

Section I

District Wellness Policy

Instruction

Student Nutrition and Physical Activity (Student Wellness Policy)

District Health and Wellness Committee

The Board shall establish a District Health and Wellness Committee to develop school district policies on nutrition and physical activity for recommendation to and approval by the Board.

The members of the Committee shall include, but need not be limited to, school administrators, food service director, parents/guardians, students, physical and health education teachers, dietitians, health care professionals and interested community members.

At the district level, the Board designates the Superintendent, or his/her designee, with the responsibility for ensuring that each school meets the requirements of the district wellness policy.

In addition, the principal of each school, or his/her designee, shall be responsible for the implementation and evaluation of the effectiveness of this wellness policy.

Program Evaluation

At the district level the following procedure shall be used to evaluate the effectiveness of the wellness policy:

- The District Health and Wellness Committee will monitor the implementation of the district's wellness policy and its nutrition and physical activity components, evaluating policy progress, serving as a resource to school sites, and recommending revisions of the policy.
- The committee shall meet a minimum of two times yearly.

At the school level the implementation of the wellness policy will be evaluated as described below.

To evaluate the effectiveness of the school wellness program in promoting healthy eating and physical activity and implementing program changes as necessary to increase the program's effectiveness, the building principal, or his/her designee, is responsible for ensuring:

1. Board policy and administrative regulation are implemented as written;
2. School staff and school nutrition and food services personnel have undertaken joint project planning and action;
3. Families and community organizations are involved, to the extent practicable, in nutrition education.

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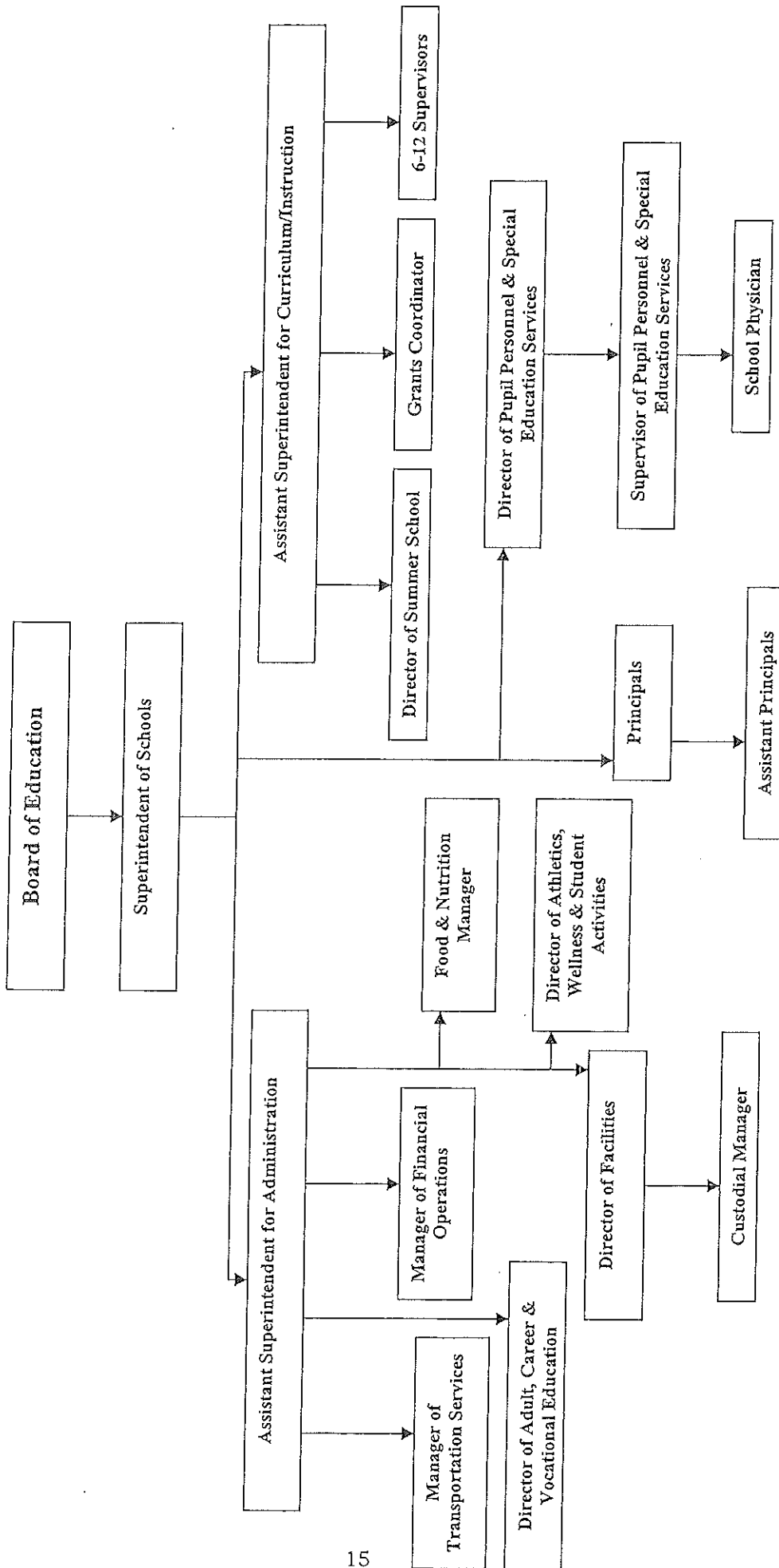
The Middletown Public Schools strives to make significant contributions to the general well being, mental and physical capacity and learning ability of all students, affording them the opportunity to participate fully in the educational process. The Board of Education promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children.

