

## **8500 – WELLNESS GUIDELINE**

The Lakeview School District Board of Education values health and wellness and has established healthy citizen as one of their Board End statements. District staff also recognizes that good nutrition and regular physical activity affect the health and well being of the District students and employees. Research concludes that there is a positive correlation between person's health and well being and his/her ability to learn. Schools and educational programs can play an important role to support student and employee eating habits by providing nutritious meals and snacks, and by promoting increased physical activity both in and out of school.

The District also realizes that schools alone cannot teach students and employees healthy behaviors and habits with regard to eating and exercise. Parents, families and the public at-large must also be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The District has established the following goals in support of student and employee wellness:

- A. A comprehensive nutrition education program that is aligned with the *Michigan Health Education Content Standards and Benchmarks* will be included as part of the District's Health curriculum. Staff members who provide nutrition education shall have the appropriate training. The Food Service Director and his/her staff will be included in the development and implementation of program and will encourage students to make nutritious food choices.
- B. A comprehensive elementary, middle school and high school physical education program will be provided for students. Employees will also be encouraged to engage in physical activities. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.
- C. The District's food service program will provide nutritional meals and snacks for students and employees. Meal menus will follow the nutrition standards established by the United States Department of Agriculture (USDA). The Food Service Director will monitor food service distributors and snack vendors to ensure that they provide healthy food and beverage choices.
- D. The District's food service program will comply with all Federal and State regulations for the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- E. The District's food service program will work to ensure that students and families who comply with the requirements for

A Coordinated School Health Team will be established to include employees, students, parents and/or community members. This committee will be co-chaired by the District's Health Educator and the Food Service Director. The work of this committee will be to:

- Review wellness guidelines and practices District-wide and recommend needed changes to the Superintendent.
- Monitor and review and make recommendations about school snack practices, including classroom parties and holiday events.
- Monitor school vending machine practices and use during the school day to support good nutrition practices and make recommendations.
- Monitor school fund raising efforts and make recommendations.

The Coordinated School Health Team Committee Chairs will share recommendations with the Superintendent and establish implementation plans.

The Superintendent will annually provide data and information to the Board regarding progress (or lack of progress) around this work.