



EASTPOINTE COMMUNITY SCHOOLS

Local Wellness Policy

The Director of Athletics and Activities and the Director of Food Service are responsible for implementing nutrition, health, well-being, and wellness in Eastpointe Community Schools including organizing the Wellness Committee. The Committee may consist of principals, parents, school food service staff, school health professionals, teachers, and educational staff. The Wellness Committee should be chosen annually. The Wellness Committee will be responsible for assessing the current school environment. Each year, the Wellness Committee should recommend to the Directors any revisions to the policy using evidence-based strategies when determining their recommendations.

The Wellness Policy will be assessed at least once every three years to determine which schools in the District are following the District Policy, how the District policy compares to model wellness policies and progress made in attaining the goals of the District Wellness Policy. The four main topics below will be the areas we focus on in the triennial assessment.

Nutrition Education

1. Nutrition education should be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
2. Nutrition education should include the opportunities for appropriate student projects related to nutrition and involving, when possible, community agencies and organizations.
3. Nutrition education posters will be displayed in the cafeteria.
4. Nutrition education should extend beyond the school by engaging and involving families and the community.

Physical Education

1. Physical Education should be included in a sequential, comprehensive curriculum in accordance with the curriculum standards and benchmarks established by the State.

1. Physical Education classes should 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.
2. Physical Education planned instruction should be presented in an environment free of embarrassment, humiliation, shaming, taunting and harassment of any kind.

Physical Activity

1. Physical Activity should not be employed as a form of discipline or punishment.
2. Physical Activity and movement should be encouraged across the curriculum and throughout the school day.
3. Physical activities that are age-appropriate and promote healthy habits of lifelong physical activity should be provided throughout the school day.

Wellness Activity

1. The district will promote to parents/caregivers, families and the community the benefits of healthy eating and physical activity throughout the school year. Families will be invited to at least one school sponsored wellness event and will receive information quarterly. The school should provide at least 25 minutes to eat daily. Preschool & K-5 buildings should provide at least 30 minutes of recess daily, with 20 minutes provided at lunchtime and at least 10 minutes provided during the school day. A physical activity/recess is recommended at the Middle School level. A review committee, including Middle School administrators and teachers, will work to identify changes to the Middle School day to provide for a set recess period at lunchtime.
2. Students, parents and other community members should have access and be encouraged to use the school's outdoor physical activity facilities outside the normal school day.
3. All schools should offer before/after school clubs and activities that promote physical activity and healthy eating.

Eastpointe Community Schools will create an environment encouraging healthy eating habits, including offering a variety of fresh produce, whole grain products, fat-free and low-fat milk. Meals that meet specific calorie ranges for age/grade groups. Wellness activities for the students throughout the school day will be implemented.

Wellness Leadership Roles

Eastpointe Community Schools has established leadership roles throughout the triennial assessment, which are listed below along with the current members of the Wellness Committee. This chart will be revised, as needed, if there are changes to the members of the committee.

School Wellness Leader:

Name	Job Title	Email Address
Amy Cirillo	Director of Food Service	amy.cirillo@eastpointeschools.org
Paris McCarthy	Director of Athletics and Activities	paris.mccarthy@eastpointeschools.org

School Wellness Committee Members:

Name	Job Title	Email Address
Aaron Davis	Head Football Coach	coachdavis204@gmail.com
Edwin McDonald	MS Football/HS Track Coach	edwin.mcdonald@eastpointeschools.org
Shannon Elliott	Secretary	shannon.elliott@eastpointeschools.org
Marvin Henderson	HS Track Coach	marvin.henderson@eastpointeschools.org
Patty Giorlando	Food Service Secretary	patricia.giorlando@eastpointeschools.org
Lynn Salafia	Assistant Cook at the High School	lynn.salafia@eastpointeschools.org
Darnella Knowles	Head Cook at the High School	darnella.knowles@eastpointeschools.org
Catherine Davis	High School Assistant Principal	catherine.davis@eastpointeschools.org
Brooke VanRhee	Bellview Teacher	brooke.vanrhee@eastpointeschools.org
Domonique Willimas	Secretary at Crescentwood	domonique.williams@eastpointeschools.org
Randolph Hull	Principal at Forest Park	randolph.hull@eastpointeschools.org
Falicia Moreland-Trice	Principal at Pleasantview	falicia.moreland-trice@eastpointeschools.org