

PLYMOUTH EDUCATIONAL CENTER DISTRICT

Health and Wellness Policy

Pursuant to federal law (section 204 of the Healthy, Hunger- Free Kids Act of 2010), The Plymouth Educational Center Board does promote healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. PEC will contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential, as children who eat well balanced meals and are healthy are more likely to learn in the classrooms.

Mission Statement: The mission of PLYMOUTH EDUCATIONAL CENTER DISTRICT is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our district wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

Nutrition Education Goals

All staff will educate, encourage and support healthy eating by students of all ages.

- PEC will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be part of not only health education classes, but all classes.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- PEC will promote enjoyable, developmentally and culturally appropriate participatory activities.
- PEC will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

Physical Education Goals

PEC will provide opportunities for students to maintain physical fitness.

PEC will promote the state standards for physical activity.

Guidelines:

- PEC students will have opportunities for physical activity.

- PEC will implement physical activities from adopted curriculums.
- PEC will encourage classroom teachers to provide short activity breaks between lessons or classes.
- PEC will provide daily recess period prior to lunch.
- PEC will ensure that state physical education classes have student teacher ratio similar to others.
- PEC will ensure state-certified physical education instructors.
- PEC will ensure that time allotted will be consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru sixth grade.
- PEC will provide opportunities for activity through physical education classes, recess and integration in curriculum.

Nutrition Standards

PEC will comply with the current USDA Dietary Guidelines for Americans and the Michigan Schools Nutrition Policy.

PEC's wellness policy will also adhere to the following restrictions as it relate to it's students nutritional standards:

A la carte:

- Food providers will be sensitive to the school environment (logos on campus).
- Food Service Department determines competitive food selections.
- Only approved smart snacks will be sold between 12:00 a.m. and 30 minutes after school dismissal.
- Nutrition information for products offered is readily available near the point of purchase.

Vending Machines:

- PEC will only vend approved smart snacks and beverages.
- Nutrition information for products offered is readily available near the point of purchase.

Fundraisers:

- PEC will ensure that food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.
- PEC will encourage fundraisers to sell items that promote education, such as pencils, pens, notebooks, lanyards, etc.

Class parties :

- PEC will encourage classes to use smart snacks and nutritional food items.

Other School Based Activities Guidelines

PEC will create a total school environment that is conducive to being physically active.

- After-school programs will encourage physical activity and promote healthy habits.
- PEC will encourage healthier rewards or non-food items for deserving students.
- PEC will not use lunchtime as a form of discipline.
- PEC will not deny student participation in recess or other physical activity as a form of discipline.
- PEC will schedule recess for elementary schools.
- PEC's weekly newsletter will provide information about healthy eating and the benefits of physical activity.

Signature Darwyn P. Fair
DARWYN P. FAIR
Board Pres. Int

Date 11/15/16