

Series 5000: Students, Curriculum, and Academic Matters

## **5700 Student Health and Safety**

### **5707 School Wellness Policy**

The District is committed to providing a school environment that enhances opportunities for learning and lifelong wellness.

#### A. Nutrition Promotion and Education Goals

##### 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 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 education shall have the appropriate training.

LEA evidence-based SMART goal(s) for Nutrition Education:

**Goal 1:** Water filling stations are available in all 3 buildings. Station cleaning and filter maintenance is scheduled and adhered to.

**Goal 2:** All vending machines not meeting Smart Snack School Standards will be turned off during the school day.

##### Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

The District will make water available to students throughout the school day.

LEA evidence-based SMART goal(s) for Nutrition Education:

**Goal 1:** Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. Nutrition education will be age appropriate and integrated into the entire curriculum when appropriate.

**Goal 2:** The food service program will introduce students to a variety of new food choices at least 3 times per year.

### Physical Activity and Physical Education

#### B. Physical Activity Goals

Mason Consolidated Schools shall offer physical education opportunities that include the components of a quality physical education program. 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 Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

LEA evidence-based SMART goal(s) for Physical Education/Physical Activity:

**Goal 1:** Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

**Goal 2:** Students, 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.

#### C. Goals for Other School-Based Activities Designed to Promote Student Wellness

The district will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

LEA evidence-based SMART goal(s) for other school-based activities that promote student wellness:

**Goal 1:** The district will promote to parents/care givers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to a health fair (wellness event) where they will receive information regarding health promotion and programs available to them within the community.

#### D. Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students on the School Campus and During the School Day.

The district shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as "competitive" foods and beverages) must be consistent with USDA's Smart Snacks in School nutrition standards and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance. These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, à la carte lines, fundraising events, school stores, snack carts, and vending machines.

The district will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).

#### E. Standards for All Foods and Beverages Provided, But Not Sold, to Students During the School Day

The Committee will provide a list of approved snacks and beverages that meet USDA's Smart Snacks in School criteria to all staff. The District discourages the use of food as a reward.

#### F. Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage products made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

It is the intent of the district to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.

As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

#### G. Wellness Committee

Mason Consolidated Schools and staff recognizes that we cannot achieve our primary mission of education if students and staff are not physically mentally and socially healthy. 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 for all staff and students.

Mason Consolidated Schools established the Mason Advisory Wellness Committee, in order to develop, implement, and periodically review our district's school wellness policy (a written document that guides our efforts to establish a school environment that promotes students' health, well-being, 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 (HHFKA).

## **Wellness Committee and Policy Leadership**

### Committee Role and Membership

The Mason Advisory Wellness Committee (MAWC) is made up of members that represent all 3 school buildings, and include school board members, school health professionals, representatives of the school nutrition program, physical education and health teachers, as well as, community members including parents and students. The committee will establish goals for the district in the areas of Nutrition Education, Nutrition Promotion, Physical Education/Activity, and Other School Based Wellness Activities, as well as, oversee school health policies and programs, including development, implementation, periodic review, and update of this district-level wellness policy. Goals and outcomes will be reviewed and/or revised at least annually by the MAWC.

#### H. Implementation and Oversight

While the Mason Wellness Advisory Committee will help set goals and participate in periodic reviews, oversight and compliance of the wellness policy is the responsibility of:

Superintendent or designee

### Implementation

Mason Consolidated Schools will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building. It is recommended that school buildings use the Healthy School Action Tool (HSAT) to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

### Triennial Assessment

The LEA 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 policies, and progress made in attaining the goals of the wellness policy.

The people responsible for the Triennial Assessment are:

Superintendent or designee

### Documentation

The LEA will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: 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, their relationship to the LEA, and how stakeholders were made aware of their ability to participate.

This wellness policy can be found at (Insert direct URL for LEA's wellness policy):  
Required documentation will be maintained at (Insert location):

### Updates to the Policy

The LEA will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial Assessment.

### Public Updates

The LEA 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 toward meeting the goals of the policy, will also be made available to the public. Mason Consolidated Schools will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the district website and/or district-wide communications (email, newsletters, mailings).

#### I. School Meal Program

##### 1. Delinquent Meal Charge Debt and Bad Debt

The District is required to make reasonable efforts to collect unpaid meal charges of current students. The building principal or designee will contact households about unpaid meal charges and may establish payment plans and due dates by telephone, e-mail, or other written or oral communication. If these collection efforts are unsuccessful, the District may pursue any other methods to collect delinquent debt of current students as allowed by law. Collection efforts may continue into a new school year.

Unpaid meal charges of inactive students, such as graduated students and students no longer enrolled at the District, that are not collected by the end of the school year will be classified as bad debt. No later than December 31 of the following school year, non-federal funds will be used to reimburse the school meal program for the amount of bad debt.

## 2. Elimination of “Lunch Shaming”

The District will strive to eliminate any form of “lunch shaming.” “Lunch shaming” is the public identification or stigmatization of students who cannot pay for a school meal. In furtherance of this goal, the District prohibits the following:

- a. requiring a student who cannot pay for a school meal or who has unpaid meal charges to wear a wristband or handstamp;
- b. requiring a student to dispose of a meal after it has been served because the student cannot pay for the meal or has unpaid meal charges;
- c. communicating directly with a student about unpaid meal charges unless the District has attempted but has been unable to contact the student’s parent/guardian by telephone, e-mail, or other written or oral communication;
- d. requiring a student to perform chores or other labor to pay a student meal debt; and
- e. discussing a student’s unpaid meal charges in the presence of other students.

## 3. Meal Charge Policy

The District’s policy on charged meals is: Students who qualify for free meals will not be denied a reimbursable meal, even if they have accrued a negative balance from other food purchases.

Date adopted: June 3, 2020

Date revised: July 10, 2023; August 21, 2023; 11/1/2023, 07/12/2024