

ELM RIVER TOWNSHIP SCHOOL DISTRICT
3999E WINONA RD
TOIVOLA, MI 49965
906 288-3751
www.elmriver.k12.mi.us

WELLNESS POLICY

Adopted on: 10/14/2014

School Wellness

The Elm River Township School District is committed to providing a school environment that promotes and protects children's health, well being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the Elm River Township School District to include:

1. Community involvement, including input from parents, students, school food service, the school board, educators and the public in the development of the school wellness program.
2. Goals for nutrition education designed to promote student wellness including:
 - a. All students shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors.
 - b. Nutrition education shall be integrated into the curriculum.
 - c. Nutrition information and education shall be offered throughout the school based on the U.S. Dietary Guidelines for Americans.
3. Nutritional guidelines for all foods available at school during the school day with the objective of promoting student health and nutrient-rich meals and snacks including food and beverages used for classroom rewards and fundraising efforts.
4. A plan for measuring implementation of this policy.

Health Enhancement and Physical Activity Opportunities

The District shall offer health enhancement opportunities that include the components of a quality health enhancement program. Health enhancement instruction shall be aligned with the Michigan Health enhancement Content Standards and Benchmarks. All students shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities, to maintain physical fitness, and to understand the short-and-long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards

The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs (birthday parties, Halloween, and Christmas, etc.). The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

Maintaining Student Wellness

The School Board shall develop and implement procedures consistent with this policy utilizing community involvement before implementation. The School Board shall measure how well this policy is being implemented, managed, and enforced. The Lead Teacher shall report to the Board, as requested on the District's programs and efforts to meet the purpose and intent of this policy.

Legal Reference: PL 108-265

The Child Nutrition and WIC Reauthorization Act of 2004

**ELM RIVER TOWNSHIP SCHOOL DISTRICT
WELLNESS PLAN
2014-15**

School Profile

School:	Elm River Township School
Address:	3999 E Winona Road, Toivola, MI 49965
District:	31070
Phone:	(906) 288-3751
Fax:	(906) 288-3074
Contact Person:	Kristina Plutchak
Email:	ertsd@alphacomm.net
Web Page:	www.elmriver.k12.mi.us
Superintendent:	George Stockero
Area:	Copper County Intermediate School District
Grades:	Kindergarten through Sixth Grade
Enrollment:	Five (5) Students
Staff:	Lead Teacher Assistant Teacher Business Managers Food Service Cook Bus Driver/Custodian

School Philosophy

This district provides an atmosphere for a genuinely unique learning experience for younger elementary students. Our viewpoint is that through cooperative learning, students maximize each others learning. All individuals who enter the doors of this small rural school will be encouraged with what they see. The components of a multi-graded classroom learning style with small group interaction and one-on-one instruction result in positive student achievement. We believe this experience works.

District Wellness Mission Statement

Elm River Township School District is committed to providing a school environment that promotes children's health, well being, and ability to learn by supporting healthy eating and physical activity.

This plan provides the following detail for the implementation of the Elm River Township School District's Wellness Policy adopted November 11, 2006.

GOALS TO PROMOTE NUTRITION EDUCATIONAL

- 1) The Elm River Township School District aims to teach, encourage, and support healthy eating habits by students providing nutrition education offered at each grade level, K-6, with the knowledge and skills necessary to promote and protect their health.
- 2) The District's nutritional education curriculum shall consist of information on the food pyramid and serving sizes, planning and preparing a healthy meal, understanding and using food labels and nutrition information.
- 3) The District shall promote the eating of fresh fruits, vegetables, whole grain products, decreasing fat and added sugars, with moderate portion sizes.
- 4) Students shall receive consistent nutrition education messages from all aspects of the school lunch program.
- 5) Nutrition education information shall be made available to students, parents, and community with invitation to become active participants in school improvement team.
- 6). The District shall encourage on-going staff professional development to promote these nutritional goals.

