

# policy

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## WELLNESS

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support student development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the general public to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutritious habits:

- A. Nutrition Education: The District will integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant. Nutrition education will include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations. Schools are encouraged to provide information to parents that is designed to help reinforce at home the standards and benchmarks being taught in the classroom.
- B. Physical Education: The District will provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity. With regard to physical activity, each school in the District will provide age/developmentally-appropriate physical activities. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation. Also, planned instruction in physical education shall be presented in an environment free of embarrassment,

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humiliation, shaming, taunting, or harassment of any kind. Physical activity shall not be used as a form of discipline or punishment. The school may provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.

- C. Other School-based Activities: The District will provide an opportunity for an organized wellness program for staff members. Also, schools may provide opportunities for staff, parents, and other community members to model healthy eating habits at school functions such as, conferences, open houses, etc. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes. The schools may demonstrate support for the health of all students by encouraging parents to enroll their eligible children in children's health insurance programs for which they may qualify.

The District will promote an environment that reinforces the development of healthy eating habits. All foods made available to students in District programs should be served with the objective of promoting student health and well-being consistent with Federal and State laws/regulations. Accordingly, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. The food service program shall comply with Federal and State laws/regulations pertaining to the selection, preparation, consumption and disposal of food and beverages.
- B. Establish school environments that support healthy eating and physical activity, including the development and implementation of safety rules.
- C. Guidelines for reimbursable school meals shall meet the program requirements and nutrition standards set forth under 7 CFR Parts 210 and 220. Reimbursable school meals shall not be less restrictive than the regulations or guidance issued by the U.S. Department of Agriculture (USDA).

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- D. The food service program will provide student affordable access to varied and nutritious foods.

The Superintendent shall appoint a District Wellness Committee to assist in the development and periodic update of the wellness policy and/or guidelines. The committee should include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public and school administrators. To the extent possible, the Wellness Committee should include representatives from multiple school buildings.

The Principal/Administrator of each school/program is charged with operational responsibility for meeting the goals established in this policy.

The District will post this policy on the District's website to inform the public (including parents, students and others in the community) about the content and implementation.

Administrative Guidelines may be prepared to implement this policy.

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

7 C.F.R. Parts 210 and 220

M.C.L. 380.1272b (Public Act 42 of 2015)

Amended: August 26, 2015