Fenton Area Public Schools Wellness Policy

Table of Contents

Preamble .........................................................................................................................2
School/District Wellness Committee ..............................................................3
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement ...............................................5
Nutrition .........................................................................................................................7
Physical Activity .............................................................................................................11
Other Activities that Promote Student Wellness ..............................................13
Glossary .........................................................................................................................14

Fenton Area Public Schools Wellness Policy

Note: This “Basic” district-level wellness policy template meets the minimum Federal standards for local school wellness policy implementation under the final rule of the Healthy, Hunger-Free Kids Act of 2010, the Alliance for a Healthier Generation Healthy Schools Program Bronze-level award criteria, and minimum best practice standards accepted in the education and public health fields. Where appropriate, the template includes optional policy language school districts can use to establish a stronger policy that meets the Healthy Schools Program Silver or Gold award levels. School districts should choose policy language that meets their current needs and also supports growth over time. If you are using this tool to compare your policy against, you should include the language in italics as the strongest examples for comparison.
Preamble

Fenton Area Public Schools (here referred to as FAPS) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.
I. **District Wellness Committee**

*Committee Role and Membership*

The District will convene a representative district wellness committee (here to referred to as the DWC) that meets up to four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (hereafter referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

- Each school within the District will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues as needed, in coordination with the DWC. The (SWC) will focus on students, families and staff in their specific building. They will encourage staff and student wellness within their building. This SWC will help to implement programs and activities at the building level and share progress with the DWC.

*Leadership*

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is Anna Goss, Food Service Director, agoss@fentonschools.org, 810-591-4709.
The DWC names, title(s), and contact information of these individuals are:

<table>
<thead>
<tr>
<th>Name</th>
<th>Title / Relationship to the School or District</th>
<th>Email address</th>
<th>Role on Committee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna Goss</td>
<td>Food Service Director</td>
<td><a href="mailto:agoss@fentonschools.org">agoss@fentonschools.org</a></td>
<td>Directs and guides the development, implementation and evaluation of the wellness policy</td>
</tr>
<tr>
<td>Adam Hartley</td>
<td>Superintendent</td>
<td><a href="mailto:ahartley@fentonschools.org">ahartley@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Heidie Ciesielski</td>
<td>Curriculum Director</td>
<td><a href="mailto:hciesielski@fentonschools.org">hciesielski@fentonschools.org</a></td>
<td>Administrator for Health and Physical Education Curriculum</td>
</tr>
<tr>
<td>Eric Rettenmund</td>
<td>AGS Principal</td>
<td><a href="mailto:arettenmund@fentonschools.org">arettenmund@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Doug Busch</td>
<td>Executive Director of Finance and Personnel</td>
<td><a href="mailto:dbusch@fentonschools.org">dbusch@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Mike Bakker</td>
<td>FHS Principal/Athletic Director</td>
<td><a href="mailto:mbakker@fentonschools.org">mbakker@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Courtney Szuc</td>
<td>Special Services Director</td>
<td><a href="mailto:cszuc@fentonschools.org">cszuc@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Joe Humpert</td>
<td>Director of Operations and Transportation</td>
<td><a href="mailto:jhumpert@fentonschools.org">jhumpert@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Amy Mowery</td>
<td>PE Health Teacher at Tomek and District Parent</td>
<td><a href="mailto:amowery@fentonschools.org">amowery@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Michele Eppinger</td>
<td>Art, Music &amp; PE Teacher at Ellen St. Campus</td>
<td><a href="mailto:meppinger@fentonschools.org">meppinger@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Shannon Groves</td>
<td>North Rd Teacher and District Parent</td>
<td><a href="mailto:sgroves@fentonschools.org">sgroves@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Michelle Vultaggio</td>
<td>State Rd Tacher and District Parent</td>
<td><a href="mailto:mvultaggio@fentonschools.org">mvultaggio@fentonschools.org</a></td>
<td>Core DWC Member</td>
</tr>
<tr>
<td>Susie Khoury</td>
<td>Parent of Elementary and Secondary Students</td>
<td><a href="mailto:mistysue@gmail.com">mistysue@gmail.com</a></td>
<td>Core DWC Member</td>
</tr>
</tbody>
</table>

- Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.
Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: www.fentonschools.org (food service page)

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at Fenton Area Public Schools Administration Building 3100 Owen Rd., Fenton MI 48430

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

FAPS will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. FAPS will make this information available via the district website and/or district-wide communications. FAPS will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:
• The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
• The extent to which the District’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
• A description of the progress made in attaining the goals of the District’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Anna Goss, Food Service Director agoss@fentonschools.org or 810-591-4709.

