

# Lake Shore Public Schools

## Local Wellness Policy

Lake Shore 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 Kindergarten through 12<sup>th</sup> grade shall receive nutrition education that is aligned with the Michigan Health Education Content Standards and Benchmarks (MHECS) in the Michigan Curriculum Framework. Nutrition education that teaches knowledge, skills, and values needed to adopt healthy eating behaviors is a part of the health curriculum. 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 the appropriate training through Michigan Health Model.

### Nutrition Standards

Lake Shore Schools shall ensure that reimbursable school meals meet the program requirement and nutrition standards found in federal regulations. Lake Shore Schools shall encourage students to make nutritious food choices.

Lake Shore Schools shall monitor all food and beverages sold or served to students including those available outside the federally regulated child nutrition programs. Lake Shore Schools shall consider nutrient density and portion size before permitting food and beverages to be sold to students.

Each school building in the district shall offer and promote the following food and beverages in all venues:

- Beverages in single serving sizes of 20 oz or less. This includes, but is not limited to, 100% fruit juice, bottled water, and 1% milk.
- Snacks and other accompaniments which meet a standard single serving size.

The Food Service Director and the Wellness Committee shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly, as the superintendent and Board of Education see fit and pursuant to legal requirements.

### Physical Education and Physical Activity Opportunities

Lake Shore Public Schools 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 and Health Content Standards and Benchmarks.

Every year, all students, 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 long-term benefits of a physically active and healthy lifestyle.

#### Implementation and Measurement

The Wellness Committee shall implement this policy and annually measure how well it is being managed and enforced. The following will be evaluated:

- Nutrition Education: Number of staff members trained in the Michigan Health Education Content Standards and Benchmarks (MHECS). Nutrition Education will be available to students as evidenced by MHECS curriculum in Health, and Physical Education.
- Nutrition Standards: Nutrition Standards will be upheld in accordance with the National School Breakfast and Lunch Program. Compliance will be indicated by approval of the annual "Year End Report – SM-4012" by the Michigan Department of Education.
- Physical Education: Number of students that pass Physical Education Classes will be greater than or equal to 85%. Number of students participating in after school sports will also be evaluated.