

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 shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*. Nutrition education shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, as appropriate, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

Reimbursable school meals shall meet the program requirements and nutrition standards found in federal regulations. Students shall be encouraged to make nutritious food choices.

The Academy shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The Academy shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

The Principal or designee shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Nutritional guidelines shall be posted in the area of each food line.

Physical Education and Physical Activity Opportunities

The Academy shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.

Every year, all students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Implementation and Measurement

The Principal or designee shall implement this policy and measure how well it is being managed and enforced. The Principal shall appoint a Coordinated School Health Team that will provide an ongoing review and evaluation of this Policy.

Approved by Wanda Winslow, NBA Board Secretary on March 23, 2006

Reviewed and up-dated September 12, 2014 by

NBA Board of Directors, Kelly Juice
Board President