

## Student Wellness

The Allendale Public Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

### Nutrition Education

Every year, all students, Pre - K-12, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.<sup>1</sup> Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

### Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.<sup>2</sup> The District shall encourage students to make nutritious food choices.

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<sup>3</sup> and portion size before permitting food and beverages to be sold or served to students.

The District Superintendent shall continually 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.

### Physical Education and Physical Activity Opportunities

The District shall offer physical education opportunities that include the components of a quality physical education program.<sup>4</sup> Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.<sup>5</sup>

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<sup>1</sup> Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998.

[http://www.michigan.gov/documents/Health\\_Standards\\_15052\\_7.pdf](http://www.michigan.gov/documents/Health_Standards_15052_7.pdf).

<sup>2</sup> Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program. [http://www.access.gpo.gov/nara/cfr/waisidx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html)

<sup>3</sup> Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).

[http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1\\_Glossary.htm](http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm)

<sup>4</sup> Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

<sup>5</sup> Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.

[http://222.michigan.gov/documents/Physical\\_Education\\_Content\\_Standards\\_42242\\_7.pdf](http://222.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf)

## **Student Wellness**

Every year all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

### **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.

### **Implementation and Measurement**

The Superintendent shall implement this policy and measure how well it is being managed, and enforced. The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, the Board of Education, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy.

The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Approved: January 10, 2011

LEGAL REF: Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)  
(Approved by the Michigan State Board of Education, October 10, 2005.)