 oz serving size or less
- Fat free, low fat, plain and/or flavored milk in 16 oz serving size or less
- Fruit/fruit juice smoothies in 16 oz serving size or less