

YCS

Wellness Policy Synopsis

Introduction

The Board of School Trustees of Ypsilanti Community Schools supports the health and well-being of all students and staff by promoting nutrition, physical activity, and mental health at all grade and professional levels.

In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by YCS meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. Additionally, the Board has prioritized mental health as a necessary component to overall student and staff wellness and has included it in this policy. A Coordinated School Health Team will be maintained to oversee these activities while it is encouraged that a staff person from each school building is designated to oversee the wellness policy compliance for each respective building.

It is important to emphasize that the priority of this wellness policy is for both the students and staff; both are integral parties to maintaining academic achievement.

Nutrition Education and Promotion

Goal

YCS will provide nutrition education experiences that positively influence students' eating behaviors and help develop lifelong healthy habits. YCS will provide an environment that encourages and supports healthy eating by students.

Educational Reinforcement

- School instructional staff members shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

Physical Activity and Physical Education

Goal

YCS will provide students with a variety of opportunities for daily physical activity and quality physical education. The district's physical activity component will provide opportunities for every student to develop the knowledge and skills for specific physical activities, and to maintain physical fitness, to regularly participate in physical activity, and to understand the short- and long- term benefits of a physically active and healthy lifestyle.

Physical Activity and Punishment

- Teachers and other school and community personnel shall not use physical activity or exercise (e.g., running laps and pushups) or withhold opportunities for physical activity (e.g., recess and physical education) as punishment.
- Recess shall not be withheld as a consequence of incomplete school assignments.
- Recess or other opportunities for physical activity shall not be withheld as a measure to enforce the completion of academic work.

Physical Activity Opportunities Before and After School

- All schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- All high schools, and middle schools as appropriate, shall offer interscholastic sports programs.
- The District shall offer a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with physical and cognitive disabilities, and students with special health care needs.
- Before and after-school, childcare and enrichment programs shall provide and encourage — verbally and through the provision of space, equipment and activities — daily periods of moderate to vigorous physical activity for all participants.

[Nutrition Standards for School Foods and Beverages](#)

[\(School Meals and Other Foods and Beverages\)](#)

Goal

YCS will provide students with access to a variety of affordable, nutritious and appealing foods

Policy Recommendations for Other Foods and Beverages

- District policy shall address nutrition standards for *all foods and beverages sold or served to students at school*.
- The district's nutrition standards shall focus on increasing nutrient density, decreasing fats, sodium and added sugars, moderating portion sizes (choices that meet USDA requirements and dietary guidelines for Americans)

The following shall meet federal regulations for school nutrition programs and all applicable state statutes and district nutrition standards:

- Food or beverage contracts
- Cafeteria a la carte sales
- Vending machines or school stores
- Events on school premises
- Fundraising

- YCS shall make available a list of ideas for acceptable fundraising activities such as healthy foods and beverages and alternative non-food ideas
- Classroom snacks
 - Schools shall not withhold access to snacks as punishment
- Celebrations and meetings
 - The district shall disseminate a list of ideas to parents and teachers
- Food brought into school (should be encouraged to meet guidelines)

Students and staff shall have access to free, safe, fresh drinking water

Food Rewards and Punishment

- Schools shall not use foods or beverages as rewards or for academic performance or good behavior. Schools shall not withhold food or beverages (including food served through school meals) as a punishment.

Sharing of Foods

- Schools shall discourage students from sharing their foods or beverages with one another.

Staff Wellness

- The district shall support personal efforts by staff members to maintain a healthy lifestyle and that encourages staff members to serve as role models.

Mental Health and Wellness

Goal

To promote students' and staff emotional well-being and mental health, thus improving their ability to perform to their full academic potential and become positively contributing youth and adults in their communities.

Communication and Promotion

Goal

YCS will promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits. Districts will engage students, families, the community and the media in promoting a healthy school environment.