

## **Wellness Policy**

1. Each building should include establishment of a Wellness Committee each year to address issues identified in the Healthy Schools Action Tool (HSAT). Building committees should include an administrator, staff, students and parent(s).
2. Every year, each building should determine an achievable and measurable goal based on the results of their HSAT. Each year's new goal should be added to complement the practices and procedures developed the previous year.
3. District Administration will oversee and enforce the Wellness Policy and Procedural Memorandum. Building Administrators will monitor their individual Wellness Policies.
4. The ban on consumption of pop and candy during class parties remains active unless prior permission has been given by the principal or his/her designee for a special occasion.
5. Consumption of healthy foods and beverages (non-alcoholic) during lunch periods whether purchased at school or brought from home.
6. No eating or drinking in classrooms by students unless it is part of the instructional school service program. The one exception is water.
7. Consumption of food and beverages by staff members in the classroom can take place only before and after school or during prep periods. The one exception is water which may be consumed by staff who are presenting.
8. Provide healthy alternatives to candy and pop and/or the promotion of other non-food items as rewards.
9. Development and implementation of the Michigan Department of Education/District Pre K-12 grade benchmarks in areas of health, physical education and nutrition.
10. Coaches are to discuss diet with their players as a way to improve their training habits.
11. Students, staff and the community will be informed of the policy and rules on a yearly basis in the *Our Schools* newsletter, building newsletters and staff meetings.
12. Use of the healthy food and beverages list.
13. Participation in recess and physical education. The withholding of recess and physical education should not be used for disciplinary actions. Alternative forms of "intervention" should be developed.
14. District will follow all Smart Snack regulations. Smart Snacks PowerPoint, Smart Snacks Calculator and USDA Smart Snacks in School brochures are assessable on the Port Huron Schools Food and Nutrition Web page.
15. USDA regulations state Food should never be used as a Reward or Punishment. Alternative forms of **INTERVENTION** should be developed.

## **Medical**

Students requiring medical exceptions should present annually Accommodations for Dietary Needs form. A copy should be given to the teacher, the kitchen staff and the main office. The original must be sent to Food and Nutrition office

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