



Wellness Administrative Regulations

COMMITTEE ROLE AND MEMBERSHIP

The Romeo Community Schools has designated a wellness committee to establish goals for, and to oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the district level wellness policy and administrative guidelines. This committee will convene at least four times per year. The District Wellness Committee (DWC) represents all school building levels and includes, to the extent possible, caregivers, students, representatives of the school food authority, physical education teachers, school health professionals, members of the public, the school board, and school administrators.

WELLNESS LEADERSHIP

The Romeo Community Schools will establish wellness policy leadership which has the authority and responsibility for school-level compliance with district policy and administrative guidelines.

The designated official for oversight is Julia Butler, Executive Director of Employee Services; Julia.butler@romeok12.org.

Julia Butler	Director of Employee Services	Julia.butler@romeok12.org	Designated Official
Kristin Stewart	Director of Food Service	Kristin.Stewart@romeok12.org	Designated Official
Chrissy Groszkiewicz	District Nurse	Chrissy.groszkiewicz@romeok12.org	Designated Official

NUTRITION

Nutrition Education

Every year, all students' pre-K through 12th grade, and special needs through age 26, shall receive nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behavior. Nutrition education shall be offered throughout the school campus, including but not limited to, school dining areas and classrooms. Staff members who provide nutrition education will have the appropriate training. The Romeo Community Schools nutrition guidelines aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

Romeo Community Schools Evidence-Based SMART Goals for Nutrition Education

<ul style="list-style-type: none">• Integrate nutrition education into classroom curriculum where applicable	<ul style="list-style-type: none">• How to Read a Nutrition Label• Food Guidance from My Plate
<ul style="list-style-type: none">• Integrate nutrition education messages into school environment where feasible, which may include but is not limited to hallways, cafeterias, and classrooms	<ul style="list-style-type: none">• Post nutrition and health posters in classrooms and cafeterias where appropriate and feasible

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. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community. Romeo Community Schools will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Romeo Community Schools goals for Nutrition Promotion:

<ul style="list-style-type: none">• Encourage healthy eating habits by promoting nutritious food choices	<ul style="list-style-type: none">• Promote nutritious food choices through taste tests, at a minimum of two (2) times per school year at each school building.
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Standards and Nutrition Guidelines for all Foods and Beverages

Romeo Community Schools shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.

Reimbursable school meals must meet requirements found in the United States Department of Agriculture (USDA) Nutrition Standards for School Meals. All foods and beverages sold to students outside the federally regulated child nutrition programs must be consistent with the USDA's Smart Snacks in School nutrition standards and Michigan Department of Education Administrative Policy Number 211 regarding Non-Compliant Fundraiser Guidance. These standards apply in all areas where foods and beverages are sold which may include but are not limited to: ala carte lines, vending machines, fundraising events, and snack carts.

Romeo Community Schools will establish nutrition standards for all foods and beverages provided, but not sold to students during the school day:

Romeo Community Schools strongly encourages all foods offered on the school campus to meet the USDA smart snacks in School nutrition standards. The district will provide healthy party ideas to parents and teachers. The district will provide parents a list of foods and beverages that meet Smart Snacks. The district will also provide teachers and school staff a list of alternative ways to reward children.

Food and 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 product.

Examples would include coolers, cups, exterior vending machines, posters, menu boards, trash cans, or any other items distributed to students.

It is the intent of Romeo Community Schools 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.

At Romeo Community Schools reviews existing contracts and considers new contracts, equipment and/or other product purchasing and replacement, decisions will reflect these marketing guidelines.

Dining Environment

Romeo Community Schools promotes healthy food and beverage choices using at least 10 of the Smarter Lunchroom Strategies.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Physical education is defined as “the development of: (A) physical and motor fitness; (B) fundamental motor skills and patterns; and (C) skills in aquatics, dance and individual and group games and sports (including intramural and lifetime sports).” Physical education services, especially designed if necessary, must be made available to every handicapped child receiving a free appropriate public education and that if specifically designed physical education is prescribed in a child’s individualized education program, the public agency responsible for the education of that child shall provide the service directly, or make arrangements for it to be provided through other public or private programs. Romeo Community Schools will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. Physical education is modified as needed based upon students’ needs. Romeo Community Schools does not endorse requiring or withholding physical activity/physical education classes as a punishment. Participation in physical activity/physical education may be withheld for safety concerns.

