

## **ARBOR PREPARATORY HIGH SCHOOL**

### **Wellness Policy**

It is the policy of the Board to promote a healthy school by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. To accomplish these goals:

1. Child Nutrition Programs will comply with federal, state and local requirements and will be accessible to all students.
2. Nutrition education will be provided and promoted.
3. Physical activity will be included outside of formal physical education.
4. School-based activities will be consistent with this Wellness Policy.
5. Foods and beverages made available at the school during the school day will be consistent with the current Dietary Guidelines for Americans and meal patterns and nutrition standards of the USDA.
6. Food and beverages made available at the school will adhere to food safety and security guidelines.
7. The school environment will be safe, comfortable, and allow adequate time for eating meals.
8. Food and physical activity will not be used as a reward or punishment.
9. The school will encourage all students to participate in school meal programs and protect the identity of students who eat free and reduced-price meals.

#### **Goals for Nutrition Education**

1. Nutrition education will be integrated into the curriculum by classroom teachers where appropriate.
2. Nutrition education will be provided by the school's foodservice provider by sharing information via menus, web site materials, and classroom presentations.
3. Nutrition education will involve sharing information with families and the community to positively impact the school's students and the health of the community.
4. The school will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families.
5. Students will be encouraged to start every day with a healthy breakfast. Breakfast programs will be implemented, where appropriate.

#### **Goals for Physical Activity**

1. Physical Education will be provided to all students and will teach students the knowledge, skills, and values necessary to understand the short- and long-term benefits of a healthy life style.
2. Physical activity will be integrated into the curriculum by classroom teachers, where deemed appropriate.
3. Students may be provided a daily recess period which will not be used as a punishment or reward. The school will consider planning recess prior to lunch as research has shown that physical activity prior to lunch can increase nutrient intake and reduce food waste.
4. The school will provide a physical and social environment that encourages safe and enjoyable activity for students.
5. The school will encourage families and community members to institute programs that support physical activity.

## **Goals for Other School Based Activities Designed to Promote Student Wellness**

1. After-school programs will encourage physical activity and healthy habit formation.
2. Support for student health will be demonstrated by helping to enroll eligible students in Medicaid and other state children's health insurance programs.
3. Healthy foods will be considered when planning all school-based activities such as school events, fundraisers, field trips, and classroom snacks or treats.
4. There will be ongoing professional training for food service and physical education staff.
5. The school will provide a clean and safe meal environment for students and ensure an adequate time for students to eat their meals.

## **Nutrition Guidelines for Foods Available at School during the School Day**

1. Students will have affordable access to nutritious foods they need to stay healthy and learn well.
2. Food for sale throughout the instructional day will meet the National School Lunch Program requirements.
3. The school will encourage the consumption of nutrient dense foods, i.e., fresh fruits and vegetables.
4. Sale of vended soft drinks to students will not be permitted during the school day.
5. Classroom snacks will feature healthy choices.
6. Fundraisers will consider healthy choices.
7. Foods made available will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HAACP) plans and guidelines will be in place to prevent food illness.

## **Assurance**

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued under the Child Nutrition Act and the School Lunch Act as they apply to schools.

## **Plan for Measuring Implementation and Evaluation**

1. The school principal shall ensure that this Policy is implemented and annually evaluated and that a triennial assessment is conducted every three years (beginning after the 2018-19 school year).
2. The school will form a Student Nutrition Advisory Council (SNAC) that will review and provide input on school menus. The SNAC will review this Policy not less than annually and provide the school Board suggested changes to this Policy on an annual basis. The SNAC members will include parents, students, food service employees, school administrators, school Board members, and members of the interested public.

---

## References:

National School Lunch Act (42 U.S.C.1751 et seq.)

The Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.)

Women Infants and Children Reauthorization Act of 2004 – §204 of Public Law 108-205

Michigan State Board of Education Model Local Wellness Policy

Michigan State Board of Education Policy on Offering Healthy Food and Beverages