

Board Policy

Re: School Wellness Policy

RATIONALE

The United States Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in the national school lunch program to establish a local school wellness policy.

The Michigan State Board of Education Model Local Wellness Policy has been provided by the Michigan Department of Education in collaboration with citizens and representatives from several organizations. The Standish-Sterling Community School District Wellness policy was developed by using the prototype provided by the Michigan Department of Education.

The Standish-Sterling Community School District has strived to create a healthy school environment that enhances the development of lifelong wellness practices that will promote healthy eating and physical activities that support student achievement. Students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the District has attempted to provide students opportunities to make these choices as they attend our programs on a daily basis.

GENERAL PROCEDURES

Nutrition Education

Nutrition Education that is aligned with the Michigan Health Education Content Standards and Benchmarks that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition Education information may be offered throughout the school district including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education will be trained appropriately, if necessary.

Nutrition Standards

1. The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices.
2. The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.
3. The district superintendent shall periodically evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Other School-Based Activities Designed to Promote Student Wellness

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Physical Education and Physical Activity Opportunities

1. To the extent that resources are available, the district will offer physical education opportunities that include the components of a quality physical education program. Physical activities shall attempt to equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction should be aligned with the Michigan Physical Education Content Standards and Benchmarks.
2. 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-term and long-term benefits of a physically active and healthy lifestyle.

Implementation and Measurement

The Superintendent shall implement this policy and measure how well it is being managed and enforced. The district superintendent shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

This procedure adopted by Board of Education on May 8, 2006

Legal Reference: The Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265)

Claude L. Inch, Superintendent of Schools

PRC: EFAA