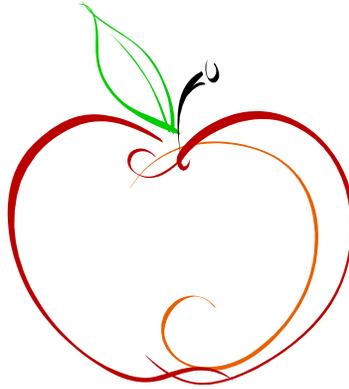


# **HARDIN COUNTY SCHOOLS**



## **WELLNESS POLICY GUIDELINES**

*Approved by the Hardin County Board of Education April 3, 2006.*

*Revised May 25, 2010*

*Revision Approved by the Hardin County Board of Education October 15, 2014*

On June 30, 2004, President George Bush signed Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. Section 204 of this law requires school districts participating in the National School Lunch Program and/or School Breakfast Program to develop a local Wellness Policy that addresses student wellness and the growing problem of childhood obesity by the school year 2006.

The Hardin County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- The School Nutrition Program will comply with federal, state, and local requirements.
- School Nutrition Programs will be accessible to all children.
- Sequential and interdisciplinary nutrition education will be provided and promoted.
- Patterns of meaningful physical activity will connect to students' lives outside of physical education.
- All school-based activities will be consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, a la' carte, student stores, parties, and fundraising) during the school day will be consistent with the USDA SMART Snacks Guidelines, applicable state statues and/or regulations and the Nutrition Standards section of this document.
- All foods made available on campus will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, pleasing, and allows ample time and space for eating meals.
- Food will not be used as a reward or punishment.
- Physical education will not be withheld as a punishment.

#### **NUTRITION EDUCATION AND PROMOTION GOALS:**

- Teachers in PK – Grade 8 will integrate nutrition education into the curriculum to help students understand the relationship of nutrition to healthful living. (See state curriculum guidelines for specific objectives for each grade level.) The state-approved Michigan Model, Take 10, and OrganWise Guys Curriculum will be used to help meet this goal.
- Lifetime Wellness and other teachers in Grades 9-12 will integrate nutrition education into the curriculum to help students determine the effects of nutritional choices that contribute to an improved quality of life. (See state curriculum guidelines for specific objectives.)
- A list of nutrition education resources will be provided to Hardin County teachers by the Coordinated School Health Specialist and other community agencies and partnerships.
- Nutrition education programs and/or lessons will be presented by Coordinated School Health and other agencies and partnerships to students in grades PK-12 during the school year.

- Nutrition education will be evident in the cafeteria and/or lunchroom setting by bulletin boards, posters, and menus that promote fruits and vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Students will be encouraged to start each day with a healthy breakfast.
- All schools will be USDA Team Nutrition Schools.
- School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or SMART Snacks Guidelines. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

**PHYSICAL ACTIVITY GOALS:**

- Students in PK – Grade 5 will engage in physical activity for a minimum of ninety (90) minutes each week.
- Students in Grades 6-8 will engage in physical activity for a minimum of ninety (90) minutes each week.
- Students in grades 9-12 will take Lifetime Wellness which will include both physical activity and health and wellness instruction.
- Extracurricular physical activity programs to all students at all Hardin County Schools.
- Physical Education will not be taken away from students as punishment.

**NUTRITION STANDARDS GOALS:**

- Meals served through the National School Lunch and Breakfast Program will:
  - be appealing and attractive to children;
  - be served in clean and pleasant surroundings;
  - meet, at a minimum, nutrition requirements established by local, state and federal regulations;
  - offer a variety of fruits and vegetables daily, including at least one fresh fruit or vegetable daily;
  - serve a variety of milk, including low-fat unflavored and fat-free, flavored, and unflavored on a daily basis.

- Schools will engage students and parents, through taste-tests of new entrees and/or surveys, in selecting foods sold through the school nutrition program in order to identify acceptable new, healthful, and appealing food choices.
- Foods or beverages will not be used as rewards on campus during the school day. This includes a 30-minute period prior to the start of the school day and a 30-minute period after the school day ends.
- Schools will not withhold food or beverages as a punishment.
- The USDA SMART Snacks Guidelines and applicable state statutes will be followed by all schools for all foods and beverages sold to students.
- In order to comply with the Hardin County Wellness Policy Guidelines, all parties and/or special activities where food is served must be approved by the school administration.
- Birthday parties for students will not be allowed at school.
- Only two holiday parties will be allowed per school year at the elementary level: Christmas and Valentine's Day. One End-of-the-Year Celebration will be permitted. At least one-half of the foods and beverages served during a party or celebration activity must be pre-packaged from an approved source and must meet the SMART Snacks Guidelines.
- Meals through the National School Lunch and Breakfast Program will be available to all students in all schools.
- School nutritional professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, the district will provide continuing professional development for all school nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs according to their level of responsibility and hours worked.

**OTHER SCHOOL-BASED ACTIVITIES:**

- School Health Advisory Councils (SHAC) will be set up at each school in Hardin County.
- A county-wide School Health Advisory Council (SHAC) will be set up with representatives from the schools and community, including at a minimum a parent, student, teacher, school administrator, school board member, health professional, school nutrition program representatives and members of the public.
- The Hardin County School Health Advisory Council will meet to monitor wellness needs of the school system and suggest updates and revisions.

- Cafeteria Atmosphere:
  - School dining areas will have sufficient space for students to sit and consume meals.
  - School dining areas will be clean, safe, and pleasant environments that reflect the value of the social aspects of eating.
  - Enough serving areas will be available to ensure student access to school meals with a minimum of wait time.
  - Meal times will be scheduled near the middle of the day.
  - Students will be given adequate time to enjoy healthy meals with friends.
  
- At least two schools will meet the criteria for USDA's Healthier US School Challenge and Alliance for a Healthier Generation.
  
- Drinking / potable water must be available to students and other customers without restriction in the location where meals are served. (Public Law 111-296)

**MONITORING AND POLICY REVIEW and ASSESSMENT:**

The Hardin County Director of Schools, school administrators, Coordinated School Health Specialist, school nurses and/or School Health Advisory Council members will work to ensure compliance with established district-wide nutrition, health education, wellness and physical activity policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Director of Schools or designee.

School nutrition staff in each school will ensure compliance with nutrition policies within the school nutrition program and will report on this matter to the School Nutrition Program Director.

The School Health Advisory Council with input from other interested individuals and groups will at least annually review and make recommendations for updates and changes, if needed, to the Hardin County Wellness Policy and Guidelines.

Assessments of the nutrition, health education, wellness and physical activity policies will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. The assessment will be posted on the Hardin County Schools website.

The Director of Schools or designee will in turn report to the Hardin County Board of Education, staff and public on the compliance, progress and implementation of the Wellness Policy, based on input from schools within the district and the triennial assessment.