

Wellness Mission Statement

To ensure that students at Harrison Community Schools are receiving nutritious healthy lifestyle skills and physical activity opportunities, our district has created a Wellness Plan in accordance with the Harrison Community Schools Local Wellness Policy, adopted by our districts school board meeting in May of 2006. A plan for our Elementary, Jr. High, High School and Community Education buildings has been developed.

Wellness Committee Members

Joy Robinson, School Nurse
Russ Fimbinger, High School Assistant Principal
Lauri Aleck, High School Special Education Teacher
Frank Brohl, Elementary Physical Education Teacher
Matt Cooper, High School Physical Education Teacher
Erika Freds, Middle School Counselor
Denise Haskin, Parent/School Board Member
Renee Hyduk, Food Service Supervisor
Carol Mason, Parent
Michelle Neff, MSU Extension
Jonathon Haley, High School Student
Rebecca Henry, High School Student

STATE BOARD OF EDUCATION

Model Local Wellness Policy

Preamble

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, this State Board of Education Model Local Wellness Policy was developed by the Michigan Department of Education, in collaboration with other state and local agencies, organizations, educators, and concerned citizens. This document may be modified to reflect local school district policy and procedure. In addition, it is recommended that prior to adopting this policy districts involve teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public.

The Michigan State Board of Education recognizes and acknowledges, through its September 2003 policy on coordinated school health programs, that, "schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy. "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.

This Model Local Wellness Policy is provided to assist Michigan school districts in developing their local wellness policies. This document may be modified to reflect local school district policy and procedure.

Local Wellness Policy

Harrison Community Schools

The Harrison Community Schools 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.

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Content Standards and Benchmarks.¹ 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 shall have the appropriate training.

Nutrition Standards

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.² The district shall encourage students to make nutritious food choices.

The district shall monitor food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density³ and portion size before permitting food and beverages to be sold or served to students.

¹Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998

http://www.michigan.gov/documents/Health_Standards_150527.pdf

²Title 7-United States Department of Agriculture, Chapter II – Food and Nutrition Service, Department of Agriculture, Part 210 – National School Lunch Program.

http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210.04.html

³Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).

http://www.health.gov/dietaryguidelines/dqa2005/report/HTML/GI_Glossary.htm

The district superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Physical Education and Physical Activity Opportunities

The district shall offer physical education opportunities that include the components of a quality physical education program.⁴ 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 Content Standards and Benchmarks.⁵

Every year, all 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.

Other School Based Activities Designed to Promote Student Wellness

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The district superintendent shall implement this policy and measure how well it is being managed and enforced. The district superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The district superintendent shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

⁴Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.

<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

⁵Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.

http://www.michigan.gov/documents/Physical_Education_Content_Standards_422427.pdf