

## **Bay-Arenac Community High School Local Wellness Policy**

### **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, including those available outside the federally regulated child nutrition programs. The district shall consider nutrient density and portion size when considering food and beverages to be sold or served to students. The district superintendent 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.

### **Physical Education and Physical Activity Opportunities**

The district 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 support the Michigan Physical Education Content Standards and Benchmarks. Every year, all students, 9– 12, 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.

### **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.

At BACHS these programs and activities include Drug Resistance Education and referrals to Mental Health Organizations as needed. BACHS has a zero tolerance policy regarding the use of alcohol and drugs.

### **Implementation and Measurement**

The district superintendent or designee shall implement this policy and measure how well it is being managed and enforced. The district superintendent or designee shall develop and implement strategies to improve this policy. Input from teachers (including specialists in

health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be involved in the review of the strategies. A sustained effort is necessary to implement and enforce this policy. The district superintendent or designee shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.