

# Grosse Pointe Public Schools

## Bylaws & Policies

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### **8510 - WELLNESS**

#### **Wellness/Healthy Lifestyles**

As defined by the laws of the State of Michigan, the Grosse Pointe Public School System 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.

#### **Nutrition Education**

All students 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 including, but not limited to, school dining areas and classrooms.

#### **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 all food and beverages sold or served to students during the school day. The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

The Superintendent shall regularly evaluate the District's vending contracts.

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

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

#### **Implementation and Measurement**

The Superintendent shall annually monitor the implementation of effectiveness of this policy taking into consideration the recommendations of the Wellness Committee. A report shall be provided to the Board of Education on an annual basis.

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771