

## **Local Wellness Policy for Van Buren Public Schools**

The Van Buren Public School district is committed to creating a healthy school environment that helps students develop lifelong wellness practices. The encouragement of healthy eating and physical activity will also support student achievement.

### **Nutrition Education**

Each year, all instructional staff will be encouraged to integrate nutritional themes into core curriculum areas such as math, science, social studies, and language arts as applicable.

Students in Pre-K through 12<sup>th</sup> grade should receive nutrition education that provides the knowledge, skills, and values they need to adopt healthy lifestyles. Nutrition education information shall be offered throughout the school district including, but not limited to, school dining areas and classrooms.

Staff members who provide nutrition education shall have appropriate district training and materials.

### **Nutrition Standards**

The Van Buren Public Schools shall ensure the following:

Reimbursable school meals meet the program requirements and nutrition standards found in federal regulations for participation in the National School Lunch Program.

Students shall be encouraged to make nutritious food and beverage choices.

All food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs, shall be monitored and evaluated.

Nutrient density and portion size shall be considered before permitting food and beverages to be sold or served to students.

The 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 Van Buren Public Schools shall:

Offer physical education opportunities that include the components of a quality physical education program.<sup>1</sup>

Equip students with the knowledge, skills, and values necessary to understand the short-and long-term benefits of a physically active and healthy lifestyle.

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<sup>1</sup> Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

Provide physical education instruction that will be aligned with the Michigan Physical Education Content Standards and Benchmarks.<sup>2</sup>

Offer all students, Pre-K through 12<sup>th</sup> grade, the opportunity to participate regularly in supervised physical activities, either organized or unstructured.

### **Other School-Based Activities Designed to Promote Student-Wellness**

The Van Buren Public Schools 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 Van Buren Public Schools' superintendent shall implement this policy and measure how well it is being managed and enforced. The superintendent shall develop and implement administrative rules and guidelines consistent with this policy. Input from teachers, parents/guardians, students, representatives of the school food service program, school board members, 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 local school board, annually, on the school district's programs and efforts to meet the purpose and intent of this policy.

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<sup>2</sup> Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1988.