

Michigan State Board of Education Cassopolis Public Schools Wellness Policy

Preface

The Michigan State Board of Education recognizes and acknowledges that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.”¹ The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

A local school wellness policy is a written document that guides a local educational agency’s² (LEA) efforts to establish a school building environment that promotes students’ health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It is specific to LEAs (local school districts, public school academies, and intermediate school districts), as opposed to School Food Authorities,³ that participate in the National School Lunch Program and/or School Breakfast Program. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each school under the LEA’s jurisdiction can be addressed.⁴

This State Board of Education Model Local School Wellness Policy was developed to assist Michigan school districts in developing their own local wellness policies. This document supersedes the 2005 model policy and must be modified to reflect local school district policy and procedure. Evidence-based⁵ goals must be specific, measurable, achievable, realistic, and time based (SMART).

Wellness Committee and Policy Leadership

Committee Role and Membership

The LEA will convene 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 district-level wellness policy.

The committee will represent all school building levels (elementary and secondary schools) and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals (e.g. Nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators, school board members, health professionals (e.g., dietitians, doctors, nurses, dentists), and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education (SNAP-Ed) coordinators.

¹ [Michigan State Board of Education Policy on Coordinated School Health Programs to Support Academic Achievement and Healthy Schools](#)

² A commonly used synonym for a school district, an entity which operates local public primary and secondary schools in the United States.

³ The governing body which is responsible for the administration of one or more schools and which has the legal authority to operate a nonprofit school food service program therein or otherwise approved by the Food and Nutrition Service of the United States Department of Agriculture to operate the National School Lunch Program.

⁴ [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)

⁵ Any concept or strategy that is derived from or informed by objective evidence

To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.⁶

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.⁷

The designated official(s) for oversight is:

Dr. Angela Piazza, Superintendent
725 Center Street
Cassopolis, MI 49031
(269)445-0503

Heather Rigby, Food Director
22721 Diamond Cove,
Cassopolis, MI 49031
(269)445-1645

Nutrition

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations⁸ and the Michigan Merit Curriculum Guidelines for Health Education.⁹ 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.¹⁰

SMART goal(s) for Nutrition Education:

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 included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
3. 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.
4. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
5. The standards and benchmarks for nutrition education shall be behavior focused.
6. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
7. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

⁶ [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)

⁷ [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)

⁸ [Michigan Department of Education, Michigan Health Education Grade Level Content Expectations](#)

⁹ [Michigan Department of Education, Michigan Merit Curriculum Guidelines for Health Education, V.1.07](#)

¹⁰ [Michigan State Board of Education Model Local Wellness Policy 2005](#)

8. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
9. Nutrition education shall extend beyond the school by engaging and involving families and the community.
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. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.
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.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.¹¹

SMART goal(s) for Nutrition Promotion:

1. Encourage students to increase their consumption of healthful foods during the school day;
2. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:
 - a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
 - b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy
 - c. whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation
 - d. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
 - e. meals designed to meet specific calorie ranges for age/grade groups
3. Eliminate trans-fat from school meals
4. Require students to select a fruit or vegetable as part of a complete reimbursable meal

Standards and Nutrition Guidelines for all Foods and Beverages

The District shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus¹² during the school day¹³ are consistent with federal and

¹¹ [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)

¹² All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

state regulations.

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals.¹⁴ All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as "competitive" foods and beverages) must be consistent with USDA's Smart Snacks in School nutrition standards¹⁵ and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance.¹⁶ These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, à la carte lines, fundraising events, school stores, snack carts, and vending machines.

The District will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).¹⁷

Nutrition standards for all foods and beverages provided, but not sold, to students during the school day:

1. 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.
2. 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.

Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.¹⁸

It is the intent of the District to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.

¹³ The period from the midnight before, to 30 minutes after the end of the official school day.

¹⁴ [USDA Nutrition Standards for School Meals](#)

¹⁵ [USDA Smart Snacks in School nutrition standards](#)

¹⁶ Administrative Policy No. 21 clarifies that up to two exempt fundraisers per week are allowed per school building that do not meet the Smart Snacks in School nutrition standards

¹⁷ [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)

¹⁸ [Change Lab Solutions. \(2014\). District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds](#)

As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.¹⁹

Physical Activity and Physical Education

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 Grade Level Content Expectations²⁰ and the Michigan Merit Curriculum Guidelines for Physical Education.²¹

SMART goal(s) for Physical Education:

1. 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.
2. All students in grades K - 6, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for fifty (50) minutes for the entire school year.
3. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.
4. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
5. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
6. 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.
7. 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.
8. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
9. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
10. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
11. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
12. Planned instruction in physical education shall include cooperative as well as competitive games.
13. Planned instruction in physical education shall take into account gender and cultural differences.
14. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

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.²²

¹⁹ [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)

²⁰ [Michigan Department of Education, Michigan Physical Education Grade Level Content Expectations](#)

²¹ [Michigan Department of Education, Michigan Merit Curriculum Guidelines for Physical Education](#)

²² [Michigan State Board of Education Model Local Wellness Policy 2005](#)

SMART goal(s) for Physical Activity:

1. Physical activity shall not be employed as a form of discipline or punishment.
2. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
3. 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.
4. All students in grades K - 6 shall be provided with a daily recess period at least twenty (20) minutes in duration. Recess shall not be used as a reward or punishment.
5. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
6. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
7. All students in grades 7 - 12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
8. All students in grades 7 - 12 shall have the opportunity to participate in interscholastic sports programs.
9. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

Other School-based Activities that Promote Student Wellness

The District will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

SMART goal(s) for other school-based activities that promote student wellness:

1. The schools shall provide at least thirty (30) minutes daily for students to eat.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. The school shall provide attractive, clean environments in which the students eat.
4. Students at Sam Adams Elementary School are permitted to have bottled water only in the classroom.
5. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
6. 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.
7. 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.
8. 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.

Implementation, Assessment, Documentation, and Updates

Implementation

The District will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building.²³ It is recommended that school buildings use the Healthy School Action Tool (HSAT)²⁴

²³ [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)

to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

Triennial Assessment

The LEA will conduct an assessment of the wellness policy every three years, at a minimum. 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.²⁵

The person responsible for the Triennial Assessment is:

Renee Manno, Ross Beatty Jr./Sr. High School
22721 Diamond Cove,
Cassopolis, MI 49031
(269)445-0506

Heather Rigby, Food Director
22721 Diamond Cove,
Cassopolis, MI 49031
(269)445-1645

Documentation

The LEA will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the LEA, and how stakeholders were made aware of their ability to participate.²⁶

This wellness policy can be found at:

<http://www.cassopolis.k12.mi.us/>

Required documentation will be maintained at:

Central Office
725 Center Street
Cassopolis, MI 49031
(269) 445-0503

Updates to the Policy

The LEA will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial

²⁴ [Healthy School Action Tool](#)

²⁵ [Local School Wellness Policy Implementation Under the HHEFKA: Summary of Final Rule](#)

²⁶ [Local School Wellness Policy Implementation Under the HHEFKA: Summary of Final Rule](#)

Assessment.²⁷

Public Updates

The LEA will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The District will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the district website and/or district-wide communications (email, newsletters, and mailings).²⁸

MSBE Adopted April, 2017

Updated March 2020

²⁷ Alliance for a Healthier Generation Model Local Wellness Policy 2016

²⁸ Alliance for a Healthier Generation Model Local Wellness Policy 2016