2007 Health and Safety

Programs and Activities School District personnel will take reasonable precautions to preserve the health, safety, and welfare of students participating in School District related programs and activities.

Health Concerns Raised by Parents or Guardians Parents are responsible for informing the School District of health and safety concerns particular to their children and cooperating with the School District to address those concerns. The Superintendent will develop and implement regulations for addressing the health and safety concerns of students with disabilities within the meaning of Section 504 of the Rehabilitation Act of 1973.

Immunization Except as otherwise specifically provided by law, the Board requires that all students be properly immunized, not later than the first day of school.

Medication The Superintendent will develop regulations concerning student medications. The regulations will address the possession, storage, and accessing of student medications, as well as the administration of prescription medications to students while at school.

Performance Enhancing Substances Students are prohibited from using or being in the possession of any performance-enhancing substances, including, but not limited to, those that may be listed by the National Collegiate Athletic Association, the Michigan High School Athletic Association, or the Michigan Department of Community Health.

Seclusion and Restraint The Board directs School District personnel and others to comply with Michigan law prohibiting seclusion and restraint, except for emergency seclusion and emergency physical restraint in the manner permitted by law.

Wellness

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the School District's students. The School District is committed to creating a school environment that includes wellness practices that promote healthy eating and physical activities. To that end, the Board sets the following goals in an effort to enable students to establish good health and nutrition habits.

Nutrition Information. The School District shall: (1) include nutrition education in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the state; and (2) promote a variety of healthy menu options through student taste-testing initiatives.

Physical Education. The School District shall: (1) provide a sequential, comprehensive physical education program for students in K-12 in accordance with the standards and benchmarks established by the state; (2) the K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity; and (3) Contents 15 of 38
offer student clubs and activities that promote physical activity, exercise and other stress-management and behavioral techniques.

**Additional Guidelines.** With the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are also established:

- In accordance with Policy 5008, entitled Food Service/Meal Charge, the food service program shall comply with federal and state regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the U.S. Department of Agriculture (USDA) Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.

- The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the USDA.

- The sale of foods and beverages outside of the school meals program shall meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.

- All food items and beverages available for sale to students for consumption during the school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.

- The School District encourages healthy and nutritious choices to students in food and beverages made available, but not sold, to students during the school day.

The School District intends to promote student wellness initiatives by providing consistent nutritious messaging and marketing. Any foods and beverages marketed to students on school property during the school day will meet the USDA Smart Snacks in School standards.

**Wellness Committee.** The School District shall invite a diverse group of stakeholders to a School District Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, medical/health care professionals, members of the public, and school administrators to oversee development, implementation, evaluation, and periodic update of the wellness policy. The Wellness Committee membership is open to all community members; however, the District will encourage continuous participation by inviting key stakeholders to participate.

The Wellness Committee shall be responsible for: (1) review of the School District’s wellness policy every three (3) years, at a minimum; (2) assessment of the current school environment and compliance with the policy and progress of attaining the goals; (3) measurement of the implementation of the policy; and (4) recommendation for the revision of the policy, as necessary.

**Policy Compliance.** The School District designates the chief business official, whose contact information is 586-445-4000, with operational responsibility for ensuring compliance with the policy by not only leading the review, update, and evaluation of the policy, but also by verifying that the School District meets the goals established in this policy.

**Public Notice.** The School District will inform the public, including parents, students, and community members, through the School District and building websites and the School District newsletter in accordance with state regulations, of the content of the wellness policy and any updates to the policy on an annual basis.