

Bridgman Public Schools Wellness Policy

As required by Law the Bridgman Public Schools has established the following Wellness Policy.

Preamble:

The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research concludes that there is a positive correlation between a student's health and well-being, and their ability to learn. We at Bridgman Schools want to play an important role in the education and support of establishing healthy nutrition habits by providing supporting good eating habits and promoting physical activity in and out of school.

Process:

Michigan Action for Healthy Kids (MAFHK) recommends including the following individuals when choosing team members. Superintendent, Food Service Director, Principal, School Nurse or Health Services teacher, Gym teacher, Parent and Student.

Our committee included Food Service Director, Superintendent, Gym Teacher Principal, Parent and 2 Students.

Nutritional:

- Nutritional education Posters including "My Plate" and the "Food Pyramid" will be on display in the cafeteria.
- 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 offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The district shall encourage students to make food choices based on the most current Dietary Guidelines for Americans.

Physical Education:

- 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 and skills needed for lifelong physical activity.
- All students, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, promoting physical fitness.
- Planned Instruction in Physical education shall meet the needs of all students.

School Based Activities:

- The district will provide at least 20 minutes daily for the students to eat, in a clean and attractive environment.
- The District will provide a time for physical activity before or after mealtimes.
- Schools in our system utilize electronic identification system, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

In accordance with policy 8500, entitled Food Service, the food service program shall comply with Federal and State Regulations pertaining to the selection, preparation, consumption and disposal of food and beverages as well as to the fiscal management of the program. The Superintendent shall implement this policy and assess how well it is being managed and enforced. The Superintendent shall develop and implement administrative rules consistent with this policy. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

LEGAL REFERENCE: Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

Adopted: 6/12/06

Review of this Policy shall occur every 3-5 years by a committee appointed by the Board.