

Student Wellness

The Grand Rapids Public School District 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.

In accordance with The Child Nutrition Reauthorization Act of 2004 (PL 108-265), the Board of Education hereby establishes the following rules and regulations in compliance with national guidelines for implementation & assessment, Nutrition Education, Nutrition Standards, and Physical Education and Physical Activity Opportunities.

Legal Reference:

- Section 204 of Public Law 108-265, Child Nutrition & WIC Reauthorization Act of 2004.
- Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et. Seq.)
- Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.)
- Michigan Department of Education Health Education Content Standards & Benchmarks, July 1998
- Title VII- U.S. Dept. of Agriculture; Chapter 11-Food & Nutrition Service, Dept. of Agriculture;
- Part 210- National School Lunch Program

Policy Adopted:

Student Wellness

1. Implementation & 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:

- HealthEducation
- PhysicalEducation
- HealthServices
- NutritionServices
- Counseling,Psychological& SocialServices
- HealthySchoolEnvironment
- HealthPromotionfor Staff
- Family/CommunityInvolvement

The District Coordinated Health Team leader will be assigned by the Superintendent. *Representation from parents, 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.

2. 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.

3. 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.

4. 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 Content Standards and Benchmarks as the basis. Physical Education classrooms shall engage students in a variety of activities that encourage lifelong participation.

Rules Accepted: