

Lakeview Public Schools

Bylaws & Policies

8510 - WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Lakeview Public Schools.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, 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 through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' 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 public at large 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 nutrition habits:

- A. With regard to nutrition education, the District shall:
 - 1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 - 2. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
 - 3. Promote a variety of healthy menu options through student taste-testing initiatives.

- B. **Physical Education**
 - 1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

2. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
3. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
4. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
5. Offer student clubs and activities that promote physical activity, exercise and other stress-management and behavioral techniques.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

- C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.
- D. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or

as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters clubs.

- E. Lakeview Public Schools encourages healthy and nutritious choices to students in food and beverages made available to students, but not sold, during the school day.

Lakeview Public Schools intends to promote student's wellness initiatives by providing consistent nutritious messaging and marketing. Any foods and beverages marketed to students on school property during the school day will meet the USDA Smart Snacks in School standards.

The District shall invite a diverse group of stakeholders to a District wellness committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, medical/health care professionals members of the public and school administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee membership is open to all community members; however, the District will encourage continuous participation by inviting key stakeholders to participate.

The Wellness Committee shall be responsible for:

- A. review of the District's wellness policy every three (3) years, at a minimum;
- B. assessment of the current school environment and compliance with the policy and progress of attaining the goals;
- C. presentation of the wellness policy to the school board for approval;
- D. measurement of the implementation of the policy;
- E. recommendation for the revision of the policy, as necessary.

Lakeview Public Schools designates the Director of Business Services, whose contact information is 586-445-4000, with operational responsibility for ensuring compliance with the policy by not only leading the review, update, and evaluation of the policy, but also verifying that the District meets the goals established within this policy.

Lakeview Public Schools will inform the public, including parents, students, and community members, through the District and building websites and the District newsletter in accordance with State regulations, the content of the wellness policy and any updates to the policy on an annual basis.

This wellness policy can be found at:

http://www.lakeview.misd.net/PDF%20Files/2014-15/2646_001.pdf

Required documentation will be maintained at:

Lakeview Public Schools, 27575 Harper, St. Clair Shores, MI 48801

42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771
7 C.F.R. Parts 210 and 220

Adopted 7/11/06
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