

Lapeer Community Schools Wellness Policy

Purpose and Goals

The Lapeer Community Schools recognizes that good nutrition and physical activity are essential for students to maximize their full academic potential, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

Lapeer Community Schools has a responsibility to culture a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

Lapeer Community Schools Wellness Policy Committee is responsible for establishing and measuring the implementation of the district's Local Wellness Policy. Committee members work collaboratively and offer multiple perspectives to assure the Local Wellness Policy is consistent with district educational and budgetary goals, designed to optimize the health and well-being of students, and fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

A. Nutrition Guidelines

School Meals Program

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Michigan. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

B. Nutrition Education

Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.

The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

Nutrition education shall extend beyond the school by engaging and involving families and the community.

C. Physical Activity

Physical activity should not be employed as a form of discipline or punishment.

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

Physical Education

A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

D. School Based Activities to Promote Student Wellness

The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

The school shall provide attractive, clean environments in which the students eat.

E. Healthy School Environment

All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.

The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

All food service personnel shall receive pre-service training in food service operations.

Continuing professional development shall be provided for all staff of the food service program.