Romeo Community Schools evidence-based SMART goals for Physical Education:

<ul style="list-style-type: none">● PE Amount and Frequency Requirements	<ul style="list-style-type: none">● K-5; 40 weeks (all ages)● 6-8: 12 weeks (trimester)● 9-12: obtain one half credit of PE1 during their high school career
<ul style="list-style-type: none">● Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting or harassment of any kind!	<ul style="list-style-type: none">● Develop classroom rules that emphasize respect, inclusivity, and positive communication. The guidelines shall be communicated clearly to all students, and reinforced through modeling by the teacher and consistent enforcement. Physical education teachers shall provide a Google Form link to students allowing them to report any incidents of harassment or any other unacceptable behavior in an anonymous and confidential means.

Every year, all students will 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.

Romeo Community Schools evidence-based SMART goals for Physical Activity:

<ul style="list-style-type: none">● Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attributes, and skills necessary to engage in lifelong healthy enhancing physical activity	<ul style="list-style-type: none">● Physical education teachers will assess student fitness annually and report to parents at card markings.
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Other opportunities for physical activity may include recess and active academics such as kinesthetic learning approaches tied into “core” subjects. The district will provide resources and links to resources, tools, and technology with other ideas for classroom activity breaks.

Other School-based Activities that Promote Student Wellness

Romeo Community Schools has recognized the necessity for increased Mental Health awareness, recognition, education and support throughout the district and community. We acknowledge the need for mental health services that encourage growth in social/emotional wellness and development of the student being a benefit to our school system and community as a whole. The District will implement other evidence-based programs across the school setting to create environments that are conducive to support Mental Health and other activities.

Romeo Community Schools evidence-based SMART goals for Mental Health and other activities:

<ul style="list-style-type: none">• Research and implement age-appropriate K-12 resources through classroom instruction and education to promote mental health awareness and provide tools for recognizing and addressing mental health concerns.	<ul style="list-style-type: none">• Evaluate and recommend resources, programs and lessons to integrate mental health education into classroom instruction.
<ul style="list-style-type: none">• Encourage non-food rewards in school buildings and classrooms	<ul style="list-style-type: none">• Discourage/limit food, beverages and/or candy as rewards, incentives or encouragement during the school day
<ul style="list-style-type: none">• Recess shall not be withheld as a form of punishment.	<ul style="list-style-type: none">• Withholding recess will be eliminated as a punishment option and replaced with an alternative disciplinary measure that promotes positive behavior and academic success

IMPLEMENTATION, ASSESSMENT, DOCUMENTATION, AND UPDATES

Implementation

Romeo Community Schools will develop and maintain a plan to manage and coordinate wellness policy and administrative guidelines implementation. The plan delineates roles, responsibilities, actions, and timelines specific to our buildings. We will use the Health School Action Tool (HSAT) to complete a school-level assessment and create evidence-based action plans that foster implementation.

Triennial Assessment

Romeo Community Schools will conduct an assessment of the wellness policy and administrative guidelines every three years at a minimum. The assessment will determine: building level compliance and progress made in attaining the goals of our administrative guidelines.

The person responsible for the Triennial Assessment is Julia Butler, Executive Director of Employee Services.

Documentation

Romeo Community Schools will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: 1. A copy or web address of the current wellness policy. 2. Documentation on how the policy and assessments are made available to the public. 3. The most recent assessment of implementation of the policy. 4. Documentation of efforts to review and update the policy and administrative guidelines, including who was involved in the process, their relations to Romeo Community Schools, and how stakeholders were made aware of their ability to participate.

The wellness policy can be found at www.romeok12.org.

Updates to the Administrative Guidelines

Romeo Community Schools will update or modify the guidelines as appropriate based on the results of the HSAT and Triennial Assessments, as our school district priorities change, community needs change, wellness goals are met, new health science information and technology emerges, and new federal or state guidance or standards are issued. The guidelines will be updated at least every three years, following the Triennial Assessment.

Public Updates

Romeo Community Schools will inform the public annually about the local wellness policy and administrative guidelines, including its content and any updates to the guidelines. The Triennial Assessment, including progress toward meeting the goals of the administrative guidelines, will also be made available to the public. Romeo Community Schools will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of our wellness policy and administrative guidelines.