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Engadine Consolidated Schools

Local Wellness Policy

2022-2023

SECTION 1: General Information

Schools included in this assessment: One K-12 building, Engadine Consolidated Schools

Month and Year of Current Assessment: November 2022

Date of Last Wellness Policy Revision: May 12, 2021

Website address for the wellness policy and/or information of how the public can access a copy:

Access to the district policy on Wellness can be found at the following site:

<https://go.boarddocs.com/mi/engadine/Board.nsf/Public?open&id=policies#>

Listed is the direct Engadine Consolidated Schools Board Policy and regulation:

Section: 8000 Operations

Title

WELLNESS

Code

po8510

Status

Active

Adopted

December 14, 1992

Last Revised: May 12, 2021

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:

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.
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.
3. Nutrition education standards and benchmarks shall be age- appropriate and culturally relevant.
4. The standards and benchmarks for nutrition education shall be behavior focused.
5. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
6. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
7. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff, families and the community.
8. Nutrition education posters, such as the My Plate, will be displayed in the cafeteria and throughout the school.
9. Food should not be used as a reward.
10. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
11. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
12. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
13. 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.
14. 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. With regard to physical education and physical activity, the District shall:

1. Physical Education

- 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.
- b. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- c. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
- d. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- e. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
- f. 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.
- g. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- h. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- i. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- j. Planned instruction in physical education shall include cooperative as well as competitive games.
- k. Planned instruction in physical education shall take into account gender and cultural differences.
- l. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- m. Withholding physical education time should not be used as a punishment or to use for make-up time for work missed in other classes.
- n. Physical education class should not be replaced with other activities.
- o. Daily opportunity for unstructured physical activity should be available for at least twenty (20) minutes.

2. Physical Activity

- a. Physical activity should not be employed as a form of discipline or punishment.
- b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- c. 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, or tennis.

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

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

2. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
3. 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.
4. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
5. The schools may 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.
6. 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.
7. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
8. Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

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, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the Nutrition Standards for school meals guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

- C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.
- D. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.
- E. 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.
- F. The school food service program shall involve staff and/or school officials in the selection of competitive food items to be sold in the schools.
- G. All food service personnel shall receive pre-service training in food service operations.
- H. Continuing professional development shall be provided for all staff of the food service program.
- I. Recommend that food/snacks are not withheld as a form of punishment.
- J. Predominantly healthy foods are used for classroom celebrations and parties.

- K. Sell predominantly healthy foods at school functions and fund raisers and school stores.
- L. Predominantly healthy foods are served as ala carte selections.
- M. Foods with minimal nutrient value should not be sold in school fund raisers.
- N. Regulate the hours of vending machines containing foods with low nutrient value.
- O. Students will be provided access to drinking water throughout the day.
- P. Students are discouraged from sharing their foods or beverages with one another during meal and snack times, given concerns about allergies and other restrictions on some students' diets.
- Q. Students are encouraged to use sunscreen or protective clothing when outside more than thirty (30) minutes
- R. The food services program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn will regardless of unpaid meal balances and without stigma.

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(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.

Revised 9/9/13

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SECTION 2: Wellness Committee Information:

How often does your school wellness committee meet? The committee meets 2x yearly

School Wellness Leader:

Name	Job Title	Email Address
Andrew Alvesteffer	Superintendent	Aalvesteffer-ecs@eupschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Andrew Alvesteffer	Superintendent/ K-12 Administrator	aalvesteffer-ecs@eupschools.org
Nichole Huffman	Head Cook/ Director of Food Service	nhuffman@eupschools.org
Forrest Sherman	Assistant Cook	fsherman-ecs@eupschools.org
Heather Luoto	K-12 Administrator/ Instructional Coach	hluoto@eupschools.org

SECTION 3: Comparison to Model School Wellness Policy:

Engadine Consolidated Schools uses the Michigan State Board of Education Model Local School Wellness Policy as a comparison model. The State Board Policy can be found here:

https://www.michigan.gov/mde//media/Project/Websites/mde/Year/2017/06/08/SBE_Model_LWP_ADA_Final_SBE_Version.pdf?rev=1082404543e8496ab605d51f9c671fde&hash=A8EA81377D12CBC17C94120147BF7425

The district utilizes the wellness checklist and meets all criteria under USDA guidelines. Those guidelines may be found here: <https://www.fns.usda.gov/tn/local-school-wellness-policy>

SECTION 4: Compliance with the Wellness Policy and Progress Towards Goals:

Nutrition Promotion and Education Goal:

Goal: What do we want to accomplish?	All students will have access to a healthy and nutritious breakfast and lunch, per USDA guidelines.
Action Steps: What activities need to happen?	Director of Food Service will coordinate with Superintendent to make sure all USDA policies and guidelines are met, reports are completed and monitoring of program exists.
Timeline: Start dates	August 2022-June 2023 (yearly)
Measurement: How is progress measured?	Progress is measured through compliancy reporting
Lead Person:	Director of Food Service
Stakeholders: Who will be involved and/or impact?	Teachers, Staff, Students
Complete?	No, for the 2022-2023 year (in progress) Yes for previous years

Physical Activity Goal:

Goal: What do we want to accomplish?	All students will participate in physical education classes 2 or more times per week. All K-6 students will receive at least two recess breaks per day. All students in 7-12 will receive a 20 minute “brain break” during lunch time.
Action Steps: What activities need to happen?	Administrators will coordinate schedules for compliancy.
Timeline: Start dates	August 2022-June 2023 (yearly)
Measurement: How is progress measured?	PE Teacher monitors student participation
Lead Person:	PE Teacher/ Admininstrators
Stakeholders: Who will be involved and/or impact?	Teachers, Staff, Students
Complete?	No, for the 2022-2023 year (in progress) Yes for previous years

Guidelines for other foods and beverages available on the school campus, but not sold:

Goal: What do we want to accomplish?	The district will comply with Board policies to promote and encourage wellness protocols. Annually, staff will be made aware of policies through training.
Action Steps: What activities need to happen?	Yearly training for all staff prior to the start of the school year. District will send out wellness policy for parents at start of the year in handbooks. Policy will be posted to district website.
Timeline: Start dates	August 2022-June 2023 (yearly)
Measurement: How is progress measured?	Superintendent and Administrators monitor for compliance
Lead Person:	Superintendent/ Administrators
Stakeholders: Who will be involved and/or impact?	Teachers, Staff, Students, Parents, Community Members
Complete?	No, for the 2022-2023 year (in progress) Yes for previous years

Guidelines for other foods and beverages available on the school campus, but not sold:

Goal: What do we want to accomplish?	District will operate a vending machine in the high school with healthy snacks that meet nutrition guidelines. The vending machine will be non-functionable during instructional hours. No sales of foods or beverages during school hours, except for the cafeteria.
Action Steps: What activities need to happen?	All food and beverage sales will comply with district policies and receive approval from Superintendent prior to sales.
Timeline: Start dates	August 2022-June 2023 (yearly)
Measurement: How is progress measured?	Monitored through compliancy
Lead Person:	Superintendent/ Director of Food Service
Stakeholders: Who will be involved and/or impact?	Teachers, Staff, Students
Complete?	No, for the 2022-2023 year (in progress) Yes for previous years