

## **Section 8000 – Students**

8453-R Student Wellness Policy

8453-R

### Implementation and Measurement

The District Coordinated Health team shall implement this policy and measure how well it is being managed and enforced. The District Coordinated Health Team shall consist of the department administrator from each of the eight coordinated school health modules:

- Health Education
- Physical Education
- Health Services
- Nutrition Services
- Counseling, Psychological and Social Services
- Healthy School Environment
- Health Promotion for Staff
- Family/Community Involvement

The District Coordinated Health Team leader will be assigned by the Superintendent. Representation from parents/guardians, teachers, and students will be used as needed. Administrative strategies will be developed consistent with this policy addressing further changes and recommendations for future years. The District Coordinated Health Team shall report to the Board of Education annually on the District's programs and strategies to meet the purpose and intent of this policy.

### Nutrition Education

Opportunities will be provided for all Pre-K – 12 students to receive appropriate Nutrition Education that teaches them the knowledge, skills, and values needed to adopt healthy eating behaviors.

### Nutrition Standards

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

The District Coordinated Health Team will establish Nutrition Standards for snack vending machines located in our school buildings, school day events, and after-hour activities.

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### Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of the District by certified physical education teachers trained in best practice. A quality physical education curriculum will be taught using the Michigan Physical Education Contest Standards and Benchmarks as the basis. Physical Education classrooms shall engage students in a variety of activities that encourage lifelong participation.

Rules Accepted: June 29, 2009