

## **Lamphere Schools** **Wellness Policy** **Goals and Guidelines**

The Lamphere School District 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. Lamphere Schools, seeks to provide a campus wide environment where Students are taught healthy eating and physical activity knowledge, skills, techniques and values. In addition, Lamphere Schools provides ample opportunity to practice on a daily basis.

A local school wellness policy is a written document that guides a local educational agency's efforts to establish a facility environment that promotes Student's health, wellbeing 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. It is specific to local schools districts and public residential treatment facilities that participate in the National School Lunch Program and/or School Breakfast Programs. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each facility may be addressed.

Lamphere Schools provides a policy with Goals that are specific, measurable, achievable, and realistic and time based.

### **Committee Role and Membership**

The Wellness team is made up of designated Administration Officials, Teachers, Parents, Physical Education Teachers, Director of Nutrition Services, Food Services Coordinator, and Board Member representative, Director of Curriculum, Youth Assistant Coordinator and Students.

Membership and meetings are open to anyone who would like to join.

Wellness Policy Meetings will be advertised on the Lamphere School Web page or to find out more information contact Katie McConkie, Director of Nutrition Services at 248-589-7935.

The Role of the Wellness team is to review the Policy and measure goals as often as needed and at a minimum of twice a year.

## **Nutrition**

### **School Meals**

School meals served through the National School Breakfast and Lunch Programs will meet the Nutritional requirements established by local, state and federal statutes and regulations. Healthy Snacks will be offered on ala carte lines during lunch hours. Non –

carbonated, lower sugar or vitamin enriched beverages will be available for students during lunch hours.

Students will receive adequate time to eat and socialize during lunch time. A committee of students, parents and district staff (administrators, food service professionals, and teachers) shall be established to review nutritional matters on a periodic basis. The use of food high in fat, sodium and added sugars as a reward or prize for good behavior or exemplary performance shall be discouraged.

Goals: 1.) Create and post new signage in all Cafeterias for all Students to view.  
2.) USDA My Plate educational posters to be hung in all Cafeterias.

### **Nutrition Education**

Every year all Students, Pre K – 12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education. Nutrition Education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors and Physical Education shall be integrated into the curriculum, Nutrition Education information will be offered throughout the classroom and Cafeterias.

Goals: Taking Teacher survey to collect data on what other items or posters Classrooms teachers would want or need.

### **Standards and Nutrition Guidelines for all Foods and Beverages**

Lamphere Schools encourages Students to make Nutritious food choices and ensures that all foods and beverages, served at all meals to Students in all Buildings, meet federal and state regulations.

All reimbursable schools meals meet requirements found in the United States Department of Agriculture (USDA)'s Nutrition Standards for Schools meals. All foods and beverages served to Students outside the federally regulated child nutrition programs are consistent with USDA's Smart Snack in School Nutrition Standards.

Goals: Promote all snacks brought in for any type of classroom party to be Smart Snack compliant.

### **Physical Activity and Physical Education**

Lamphere Schools offers physical education opportunities that include the components of a quality physical education program. Physical Education shall equip students with the knowledge, skills, safety and values necessary for lifelong physical activity. Physical Education is aligned with Michigan Physical Education Grade level content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

Goals: 1.) Classroom teachers to promote Brain Breaks a couple times during the school day.

2.) Provide regular physical activity as part of school curriculum and after school, organized sports teams.

### **Nutrition Fitness and Me! Team Lamphere (Fuel up to Play 60)**

Each School Building in the Lamphere district has a Nutrition Fitness and Me! Team.

This program is lead by a Staff team leader and students.

The ideas and goals are thought up by the Students on the NFand Me! Team.

Students interested in joining their Nutrition, Fitness and Me (Fuel up to Play 60) team is encouraged to go to the Main Office to find out more information.

Goal: To encourage more students to join.

### **Documentation, Updates and Goals**

#### **Documentation**

Lamphere Schools Administration Building will retain records to document compliance with the Wellness Policy requirements. Documentations maintained will include meeting notes, dated documentation of who was present at each meeting, 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.

#### **Triennial Assessment**

Lamphere Schools Wellness Policy Team 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 polices, and progress made in attaining the goals of the wellness policy.

#### **Updates**

The Wellness Team will review and update the Wellness Policy when needed or at least twice a year. Updates will be posted on the Lamphere Schools web site and any other sites, hard copies or communications as deemed necessary.

#### **Goals**

Goals of the Wellness policy will be measured and monitored.

Each goal will be checked when completed.

Self-assessment reviews/ tools will be completed to help determine what goals the Wellness Policy should obtain along with completing the Triennial Assessment once

every year. The Wellness Policy will be updated or modified as appropriate based on the results of the Triennial Assessment.

This Wellness Policy can be found online at [www. Lamphereschools.org](http://www.Lamphereschools.org).  
Required documentation will be maintained at the Administration Building.

**Public Update**

The Wellness Team 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 towards meeting the goals of the policy, will also be made available to the public. The Wellness Team will inform the public on how the public can participate on the Wellness Team and assist with development, implementation, review, goal settings and update the Wellness Policy. All information will be available on the Lamphere Schools web site at [www.lamphereschools.org](http://www.lamphereschools.org)