



## **LOCAL WELLNESS POLICY**

Windover High School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

### **To accomplish these goals:**

1. Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all students.
2. Sequential and interdisciplinary nutrition education is provided and promoted.
3. Patterns of meaningful physical activity connect to students' lives outside of physical education.
4. All school-based activities are consistent with local wellness policy goals.
5. All foods and beverages made available on campus (including vending, concessions, a la carte and parties) during the school day are consistent with the current Dietary Guidelines for Americans.
6. All foods made available on campus adhere to food safety and security guidelines.
7. The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

In addition to these practices, Windover High School will use the existing Oversight Committee consisting of a Board member, administrator, counselor/Dean of Students, teachers, parents and students rather than establish another committee and charge them to oversee the wellness plan for the school. They will be asked to consider ways to improve nutrition and information and physical activity in the school environment.

### **Administrative Rules Regarding Windover High School Local Wellness Policy**

In order to enact and enforce Windover High School's Local Wellness Policy, the Board of Directors will empower the Oversight Committee to review and implement these administrative rules. Local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Windover High School's Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Windover High School Principal  
919 Smith Road  
Midland, MI 48640

Students, staff and community will be informed about the Local Wellness Policy annually.

1. Nutrition education, a component of comprehensive health education, shall be offered every year as part of the health/science class. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

2. The District shall offer a school meal program with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

3. Physical Education will be offered every year to all students when the State of Michigan requires it. Physical activity will be encouraged for all students during break times and at lunch break. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

4. The District shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

A. Windover will provide clean, safe and enjoyable places for students to eat.

B. Water will be available throughout the day for students to drink with their meals, in the vending machine, and with ice from the culinary arts department.

C. Windover will ensure the lunch time is twenty-five minutes in length with five minutes of passing time.

D. Food and physical activity shall not be used as a reward or punishment in school.

E. Windover shall provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.

F. Windover shall provide information and outreach materials about other Food and Nutrition Service Programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians.

G. Windover shall encourage all students to participate in school meal programs, including breakfast and lunch.

H. Windover shall encourage any student with special health or dietary considerations to discuss the situation with the head of the culinary arts department.

### Implementation and Measurement

The Principal of Windover High School shall implement this policy and measure how well it is being managed and enforced. Input from teachers, parents, staff members, students, and the public shall be considered in the implementation of this policy.

A sustained effort is necessary to implement and enforce this policy. The principal shall report to the Board of Directors, as requested, on the programs and efforts to meet the purpose and intent of this policy. All staff members at Windover High School are encouraged to be a positive healthy lifestyle role model for students by following these guidelines. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy choices and engage in physical activity. The staff shall work together to find cost effective ways to encourage staff wellness.