

District Compliance of Board Policy 8510

Are we compliant with Board Policy 8510?

Yes

What evidence do we have that supports our compliance?

See evidence in the following pages.

What do we need to put into place to ensure compliance?

Nutrition Education: We are in need of more nutrition education. This will happen with K-8 using True Success and utilizing the nutrition information in the planner.

As a district we could do a better job complying with regulations of food and beverages for fundraisers, class parties, and for rewarding students.

Our school fundraisers should follow the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards as well as not be sold during lunches.

Education of teachers with alternatives instead of unhealthy snacks as rewards. A handout with examples is provided.

NUTRITION EDUCATION

Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.

EVIDENCE:

- In grades 5-8, the True Success has a page on healthy eating habits in every students' planner.
- West Oakview does a MSU Extension, *Show Me Nutrition*, that introduces students (K-5) to the importance of eating healthy, reading food labels, and getting physical activity.
- Elementary PE teachers discuss different food groups and discuss informally to support topics in PE.

Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.

EVIDENCE:

- The high school health class brings in Ethical Choices Program, an outside organization, to present on nutrition.
- East campus does a Healthy Choices presentation on healthy dieting and lifestyle choices by an outside organization, called the Ethical Choices Group.

Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.

EVIDENCE:

- My Plate, the new Food Pyramid Guide, is in all cafeterias throughout the district.

PHYSICAL EDUCATION

A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

EVIDENCE:

- The Northview Physical Education Department: Take 30! Curriculum and Resource Guide is a Curriculum guide for K-12 physical education.

Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.

EVIDENCE:

HS:

- The high school offers three options for physical education. The options are intro to sports, interactive fitness, and personal fitness. This allows students to pick a personal interest so that it engages students and gives them ownership into a lifelong healthy physical activity.

Crossroads:

- At Crossroads, we do a number of team sports that are life long skills that include flag football, soccer, sand volleyball, lacrosse, tennis, slow pitch softball, basketball, hockey, team handball, and volleyball. Non team oriented activities include swimming, T25 workouts, Wildcats (shuttle run, pushups, sit ups, and squats), introduction to the weight room and fitness center.

Highlands:

- Weekly Fitness Stations: Let students practice lifelong exercise and routines while enjoying social fitness games. Students are allowed to participate with a partner/friend (Fitness Buddy).

Elementary:

- Each grade level, K-4, practice and is assessed on a developmentally appropriate timed run.
- Every student is assessed on the attitude that they demonstrate and their level of participation in PE while participating in daily lessons.
- Physical Education classes shall demonstrate respect for others while learning, practicing, and participating in physical activities.

Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.	
EVIDENCE:	<p><u>HS:</u></p> <ul style="list-style-type: none"> • The High School teaches cooperation, fair play, and responsible participation within daily classes. The sports class includes many of these components because they must work together as a team. Students use cooperation in personal fitness by helping students spot each other in the fitness center. Cooperation is also used in the interactive PE class by encouraging and working together. <p><u>Crossroads:</u></p> <ul style="list-style-type: none"> • In team sports, we teach cooperation with teammates. Teaching cooperation between team members helps students understand teamwork and working together for a purpose. We teach fair play by respecting the other team. During team play, we teach responsible participation by encouraging students to participate. We also teach responsible participation by letting students choose which level of game play that would fit their level and need best. <p><u>Highlands:</u></p> <ul style="list-style-type: none"> • A variety of games are played, both competitively and recreationally, that encourage cooperation, fair play, and responsible participation. <p><u>Elementary:</u></p> <ul style="list-style-type: none"> • Through multiple game experiences students are taught to cooperate, play fair and play responsibly. While often brought under the label of sportsmanship, students get experiences with being an active participant or spectator in a variety of game and practice settings. • Physical Education classes shall demonstrate respect for others while learning, practicing, and participating in physical activities.

Planned instruction in physical education shall include cooperative as well as competitive games.	
EVIDENCE:	<p><u>HS:</u></p> <ul style="list-style-type: none"> • The High School uses competitive games as well as cooperative games within their sports classes. They use self assessment which includes cooperation within the fitness classes. <p><u>Crossroads:</u></p> <ul style="list-style-type: none"> • Crossroads uses cooperative games within their own teams in multiple

	<p>sports. They use competitive games depending on level and skill of students using a variety of sports.</p> <p><u>Highlands:</u></p> <ul style="list-style-type: none">• Students cooperatively work together during sports such as badminton, pickleball, tennis, and volleyball cooperatively hitting balls back and forth for a maximum number of hits. We also play Fitness Games which include cardiovascular fitness and muscular strength and endurance. <p><u>Elementary:</u></p> <ul style="list-style-type: none">• Some competitive experiences are provided through soccer, basketball, floor hockey, bowling and tag games. Each of these areas can involve cooperative drills and skill practice along with team activities like jump rope, parachute activities, and throwing and catching lessons.• Physical Education classes shall demonstrate respect for others while learning, practicing, and participating in physical activities.
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PHYSICAL ACTIVITY

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

EVIDENCE:	<p><u>East Campus:</u></p> <ul style="list-style-type: none"> ● The science department includes natural walks throughout the year. ● The Language arts department does walks that include writing. ● Canoemobile- a program that teaches students canoeing and environmental awareness. <p><u>Crossroads:</u></p> <ul style="list-style-type: none"> ● Offers open gym 7-7:30 am Monday- Friday. ● Outside open gym or open gym during lunches when available. ● Open gym during advisory when available. <p><u>Highlands:</u></p> <ul style="list-style-type: none"> ● Canoemobile- a program that teaches students canoeing and environmental awareness. ● Adventure Leadership program is offered to students. <p><u>Elementary Level:</u></p> <ul style="list-style-type: none"> ● Brain Gym activities ● Moment and sensory breaks. ● Walkathon ● Jump Rope for Heart ● Girls on the Run ● Daily recess/games ● Mileage Club ● Intramurals
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All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.

