

Bay City Public Schools

Bylaws & Policies

LOCAL WELLNESS POLICY E3377

As required by law, the Board of Education establishes the following wellness policy for the Bay City Public School District.

The Bay City Public School District 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.

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 has established:

Strategies for Nutrition Education

1. Nutrition Services Department shall display nutrition education information throughout the student and staff dining areas and also throughout the school buildings. Nutrition education posters, such as the USDA My Plate, may be displayed in the cafeteria.
2. The school's nutrition services staff will assist in distributing nutritional education information beyond the classroom.
3. Nutrition education may extend beyond the school by involving families. Continue to include nutrition information on the monthly printed menus that are; distributed to students/families, posted in the school buildings and posted on the school website.
4. Nutrition educational programs will continue to promote the benefits of a healthy lifestyle that included eating whole grain products, fruits, vegetables, low-fat/fat-free dairy products.

B. With regard to physical education, health education and physical activity, the District has established:

Strategies for Physical Education, Health Education and Physical Activity Opportunities

1. Physical Education

- a. All students in grades K-12, including those with disabilities, will have the opportunity to participate in physical education classes. Instruction related to the knowledge and skills necessary to participate in lifelong physical activity, will stress the importance of remaining physically active for life.
- b. Certified teachers will provide instruction in physical education.
- c. Planned instruction in physical education will promote participation in physical activity outside the regular school day.
- d. Physical education instruction shall support the requirements for the Michigan Physical Health Education Content Standards and Benchmarks.

2. Physical Activity

- a. Recess will be encouraged daily and will be discouraged as a form of punishment.

- b. The school will encourage families and community organizations to institute programs that support physical activity of all sorts.
- c. Interscholastic sports programs will be available for students who meet current academic and athletic guidelines.

C. With regard to other school-based activities, the District has established:

Strategies for Other School-Based Activities Designed to Promote Student and Staff Wellness

- 1. A school may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students.
- 2. A school may demonstrate support for the health of all students and/or staff by hosting health clinics and screenings.
- 3. The District will utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- 4. 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.
- 5. Encourage marketing techniques to promote healthy choices.

Nutrition Guidelines for all Foods and Beverages Available on Campus during the School Day

- A. In accordance with Policy **E3360** entitled Food Service Management, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy **E3375** entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA).
 - 1. The food service program will strive to be financially self-supporting.
 - 2. All foods and beverages for purchase by students on campus during the school day will comply with the current USDA Healthy, Hunger Free Kids Act of 2010. This will include all foods and beverages that are available to student's ala carte from vending machines, snack sales and school stores.
 - 3. Any food or beverage items sold on campus as an approved fund raiser shall meet the current regulations as outlined in the Healthy, Hunger Free Kids Act of 2010.
 - 4. The food service program shall be administered by a director who is properly qualified, certified, licensed, or credentialed, according to current professional standards.

The district superintendent or designee shall implement this policy and measure how well it is being managed and enforced. The district superintendent or designee shall develop and implement strategies to improve this policy.

Review of this policy shall occur every three (3) to five (5) years by a committee appointed by the Board consisting of/with input from: Teachers (including specialists in health and physical education), school nurses, parents/guardians, Nutrition Services staff representative, school board members, school administrators, students and the public.

The Superintendent or designee shall report on the District's compliance with this policy and the progress towards achieving the goals set forth herein when requested to do so by the Board. The committee shall provide the School Board with recommended changes to this policy.