

## **Wellness**

The Bloomfield Hills Schools ("BHS") are committed to creating a healthy school environment that enhances the development of life-long wellness practices. The development of these practices over the school years is in partnership with students' families, since both schools and families have influence over students' eating, physical activity and other wellness practices. This includes student appropriate education, nutrition, information sharing and physical activity. BHS will conduct regular reviews of the Wellness Policy to determine its effectiveness. The school principals, in conjunction with the Director of the Food Services Department, are responsible for ensuring that each school implements the wellness policy.

### **NUTRITION**

The BHS Food Service Department will provide food that meets or exceeds currently accepted nutritional guidelines, and will provide a wide variety of healthy food, drink and snack choices. All foods made available will comply with federal, state and local nutrition, safety and sanitation regulations. Information regarding healthy food choices and availability will be clearly communicated to parents. In addition, Food Services will continue to maintain fiscal responsibility.

### **WELLNESS EDUCATION AND PHYSICAL ACTIVITY**

The BHS will help students develop a life-long commitment to physical fitness. Physical and Health education play a critical role in helping students develop mentally, socially and physically. The school environment will encourage and support physical activity throughout the curriculum. Students will be encouraged to engage in physical activity and establish the foundation for life-long physical fitness and a healthy lifestyle.

### **"OTHER" WELLNESS PRACTICES**

1. BHS, staff and organizations (including but not limited to PTO's, clubs, coaches and athletic teams) will seek formal and informal opportunities to promote wellness as a part of school and community activities, including fund-raising efforts.
2. BHS will commit to ongoing public awareness efforts through the utilization of various media, personnel and parent organizations to disseminate wellness information and district practices for the benefit of the larger community.
3. All school vending machines and the high school stores will support wellness practices when establishing sales inventory and marketing practices.

## **Regulation 5800.1**

### **NUTRITION**

1. The Food Service Department will work to promote healthy meal and snack choices to students and to promote a wide variety of healthy choices to maintain current revenue stream. This could be accomplished through the use of student focus groups, availability of free samples, taste tests, etc.
2. Nutritional information that could aid students in making healthy choices will be available at or near the time of purchase, for example the use of "table tents," posters, pamphlets, website, etc. This information will also be made available to parents.
3. BHS will continue to work with buildings to support special medical nutritional needs of students.
4. BHS will establish communication tools to convey wellness information on a continuous basis. Nutritional information that could aid students in making healthy choices will be available through the use of such things as posters, pamphlets, table tents, website, etc. This information will also be made available to parents through the Food Service Department. Information should educate and inspire parents and students to understand the value of healthier food choices.

### **PHYSICAL ACTIVITY**

1. BHS will provide activities that promote physical fitness.
2. The schools will provide total building support for physical activity.
3. Physical Education classes will be provided to students K-12.
4. Students will have multiple opportunities to participate in physical activities.
5. Teachers will foster physical activity and involvement in the classroom.
6. BHS will support Physical Awareness Programs and Health Fairs.