

Wellness Policy

Inkster Preparatory 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 student 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 district including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training. Nutrition Standards Inkster Preparatory Academy shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. Inkster Preparatory Academy shall encourage students to make nutritious food choices. Inkster Preparatory Academy shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. Inkster Preparatory Academy shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

The Inkster Preparatory Academy's Regional Vice President 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, as the Regional Vice President and the Board of Education sees fit and pursuant to legal requirements.

Physical Education and Physical Activity Opportunities

Inkster Preparatory 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. Other School-Based Activities Designed to Promote Student Wellness Inkster Preparatory Academy 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 Inkster Preparatory Academy's Regional Vice President shall implement this policy and measure how well it is being managed and enforced. The Inkster Preparatory Academy's Regional Vice President shall develop and implement 2 administrative rules and guidelines consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before

implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Regional Vice President shall report to the local school board, as requested, on the school district's programs and efforts to meet the purpose and intent of this policy.