

District Wellness Plan

Wellness Committee and Policy Leadership

The district will have a wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this district-level wellness plan.

The committee will represent all school building levels (elementary and secondary schools) and include to the extent possible parents and caregivers, scholars, representatives of the school nutrition program, teachers, school health professionals, school administrators, and the general public.

Nutrition Standards

The District shall encourage students to make nutritious food choices by ensuring that all foods and beverages sold to students on the school campus (all areas of the property under the jurisdiction of the school that are accessible to students during the school day) during the school day (the period from the midnight before, to 30 minutes after the end of the official school day) are consistent with federal and state regulations.

- All foods and beverages sold to students outside of the federally regulated child nutrition programs (referred to as “competitive” foods and beverages) must be consistent with USDA’s Smart Snacks in School nutrition standards¹⁵ and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance^{16,17,18}.
 - These standards apply in areas where foods and beverages are sold which may include, but are not limited to, à la carte lines, fundraising events, school stores, snack carts, and vending machines. This includes items “purchased” with points or tickets.
- Reimbursable school breakfast & lunch will meet requirements found in United States Department of Agriculture (USDA)’s Nutrition Standards for School Meals. Grand Rapids Public Schools participate in the USDA School Breakfast Program¹⁹ & National School Lunch Program²⁰.
- Snacks served in after school programs (such as LOOP) will meet the requirements of the NSLP after school snack program²⁰.

15 [Smart Snack Guidelines](#) and [Smart Snacks Calculator](#)

16 Administrative Policy No. 21 clarifies that up to two exempt fundraisers per week are allowed per school building that do not meet the Smart Snacks in School nutrition standards.

17 [Non-Compliant Food Fundraiser Guidance](#)

18 [Fundraiser Exemption Tracker](#)

19 [School Breakfast Program](#)

20 [National School Lunch Program](#)

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations⁸ and the Michigan Merit Curriculum Guidelines for Health Education⁹

- Posters displaying nutrition education will be present in the cafeterias
- Menus are available on the district website for staff, parents & scholars
- Electronic displays are available in the high schools that post the menu for the week along with nutrition education
- Middle school and high school health curriculum includes basic nutrition

8 [Michigan Dept of Education, Michigan Health Education Grade Level Content Expectations](#)

9 [Michigan Dept of Education, MI Merit Curriculum Guidelines for Health Education](#)

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 participation in school meal programs.

- Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias.
- 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.
- Local products are incorporated at least once a week into the school meal program.

Food & Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product¹⁸

- It is the intent of the district to protect and promote student's health and to provide consistent health-related messaging.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.
- As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

18 [Change Lab Solutions. District Policy Restricting the Advertising of Food & Beverages Not Permitted to be Sold on School Grounds](#)

Physical Activity & Physical Education

The district shall offer physical education opportunities that include the components of a quality physical education program.

Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Physical education instruction shall be aligned with the Michigan Physical Education Grade Level Content Expectations²⁰ and the Michigan Merit Curriculum Guidelines for Physical Education.

- Students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.
- Planned instruction in physical education shall teach cooperation, fair play & responsible participation.

20 [MDE, Michigan Physical Education Grade Level Content Expectations](#)

Other School-based Activities that Promote Student Wellness

The district will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

- Families will be invited to attend School Expos at least once a year where they can visit with Health Services & Nutrition Services & have the opportunity to sample local foods.
- The schools will provide attractive, clean environments in which the scholars eat.
- Nutrition Services will participate in grants related to things such as local foods, fruits & vegetables, nutrition education when available & appropriate.
- Cherry Health School Linked dental will be available to provide dental education and dental services to scholars.
- Nurses are available to provide oral hygiene education in the classroom & oral hygiene as needed for scholars who visit the health offices and have poor oral hygiene noted.
- Toothbrushes are available in the health office for scholars to brush their teeth as needed.
- Cherry Health School Based Health Centers are available at Union, Ottawa Hills, and Innovation Central High Schools & have a full-service dental team that provides all dental interventions, except oral surgery interventions.
- A nurse & health aide is assigned to every building to support scholar & staff wellness, respond to medical emergencies, & provide additional health education as needed.
- Community partners are available to help promote student wellness.
- Student foodservice workers receive basic food safety training as it relates to their job.

Implementation, Assessment, Documentation, and Updates

Implementation

The district will develop and maintain a strategy to manage and coordinate the implementation of this wellness policy.

Triennial Assessment

An assessment of the wellness policy will be completed every three years, at a minimum. The assessment will determine compliance, how it compares to model wellness policies, and progress made in attaining the goals.

The person responsible for the Triennial Assessment is the District Dietitian.

Documentation

The district will retain records to document compliance with the wellness policy requirements.

The current wellness policy can be found online at: grps.org/departments/food-nutrition-services

Contact the Nutrition Services department to view the triennial assessment.

Updates to the Policy

The policy will be updated as needed at least every three years, following the Triennial Assessment.