

# BOARD POLICY

EEB

## BUSINESS MANAGEMENT WELLNESS FOR STUDENTS

DECEMBER 19, 2016

The Livonia Public Schools School District is committed to promoting a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

### **District Wellness Committee**

The District will convene a representative District Wellness Committee to establish goals for and oversee school health and safety policies and programs; including development, implementation, periodic review, and update of this district-level wellness policy.

### **Nutrition Education**

Every year, all students, Pre-K—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 school campus.

### **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 shall monitor food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

The Superintendent, or designee, shall annually evaluate Livonia Public Schools vending policies and contracts as necessary and required by law. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

### **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrient standards may be sold through fundraisers on the school campus during the school day. The District will make available to teachers, club leaders, and coaches information on fundraising as well as tracking of the individual fundraisers by the principal.

### **Physical Education and Physical Activity Opportunities**

The District's Physical Education instruction is aligned with the K-12 Michigan Physical Education Content Standards and Benchmarks. 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.

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

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

The District may implement other appropriate programs that help promote a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

The District will integrate wellness activities across the school setting. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work toward the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

**Implementation and Measurement**

The District Wellness Committee shall develop and implement an annual progress report or a triennial progress report. These reports will be placed on the District website available for public review. The District Wellness Committee will make recommendations to the Board of Education to update or modify the Wellness Policy based on the results.