

Wakefield-Marenisco School District Wellness Policy

The Wakefield-Marenisco School District 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. The District hereby adopts this Wellness Policy.

Nutrition Education

Each year, all students, Pre-K through 12, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*. 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 campus including, but not limited to, school dining areas, hallways and classrooms.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall provide nutritional food choices and encourage students to use them.

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 administration 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. 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*.

Each year all students, Pre – K through 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.

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.

District Policy Manual: NEOLA

8500—Food Services, 8531—Free and Reduced Price Meals, 8540—Vending Machines

5830—Student Fund-raising