

Wolverine Human Services Bylaws & Policies

8510 - WELLNESS

As required by law, the Board establishes the following wellness policy for the Wolverine Human Services.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of WHS'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.

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, WHS shall:
 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 standards and benchmarks shall

be age-appropriate and culturally relevant.

4. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
5. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
6. 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.
7. Instruction related to the standards and benchmarks for nutrition education shall be provided by certified teachers.

B. With regard to physical activity, WHS shall:

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. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
3. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
4. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

5. 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.
6. Properly certificated teachers shall provide all instruction in physical education.
7. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
8. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
9. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
10. Planned instruction in physical education shall include cooperative as well as competitive games.
11. Planned instruction in physical education shall take into account gender and cultural differences.
12. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

Physical Activity

1. Physical activity shall not be employed as a form of discipline or punishment.
2. 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.

3. The school shall encourage families and community organizations to institute programs that support physical activity of all sorts.
4. Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.
5. In addition to planned physical education, the school shall provide age-appropriate physical activities that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

C. With regard to other school-based activities WHS shall:

1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
2. The school shall provide attractive, clean environments in which the students eat.
3. The schools provides opportunities for staff to model healthy eating habits by dining with students in the school dining areas.
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.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. 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 as well as to the fiscal management of the program.
- B. 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).
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. The food service program shall be administered by a qualified nutrition professional.
- F. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- G. All food service personnel shall receive pre-service training in food service operations.
- H. Continuing professional development shall be provided for all staff of the food service program.

The Director of Operations shall develop administrative guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the principal of each school. The Board designates the Director of Operations as the individual charged with operational responsibility for verifying that Wolverine Human Services meets the goals established in this policy.

The Director of Operations shall report on Wolverine Human Services' compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of this policy shall occur every two (2) years, by a committee appointed by the E-team, consisting of a representative(s) of the E-team, the Director of Operations, the food service provider, and the students. The committee shall provide the E-team with any recommended changes to this policy.

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