

Preface

As required by law, the Board of Education establishes the following wellness policy for the West Ottawa Public School 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.

Wellness Committee and Policy Leadership

Committee Role and Membership

WOPS will create a representative district wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this wellness policy.

The Superintendent shall appoint a District wellness committee that includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and school administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee will have members recruited and chosen annually. School-level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's wellness policy;

- C. presentation of the wellness policy to the school board for approval;
- D. measurement of the implementation of the policy;
- E. recommendation for the revision of the policy, as necessary.

Wellness Policy Leadership

The LEA will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.

The designated official(s) for oversight:

Jenna Stamp, Food Service Director

stampj@westottawa.net

Nutrition

Nutrition Education

The District's nutrition education standards and benchmarks shall be age-appropriate and culturally relevant for all student's Pre-K-12. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

Nutrition education goals include:

1. The food service department will provide nutrition education on myplate and all five meal components (grain, meal/meal alternate, fruit, vegetable, milk) before the start of each school year for the food service staff.
2. Nutrition education posters and/or signage providing instruction on the five meal components will be in all cafeteria's during each serving time.
3. Food service department will host a minimum of four Try Day Friday's each school year with the intention of providing nutrition education on different fruits or vegetables to all students.
4. The food service department will publish a monthly newsletter during the school year to provide evidenced-based nutrition education to students and families in the district.
5. The food service department will send out nutrition education materials to all building principals at the beginning of each school year to be distributed to their teaching staff. These educational materials will include information on what makes a full meal for lunch and breakfast based on the USDA guidelines and the importance of the five meal components.

Nutrition Promotion

Evidence-based nutrition promotion and education is essential for students to help them create positive, lifelong eating behaviors. This will be done by creating food environments each day in the cafeteria and classroom that encourage good nutrition choices and by promoting participation in the school meal programs. Students and staff will receive regular nutrition messages throughout school buildings, classrooms, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverage choices to all students and staff.

Nutrition promotion goals include:

1. The food service department will promote school meal participation at the start of each school year.
2. The food service department will promote myplate and all five meal components (grain, meal/meal alternate, fruit, vegetable, milk) on a daily basis. This will be achieved through food service staff being educated before school starts each fall, food service staff discussing this with students in the lunchroom, and food service staff encouraging students to choose at least 3 meal components during meal time to follow USDA guidelines. In addition, there will be signage in each serving area promoting the five meal components.
3. The food service department will host a minimum of four Try Day Friday's each school year with the intention of promoting a variety of fruits and vegetables.
4. The food service department will publish a monthly newsletter during the school year to provide food service updates, promote school meals, and promote good nutrition to students and families in the district.
5. The food service department will send out nutrition education materials to all building principals at the beginning of each school year to be distributed to their teaching staff in order to equip teaching staff to promote good nutrition before/during school meal time. The materials will include information on what makes a full meal for lunch and breakfast based on the USDA guidelines and the importance of the five meal components.
6. The food service department will participate in the summer food service program and host free breakfast and lunch distribution sites around the district for children 0-18 years of age. All 5 food groups will be promoted at these meals.

Standards and Nutrition Guidelines for all Foods and Beverages

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.

As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

Continuing professional development shall be provided for all staff of the food service program.

Food and Beverage Marketing

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

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.

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.

Physical Education and Activity

Physical Education

The District will provide physical education opportunities that incorporate the components of a quality physical education program. Physical education will equip students with the knowledge, skills, and ideals needed for lifelong physical activity. Physical education teaching will line up with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

Physical education goals include:

1. All students in grades K-8 will be provided with the opportunity to meet the [MDE's 2017 K-12 Physical Education Standards](#) for their grade level each school year. The five standards include:
 - a. Standard 1: Demonstrates competency in a variety of motor skills and movement patterns like locomotor, non-locomotor, manipulative, & aquatics.
 - b. Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
 - c. Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhanced level of physical activity and fitness.
 - d. Standard 4: Exhibits responsible personal and social behavior that respects self and others.
 - e. Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
2. All students in high school will be provided with the opportunity to meet the level 1 standards listed in the [MDE's 2017 K-12 Physical Education Standards](#) for their grade level each school year. If students desire to pursue more physical education, they will have the opportunity to meet the level 2 standards.

Physical Activity

Students, Pre-K-5, shall have the opportunity to participate regularly in supervised organized 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.

Physical activity goals include:

1. All students in grades K-5 are offered 15-30 minute recess times every scheduled school day to promote unstructured physical fitness to students.
2. All students in grades K-5 will receive the opportunity to participate in a physical education class with structured physical fitness activities for a minimum of 48 minutes, once a week, for the entire scheduled school year.
3. All students in grades 2 & 4 will receive the opportunity to participate in swim lessons for drown proofing and swim skill building.
4. All students in grades 4-6 will have the opportunity to participate in Panther Pathways after school for the fall, winter, or spring seasons.
5. All students in grades 7-12 will have the opportunity to participate in extracurricular activities that promote structured physical activity during the entire school year. Extracurricular activities available at WOPS include organized sport teams, weight lifting, marching band, & other clubs.

Other School-based Activities to Promote Student Wellness

The District will promote and implement other evidence-based programs to cultivate environments that encourage student wellness.

Other school-based wellness goals include:

1. Each year middle school students will be able to self-identify when they need help accessing social, emotional, and academic support. If they are unable to self-identify, then a middle school counselor is available to assist them in this process.
2. Each year the high school counselors met with freshmen through seminar in the fall. The high school counselors will have an adjusted course planning meeting for freshmen to connect with them before the winter break. The goal is to have 75% of freshmen having met face to face with a high school counselor by March 1.
3. All high school students will complete CCLR lessons through Naviance promoting health and self-care.
4. All students with a chronic health condition (diabetes, asthma, allergies, seizures, etc.) will have assistance if needed, in managing their condition at school. This assistance will be from a school nurse, office staff person, and/or food service staff member once the proper documentation has been completed (emergency action plan, medication administration form, special meal request form, ect).

Implementation, Assessment, Documentation, and Updates

Implementation

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Superintendent shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.

Triennial Assessment

WOPS will assess the wellness policy every three years. The assessment will determine: building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

The person responsible for the Triennial Assessment is: Jenna Stamp, Nutrition Services Director,

stampj@westottawa.net

Documentation

This wellness policy can be found at <https://www.westottawa.net/wops-food-service/>

Required Documentation will be maintained at: West Ottawa Food Service Office, 3700 140th
Ave, Holland MI 49424

Updates to the Policy

The District shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the School District's website.

Public Updates

The Superintendent is also responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall ask the Director of Food Service to inform parents and students, via email communication; and post the policy on the District's website, including the Wellness Committee's assessment of the implementation of the policy.