The Board of Education is committed to:

- A. Providing a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be structured so as to promote healthy school goals that influence the understanding, beliefs, and habits related to good nutrition and regular physical activity for each student.
- B. Supporting and promoting proper dietary habits that contribute to the health status and academic performance of each student. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the Federal and State School Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.
- C. Providing continuing opportunities for students to engage in physical activity. A physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be incorporated into the schools' education program from kindergarten through grade twelve. Physical activity should include regular instructional physical education and co-curricular activities or recess. Substituting any one of these components for another is inappropriate.
- D. Supporting the District's commitment to improving academic performance in all students. Educators, administrators, parents, health practitioners and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Middletown Public Schools will consider the diversity of the student population (e.g. economic, religious, racial, cultural, and medical status) to ensure that each child's needs are met.
- E. Ensuring that healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO/PTA meetings, Open Houses, Health Fairs, teacher in-services, etc.

The giving or withholding of food and/or physical activity as a reward or for discipline is discouraged.

MIDDLETOWN BOARD OF EDUCATION ORGANIZATIONAL CHART



6 Ways to Do Your Part for a Healthy School Environment

- 1. Be an active role model ~ set a great example for kids.**
 - ✓ **Start a morning walking club:** Walking around the school can be a fun path to fitness for kids, families, and staff - especially with some peppy background music.
 - ✓ **Take a fitness break in the classroom:** Smart teachers know that just 5 to 10 minutes of physical activity can improve fitness levels and academic performance.
- 2. Be smart eater ~ show kids how to enjoy tasty brain food.**
 - ✓ **Walk the talk of good nutrition:** Eat more fruits, vegetables, and whole grains – in front of the kids, so they can see how much eating right means to you.
 - ✓ **Switch to smart snacks:** Bring smart snacks for yourself; encourage kids to bring smart snacks from home; replace sugary items with nuts, fruit, or string cheese.
- 3. Drink with your health in mind ~ refresh yourself well.**
 - ✓ **Steer clear of empty calorie, highly sweetened beverages:** Smart brains and fit bodies do best with plenty of cold water – plain and perfectly refreshing.
 - ✓ **For intelligent nutrition, drink low-fat milk or 100% fruit juice:** Your body will thank you for daily dose of calcium, vitamin C, and other nutrients.
- 4. Support an effective Local Wellness Policy.**
 - ✓ **By Federal mandate, all schools must have a Local Wellness Policy on the first day of school in 2006-07:** Read your school's policy carefully!
 - ✓ **Approving a policy is just the first, small step:** The key to healthy kids and healthy schools is to effectively implement a strong policy – based on local needs.
- 5. Become a leader on your School Health Council.**
 - ✓ **Many schools have a council, team, or committee:** These groups work to provide guidance and leadership on all aspects of the school health program.
 - ✓ **Participate rather than pointing fingers:** School health councils are the ideal place to plan, and implement improvements – from the cafeteria to the classroom.
- 6. Utilize online resources.**
 - ✓ **Need resources, support or technical assistance?** You don't have to reinvent any wheels or go it alone: there is help online for all aspects of school health.
 - ✓ **Dig deep into the Michigan Tools for Healthy Schools**

www.state.ct.us/sde/deps/Student/NutritionEd/index.htm

6 Simple Steps to a Healthy Weight for Kids

1. Be active by playing together inside and outside.

For a healthy weight, kids and adults need 30 to 60 minutes of daily physical activity. Play with your kids every day – fun for them, fun for you too!

- ✓ **Play inside:** Turn off the TV and play an old-fashioned game of hide-and-seek. Clear a space for wiggling, dancing, and playing with soft-foam balls or squishy toys.
- ✓ **Play outside:** The options for outdoor play are unlimited: bikes, trikes, scooters, balls, kites, Frisbees, jump ropes, squirt guns, hula-hoops, hopscotch, and tag.

