

# **FOREST ACADEMY**

## **Wellness Policy**

The Academy 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**

Every year, all students, K through 8<sup>th</sup> grade shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education. 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. Staff members, who provide nutrition education, shall have the appropriate training.

### **Nutrition & Physical Fitness Promotion**

The Academy shall:

1. Provide students and staff consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeteria.
2. Provide reimbursable, “served” meals that will meet or exceed the requirements set by the USDA’s “Nutrition Standards for School Meals.”
3. Promote participation in the, “School Breakfast Program,” throughout the school year.
4. Set standards, using the “Smart Snacks Guidelines,” for all foods and beverages provided, but not sold, to students during the school day. This will include those snacks for classroom parties, classroom snacks brought by parents, or other foods given as incentives.
5. Not allow food and beverage marketing and advertising anywhere on campus, unless first approved by the principal. The advertising will only be allowed for foods and beverages that meet the “Smart Snack in Schools,” nutrition standards.
6. Promote participation by the school community, including; parents, students, school food authority, teachers, school board, school administrators, in the Academy’s Wellness Policy process.
7. Offer fitness education and physical activity opportunities as part of a quality physical education program. This program shall provide students with the knowledge, skills, and values necessary for continuing lifelong physical fitness and healthy lifestyle. Physical education standards shall be aligned with the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

## Implementation and Measurement

The Academy's Principal shall:

1. Meet with the Wellness Coordinator to assess the Wellness Policy a minimum of every 3 years. The assessment will determine; compliance with the policy, how the policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.
2. Monitor and maintain records for the State Administrative Review, including; a copy of the current wellness policy, documentation how the policy is made available to parents, and document efforts to review and update the wellness policy.
3. Present the final policy for approval to the school board.
4. Implement the policy, by providing information to teachers, parents, students, and school administration.
5. Post the Wellness Policy, in a public area of the school, on social media websites used by the school, and demonstrate a willingness to continue open discussion pertaining to all aspects of the Wellness Policy and its effectiveness within the school.
6. Respond to all school board requests to report on the Academy's programs and efforts to meet the purpose and efforts of the policy.

Date Adopted 8/21/18

  
Authorized Signature

Date Reviewed \_\_\_\_\_

By \_\_\_\_\_

Date Reviewed \_\_\_\_\_

By \_\_\_\_\_