



WEST IRON COUNTY PUBLIC SCHOOLS

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Wellness Policy

As required by Public Law 108-265, Section 204, of the Child Nutrition and WIC Reauthorization Act of 2004, the West Iron County Public School Board of Education establishes the following wellness policy.

The West Iron County Public School Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis. West Iron County Schools 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.

The West Iron County Public School Board recognizes and embraces the concept that good nutrition and regular physical activity promote the overall health and well being of the District's students. Additionally, research concludes that there is a direct positive correlation between a student's health and well being and his/her ability to learn in the classroom. Therefore, schools have a responsibility to play an important role in the learning 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 at school and at home. The District's goal is to instill healthy lifestyle goals in its students that they will choose to reflect throughout their lives.

However, the West Iron County Public Schools, also believes that it must be a collective effort, not only by the staff, but also parents and the public at large to be involved in a community-wide effort to promote, develop, support and model such healthy behaviors and habits with regard to eating and exercise.

Nutrition 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.

The Board sets the following goals in order to encourage students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall:

1. Nutrition education shall be offered every year to all students of the district.
2. Nutrition education topics shall be integrated into the entire curriculum when appropriate.
3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
4. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetable, whole grain products and low-fat and fat-free dairy products.
5. Nutrition education will involve when possible, community agencies, organizations and resource people.
6. Nutrition education will extend beyond the classroom by engaging and involving the school's food service staff.
7. Nutrition education shall prohibit all forms of advertising and promotion of candy, fast food restaurants, or soft drinks in all school locations.
8. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.

Nutrition Standards

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices.

The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

The district superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or new renewed.

Food and beverages that compete with the district's policy of promoting a health school environment shall be discouraged.

The district shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value.

All employees of the district are encouraged to be a positive healthy lifestyle role model for students.

In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.

Physical Activity

The District shall offer its K-12 students a quality, comprehensive physical education program in accordance with the standards and benchmarks established by the State.

1. 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.
2. Physical education classes should instill in students a life-long appreciation for exercise and stress the importance of remaining physically active for life.
3. Physical education classes will provide an atmosphere that allows students to learn fair play, sportsmanship, respect for other students, and playing by the rules.
4. Physical education classes shall be offered every year to all students of the District. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.
5. Physical education classes will equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
6. Physical education classes will positively influence personal and social skill development.
7. Physical education classes will build student's confidence and competence in physical abilities.

Other School Based Activities Designed to Promote Student Wellness

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:

1. The school district shall provide a clean, safe, enjoyable meal environment for students.
2. The school district shall schedule lunch time as near to the middle of the school day as possible.
3. The school district shall identify protection of students who eat free and reduced-price meals in an effort to eliminate any stigma or identification of these students.
4. The school district shall offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education.
5. The school district shall provide proper equipment and a safe area designated for supervised recess in the elementary setting.
6. All employees of the district are encouraged to be a positive healthy lifestyle role model for students.
7. Vending sales of soft drinks will not be permitted on school grounds during school hours.

8. The school district, in order to send consistent messages to students, shall encourage all adults in the school environment to make healthy food choices and engage in physical activity.

Implementation and Measurement

All employees of the District are encouraged to be a positive, healthy lifestyle role model for students. 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 food choices and engage in physical activity. The District Wellness Committee will meet minimally, once a year to continually update and revise its District Wellness Policy.