

## 5530 POLICY - Wellness

Utica Community Schools is committed to providing a healthy school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity. The District recognizes that good health reduces absenteeism, improves school performance and achievement in conformance with the requirements established by the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010 (HHFKA).

The Superintendent shall establish rules and regulations to be used by administrators in the implementation of this policy. These shall include the establishment of a Wellness Committee and Leadership responsible for oversight and the development of evidenced-based goals concerning:

- Nutrition education and promotion, product standards, marketing and dining environment
- Physical activity and physical education
- Other school-based activities that promote student wellness
- Plans for implementation, assessment, documentation and update of the Wellness Policy

*Legal Reference: Section 204 of Public Law 111-296, of the Healthy, Hunger-Free Kids Act of 2010*

Policy  
Adopted: 5/22/06  
Revised: 6/26/17

Board of Education Utica Community Schools

5530 RULES AND REGULATIONS - Wellness

- I. Child Nutrition Programs and all other group and organization sales of food and beverages during the school day will comply with federal, state and local requirements.
- II. The district will promote a healthy dining environment including the designation of appropriate levels of food and beverage marketing.
- III. All food and beverages sold to students during the school day must be consistent with the USDA's Smart Snacks in School nutrition standards and Michigan Department of Education Administrative Policy 21 regarding Non-Compliant Fundraiser Guidance. These standards apply in all areas where food and beverages are sold.
- IV. The district will ensure that reimbursable school meals meet the program requirements and nutritional standards found in federal regulations and will promote healthy food and beverage choices for all students, as well as encourage participation in school meal programs.
- V. Physical activities are available to all students.
- VI. The wellness committee will advise district leadership on school health and nutrition practices and programs. The wellness committee will develop and recommend evidenced-based goals that are specific, measurable, achievable, realistic and time based (SMART). The wellness committee functions as an advisory to leadership. The wellness committee SMART goals may be accepted, rejected, revised or approved by the superintendent. The wellness committee will convene at least annually.
- VII. The Director of Food and Nutrition Services will implement, triennial assessments, and provide documentation and policy and public wellness updates to the Superintendent.
- VIII. The wellness committee will be chaired by The Director of Food and Nutrition Services and membership will include three (3) administrators, school nurse, three (3) teachers, district or building athletic director, two (2) high school students and two (2) community members. Notice of meeting information opportunities for committee membership will be available to the public.