ACCOMPLISHMENTS

- 1) Elm River Township School District utilizes the food pyramid and the Nutrition Expedition with integration into other areas of core curriculum where or when appropriate.
- 2) The District has nutritional guidelines established by USDA and MDE in place for all foods and beverages available at school. Health inspection of school facility is completed by local health department yearly.
- 3) The District offers a variety of fresh fruits and vegetables on a daily basis. All fruit beverages contain 100% fruit juice and fruit drinks contain a minimum of 25% fruit juice. The District also encourages parents to send only healthy snacks and drinks for special events and programs at school.
- 4) Posters, artwork, and nutrition projects are displayed throughout the school encouraging healthy eating and drinking habits. Family style breakfast and lunch dining with all students and staff encourage regular dialog in healthy nutrition.
- 5) The District provides nutritional information to students, parents & community utilizing the School's website and weekly breakfast and lunch menu handouts. A student/parent school food service survey is also employed.
- 6) District food service staff is certified with the State of Michigan and attends annual workshops to maintain status. Opportunities are provided for all staff for professional development in wellness and nutrition as evidenced by District budget and school calendar.

GOALS TO PROMOTE STUDENT PHYSICAL WELLNESS

- 1) The Elm River Twp. School District shall offer health and fitness opportunities that include components of a quality physical education (P.E.) program, with an increased enhancement in the P.E. curriculum aligning to the Michigan Physical Education Content Standards and Benchmarks.
- 2) The district shall provide the equipment necessary for physical activities.
- 3) Students shall have the opportunity to participate regularly in supervised physical activities both structured and unstructured, during field trips, cooperative P.E. and after school programs.
- 4) The district shall encourage parents and community members to support the children in physical activity, to be active role models, and to include physical activity in family and community events.
- 5) Elm River School will strive to provide an understanding of the short and long term benefits for lifelong physical activity.

ACCOMPLISHMENTS

- 1) Elm River Township School District provides Physical Education Class to all its students and integrates physical activity into the academic curriculum where appropriate.

It also schedules 30 minutes of daily recess consisting of physical activities supervised by a certified teacher.

2) Healthy Hearts for Life grant provided a variety of equipment such as jump ropes, hula hoops, an assortment of balls, and a variety of physical game pieces, all of which can be used during the students outside activities both structured and unstructured. Playground consists of slide, swing set, monkey bars, merry-go-round, and a courtyard where games such as 4-square and basketball are played. Snowshoes for students and staff were made available through the donation in memoriam of a local resident.

3) The District integrates physical education as much as possible throughout the school day. Special programs such as ACES have been provided for all students and staff. Winter activities include snowshoeing, sledding, and field trips. Walks throughout the schools rural environment are taken when weather permits. The use of stairs in a multilevel building during the day helps improve the students' physical activity habits. Cooperative P.E. is offered to the upper grade levels in coordination with the adjacent school district and college for extracurricular team sports.

4) Parents and community members are invited to join the students on field trips, special programs and presentations that consist of physical activities. Resources are provided to parents and community regarding participation in cooperative and community sports, and cultural events.

5) Access to Physical Fitness, Health and Wellness topics is completed through classroom education and role model activities year round both inside the school building, out-of-doors and community outreach. The network of staff, student, parent and community dialogue occurs through the school start-up package, daily interaction, weekly notices when appropriate and monthly newsletters and biannual community presentations at Elm River Township School District. The school improvement team oversees the implementation of the short term and long term district expectations.

WELLNESS POLICY IMPLEMENTATION MEASUREMENT

All District staff shall be involved in implementing school wellness policy and goals, with Lead Teacher overseeing policy compliance.

On a regular basis or at least yearly, the Lead Teacher shall report wellness policy compliance efforts to the School Board. This may include various documentation measurements such as pictures, video, parent newsletters and/or staff reports.

Elm River Township School District will review its wellness policy and implementation guidelines every 5 years.