EVIDENCE:	<p><u>Crossroads (7-8th graders) sports programs include:</u></p> <p>Fall Season (Aug – Oct)</p> <ul style="list-style-type: none"> ● Co-ed Cross Country ● Football – 7th ● Football – 8th Grade ● Girls Volleyball ● Sideline Cheer <p>Winter One Season(Oct – Jan)</p>
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- Boys Basketball
- Grade Girls Swimming/Diving
- Competitive Cheerleading

Winter Two Season (Jan - Mar)

- Girls Basketball
- Wrestling
- Boys Swimming/Diving

Spring Season (Mar - May)

- Co-ed Tennis
- Co-ed Track & Field

High School interscholastic sports programs include:

Fall

- Boys Cross Country
- Girls Cross Country
- Football - 3 levels
- Girls Golf - JV/Var
- Boys Soccer - JV/Var
- Girls Swim
- Boys Tennis - JV/Var
- Volleyball - 3 levels

Winter

- Boys basketball - 3 levels
- Girls basketball - 3 levels
- Boys bowling
- Girls Bowling
- Competitive Cheer
- Hockey
- Boys Ski
- Girls Ski
- Boys Swim
- Wrestling

Spring

- Baseball - 3 levels
- Boys Golf - JV/Var
- Boys Lacrosse - JV/Var
- Girls Lacrosse - Var
- Girls Soccer - JV/Var
- Softball - JV/Var
- Girls Tennis - JV/Var
- Boys Track and Field
- Girls Track and Field
- Coed Rowing

SCHOOL-BASED ACTIVITIES

The schools shall provide at least thirty (30) minutes daily for students to eat.

EVIDENCE:	<ul style="list-style-type: none"> • All schools have 30 minutes a day for students to eat lunch.
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Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.

EVIDENCE:	<ul style="list-style-type: none"> • Fitness Center is open to student use (7th-12th) grade 2:35-4:45 after every school day. • Fitness Center and Indoor track Memberships are available for adult community members (discounted pricing), Staff (free) and 7th -12th students (free) for hours in the mornings, evenings, and weekends. • Fitness Classes are offered on a continual basis for adult community members, staff and students. • Lap swim is offered in the Pool. • Community Education offers variety of adult and youth outdoor education opportunities including fly fishing club, outdoor leadership, recreational sports, and a wide variety of summer camps. • HS Track open for use • Tennis Courts at HS and Highlands open for use • Basketball courts open for at Crossroads and East Oakview • Gaga pits at East, North, Highlands, and Crossroads. • Sport fields include baseball/softball diamonds, soccer fields, Lacrosse fields • Playgrounds at all elementary buildings and Highlands
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The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.

EVIDENCE:	<p><u>Crossroads:</u></p> <ul style="list-style-type: none"> • Mobile Dentist • Vision screening for 7th graders and any identified 8th graders <p><u>Highlands:</u></p> <ul style="list-style-type: none"> • Vision screening for all 5th graders <p><u>Elementary Level:</u></p>
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	<ul style="list-style-type: none"> ● West- Hearing, vision, and mobile dentist ● East- Vision and mobile dentist ● North- Mobile dentist, vision, and hearing screening <p><u>District Wide:</u></p> <ul style="list-style-type: none"> ● Northview partners with MiBridges Community, which means several of our school counselors and social workers are trained to access the Michigan Department of Health and Human Services (MDHHS) state benefits program. Northview families can now come to our schools to apply, renew or search for state aid resources such as health care, food assistance, cash assistance, child care and emergency relief. ● Our district counselors/social workers help families enroll in state benefit programs like Medicaid. ● We have a partnership with Spectrum Health and MedNow that helps families offers a chance to access health care consultation as needed.
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Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.	
EVIDENCE:	<ul style="list-style-type: none"> ● Separate tables are set up for students with food allergies. ● Elementary level has rules in the cafeteria about finishing your own food and keep belongings to self to help students from sharing food and beverages.

With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.	
EVIDENCE:	<ul style="list-style-type: none"> ● All foods meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall encourage students to increase their consumption of healthful foods during the school day.	
EVIDENCE:	<ul style="list-style-type: none"> ● Physical Education teachers talk about healthy eating and healthy foods.

Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

EVIDENCE:

- A list of alternatives to unhealthy foods is attached.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

<p>In accordance with Policy 8500, entitled Food Service, 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 USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.</p>	
EVIDENCE:	<ul style="list-style-type: none"> • The food service department is in compliance.

<p>As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).</p>	
EVIDENCE:	<ul style="list-style-type: none"> • The food service department uses the USDA Guidelines.

<p>The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.</p>	
EVIDENCE:	<ul style="list-style-type: none"> • The food service department is in compliance.

<p>All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.</p>	
EVIDENCE:	<ul style="list-style-type: none"> • Out of school fundraiser, Northview is in compliance. • In school fundraisers, Northview is not in compliance.

	<ul style="list-style-type: none"> • Individual schools need to be reminded about time frames for turning on and using the vending machines.
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All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.

EVIDENCE:	<ul style="list-style-type: none"> • All foods comply with the USDA Dietary Guidelines for Americans.
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All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) shall comply with the current USDA Dietary Guidelines for Americans

EVIDENCE:	<ul style="list-style-type: none"> • District needs to investigate ways to improve. A list of alternative rewards is attached.
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The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

EVIDENCE:	<ul style="list-style-type: none"> • All students are given access.
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