The DWC, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy. The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy 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 assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

FAPS is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. FAPS will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. FAPS will use electronic mechanisms, such as email or displaying notices on the district’s website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. FAPS will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.
II. **Nutrition**

**School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer’s specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and, Summer Food Service Program (SFSP). The District also operates additional nutrition-related programs and activities including the backpack program through Delivering Hope. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#))
- Promote healthy food and beverage choices using up to ten of the following [Smarter Lunchroom techniques](#):
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - All available vegetable options have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab-and-go meals available to students at AGS & FHS.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily signs/announcements are used to promote and market menu options.

**Additionally:**

- [Menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients.](#)
- [School meals are administered by a team of child nutrition professionals.](#)
- [The District child nutrition program will accommodate students with special dietary needs.](#)
• Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children’s school.

**Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](https://www.fns.usda.gov/tns/primary-professional-standards). These school nutrition personnel will refer to [USDA’s Professional Standards for School Nutrition Standards website](https://www.fns.usda.gov/sites/default/files/Standards/ProfessionalStandards.pdf) to search for training that meets their learning needs.

**Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* (school day is defined in the glossary). The District will make drinking water available where school meals are served during mealtime.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

  o FAPS is looking to seek funding and install at least one water bottle filling drinking fountain at each building.

**Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: [http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks](http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks). The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

**Celebrations and Rewards**
All foods sold on the school campus will meet or exceed the USDA Smart Snacks in School nutrition including through:

1. Celebrations and parties. FAPS will encourage healthy party ideas.
   - FAPS will encourage healthy party ideas that include physical activity.
   - If food is involved, encourage parties to have fruit or veggie tray, or cheese and crackers to promote healthy eating and to limit sweets.
   - Encourage non-food birthday treats
2. Encourage healthy classroom snacks brought by parents.
3. Rewards and incentives.
   - FAPS will encourage and provide teachers and other relevant school staff a list of alternative ways to reward students rather than foods and beverages.

**Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day*.

- FAPS will encourage non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).

**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 encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, 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 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. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at http://www.foodplanner.healthiergeneration.org/.

**Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
• Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
• Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
• Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
• Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
• Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
• Teaches media literacy with an emphasis on food and beverage marketing; and
• Includes nutrition education training for teachers and other staff.

**Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

• Relationship between healthy eating and personal health and disease prevention
• Food guidance from [MyPlate](#)
• Reading and using FDA’s nutrition fact labels
• Eating a variety of foods every day
• Balancing food intake and physical activity
• Eating more fruits, vegetables and whole grain products
• Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
• Choosing foods and beverages with little added sugars
• Eating more calcium-rich foods
• Preparing healthy meals and snacks
• Risks of unhealthy weight control practices
• Accepting body size differences
• Food safety
• Importance of water consumption
• Importance of eating breakfast
• Making healthy choices when eating at restaurants
• Eating disorders
• [The Dietary Guidelines for Americans](#)
• Reducing sodium intake
• Social influences on healthy eating, including media, family, peers and culture
• How to find valid information or services related to nutrition and dietary behavior
• How to develop a plan and track progress toward achieving a personal goal to eat healthfully
• Resisting peer pressure related to unhealthy dietary behavior
• Influencing, supporting, or advocating for others’ healthy dietary behavior
III. **Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students’ physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).

- FAPS will apply for grant funding to help encourage the wellness message. Schools will be encouraged to participate in programs in order to successfully address all CSPAP areas. (i.e. Let’s Move!, Commit2Fit, HealthierUS Schools Challenge, Alliance for Healthier Generation, Fuel Up to Play 60)
- FAPS will encourage schools to form wellness clubs, running clubs (i.e. Girls on the Run)

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

- Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours.

**Physical Education**

FAPS will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “Essential Physical Activity Topics in Health Education” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. FAPS will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All FAPS elementary students in each grade will receive physical education for at least 30-75 minutes per week throughout the school year.

All FAPS secondary students (middle and high school) are required to take the equivalent of one physical education course within an academic year.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments.
Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. FAPS will implement the health education curriculum in accordance with the State of Michigan Health Education Standards:

http://www.michigan.gov/mdhhs/0,5885,7-339-73971_4911_4912_74286---,00.html

Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

FAPS recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

FAPS will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.
**Before and After School Activities**

FAPS offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. FAPS will encourage students to be physically active before and after school through before/after school programs, extra-curricular activities, sports and community education programs.

**Active Transport**

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Use crosswalks on streets leading to schools

**IV. Other Activities that Promote Student Wellness**

FAPS will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the FAPS District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts. All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

**Community Partnerships**

FAPS will continue relationships with community partners and the Genesee County ISD in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

**Community Health Promotion and Family Engagement**

FAPS will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.
As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts. Goal – all of the announcers read a wellness statement before events

**Staff Wellness and Health Promotion**

The DWC will address staff wellness and focus staff wellness issues, identify and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the FAPS District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include recess before lunch, brain breaks, fitness breaks. FAPS promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free.

**Professional Learning**

When feasible, FAPS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help district staff understand the connections between academics and the way in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

**Glossary:**

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.