2. Make family meals a special time to eat together.

Eating more meals together can make a big difference in your family’s health, happiness, and finances. Dinners at home are easier (and cheaper) than you think!

- ✓ **Plan a weekly menu:** Make it simple or make it detailed – the key is to have a plan. Involve the whole family; let each person have a night to pick their favorite dishes.
- ✓ **Cook once, eat twice:** Cut down on prep time. Cook and freeze key ingredients, like ground beef for tacos and spaghetti sauce, or main dishes, like lasagna and casseroles.

3. Save fast food for a once or twice a week treat.

Fast food is often loaded with calories, fat, and sugar. Whether you drive-thru or go inside, here are some smart tips to help you eat better in the fast food lane.

- ✓ **Share a super size:** There’s a way to make mega portions work for you: share them! By sharing a large order of fries, you eat fewer calories, less fat, and save money too.
- ✓ **Choose nutrient-rich options:** Many national chains now offer tasty, fun choices in kids’ meals – like flavored milk instead of pop and mandarin oranges instead of fries.

4. Enjoy tasty fruit and veggie snacks together.

Serve a rainbow of produce every day – at least 5 juicy, crunchy, crispy, tasty fruits and vegetables. Fresh, frozen, dried, canned, and juice – they all count for 5 A Day!

- ✓ **Enjoy green fruits and veggies:** For snacks or dinner, green comes in dozens of delicious flavors – like sliced kiwi fruit or broccoli trees with light Ranch dip.
- ✓ **Enjoy red fruits and veggies:** Red is a tasty color for produce – any time of day! Try frozen berries, watermelon, or canned tomato sauce on pasta, pizza, or tacos.

5. Drink milk with meals and drink water with snacks.

Dairy products can help kids (and adults) maintain a healthy weight, build strong bodies, and lower blood pressure. Water is always refreshing – and calorie-free.

- ✓ **Serve low-fat milk with meals:** The best way to get your kids to drink milk is to drink milk yourself with every meal. Aim for a total of 16 to 24 ounces per day.
- ✓ **Steer clear of sugary drinks:** For beautiful teeth and strong bodies, wise parents limit soft drinks, fruit punch, fruit drinks, sweet tea, and other high-sugar drinks.

6. Take the TV out of the bedroom and read together.

Pediatricians recommend no TV for children under three years, no more than two hours of total screen time a day for older kids, and no TVs in children's rooms.

- ✓ **Improve your child’s school performance:** Children who have less time screen time (TV, computers, and video games) tend to read more and do better in their classes.
- ✓ **Improve your child’s sleeping habits:** There are many benefits to taking the TV out of a child’s bedroom: calmer bedtime routines, more bedtime stories, and better sleep.

Online Resources for Healthy Kids and Healthy Schools

Action for Healthy Kids (AFHK)

www.actionforhealthykids.org/

The AFHK site provides extensive tools, resources, and contacts from the 2005 Summit in Washington, DC, along with materials from around the US. AFHK also offers a cut-and-paste tool for building an effective school wellness policy.

American Psychological Assoc: Task Force on Advertising and Children

www.apa.org/releases/childrenads.pdf

Released in February 2004, this report outlines the effect of food and beverage advertising on children's eating habits and their contribution to youth obesity. It also offers extensive recommendations for healthful changes.

BeefNutrition.org (National Cattlemen's Beef Association)

www.beefnutrition.org/matehealthyschoolnutrition.aspx

Parent education handouts, presentation graphics (highlighting protein, iron, and zinc), a **School Wellness Toolkit**, and several presentations developed by Dayle Hayes are just a few of the school-focused materials available for downloading at this site.

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/nccdphp/dnpa/ and www.cdc.gov/HealthyYouth/index.htm

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national campaigns, like *Kids Walk-to-School* and *Turn Off Your TV*.

Dole 5 A Day

www.dole5aday.com/

Dole was one of the first companies to create a nutrition ed site. This one keeps getting better, including SuperKids and more Spanish content. Log on for produce facts, recipes, and fun. There are special sections for kids, parents, teachers, and foodservice.

Michigan Healthy Schools, Healthy Students

www.mihealthtools.org/healthyschools.asp

Michigan has been a leader in school wellness – and this site is packed with tools from the Departments of Education and Health, including the *Healthy School Action Tool* and many *School Success Stories*.

Michigan Team Nutrition

www.tn.fcs.msue.msu.edu/

The partnership between MSU Extension and the MI Department of Education has dozens of resources for schools, including exciting ways to link nutrition and physical activity education with literacy – promoting reading and health together.

Mississippi Office of Healthy Schools

www.healthyschoolsms.org/

The Mississippi Department of Education and Child Nutrition Programs, with funding from The Bower Foundation, have created the *Health is Academic* initiative. Their resources and materials, including presentations by Dayle Hayes, are on this site.