

Students

Personal Wellness

The Meridian Public School District Board of Education supports a learning environment that provides decision making opportunities for students and staff wishing to pursue personal wellness through diet and fitness.

1. Goals for Nutrition Education

- a) The K-12 health curriculum will include information on good nutrition and on healthy living habits.
- b) Teachers in Grades K-12 will incorporate information on nutrition and wellness into the curriculum as directed.

2. Goals for Physical Activity

- a) The K-12 physical education curriculum shall include instruction in physical activity and habits for healthy living.
- b) Students will be encouraged to engage in regular physical activity.
- c) The district will encourage parents and guardians to support their children's participation in physical activity, to be physically active positive role models, and to include physical activity in family events.

3. Goals for Other School-Based Activities Designed to Promote Student Wellness

- a) Students will be provided sufficient time in which to eat school-provided meals.
- b) The district's lunchrooms will be attractive, well-lit, properly equipped, and spacious.
- c) The district will allow other health-related entities to use school facilities for activities such as health clinics and screenings so long as the activities meet the district requirements and criteria for the use of facilities.

4. Nutrition Guidelines

- a) Food and beverage vendors will take measures to ensure that student access to foods and beverages meet federal, state, and local laws and guidelines.
- b) Food and beverage vendors will offer students a variety of age appropriate healthy food and beverage selections in all district schools.

5. Community Advisory Committee

- a) The superintendent of schools shall create a community advisory committee which will include at least one member from each of the following groups: parents, teaching staff, food service staff, students, and community at large.
- b) The committee will draft a policy recommendation, develop policy revision recommendations and will develop administrative regulation recommendations for presentation to the Board of Education for adoption.
- c) The committee will draft a policy recommendation, develop policy revision recommendations and will develop administrative regulation recommendations for presentation to the Board of Education for adoption.
- d) The committee is responsible for coordinating the implementation of policy and regulation and for monitoring district progress in meeting the goals set forth in policy. The committee shall submit a progress report to the Board of Education on district progress toward implementation once a year in the month of March.

StudentsPersonal Wellness

In an effort to encourage healthy diet & nutrition habits among students, the school district administration has adopted several positions relative to sale of food and drink items in and by the schools.

A. SALE OF FOOD & BEVERAGES

1. Concession sales shall be unrestricted. The concession manager will, however, offer healthy food and drink alternatives to the standard concessions fare.
2. Vending machine sales will be restricted. Machines will be in operation prior to 8:30 a.m. and after 3:15 p.m. on days when school is in session. Vending machine contents will meet federal guidelines as to content and size of serving, if applicable, and the school administration shall supervise the vending machine offerings.
3. Sale of candy, soft drinks, and any other confections to elementary students from a school "store" is prohibited. Vending items in the commons area are available to elementary students during hours of operation.
4. There shall be no restriction on food or beverage items offered for sale in fund-raising activities on or off premises by student organizations or adult organizations in support of school group/activities.

B. SCHOOL LUNCH PROGRAM

The School Lunch Program is regulated by both federal and state governments. The quality and content of lunches served is closely supervised by the Program Manager. The school district carefully adheres to governmental regulation and requirement.

While it is not possible to make the lunch program a training table and diet center, the Program Manager is provided discretion to increase portions in relation to price, offer "seconds" at ala carte prices, and provide low calorie, low fat, low sugar, and whole grain options, or other healthy choices as governmental rule and regulation may permit.

C. CURRICULUM

The K-6 Elementary curriculum to address student nutrition will be drawn from objectives outlined in the Michigan Model for Comprehensive School Health Education. The materials used to teach the objectives, however, will be drawn from various sources at the discretion of classroom teachers.

The 7-12 Secondary Curriculum to address nutrition will be provided as follows:

7th Grade:

Diet and nutrition are addressed in the Life Skills Curriculum. The reference textbook is DISCOVERING LIFE SKILLS published by Glencoe. Chapter 20 addresses nutrition and wellness and Chapter 21 addresses health and fitness. Extended time is used to study the food pyramid and its application to student lifestyles. In addition to the printed materials used, students also study and prepare healthy snacks. Nutrition is also briefly addressed in the Life Science curriculum.

8th Grade:

Diet and nutrition are addressed in the Life Skills Curriculum. Again, the textbook is DISCOVERING LIFE SKILLS published by Glencoe (Chapter 20 and Chapter 21). Students review the concepts introduced in 7th Grade Life Skills and are required to prepare some simple healthy meals that follow the guidelines established by the FDA. As a supplemental resource, the magazine, "Current Health", published by Weekly Reader, is used to look at current trends in health and nutrition.

9th Grade:

An extensive study of diet and nutrition is undertaken in 9th Grade Health. The students study from Health and Wellness (Unit 5), published by Glencoe. Students are required to study food labels, discover the organization of the food pyramid, and record dietary intake for one week and analyze their eating habits. Knowledge of these concepts is assessed through quizzes and a unit test. In addition to nutrition, students study how diet and exercise are important components in maintaining a healthy lifestyle.

10th Grade:

During the study of the human body systems, there is a brief study of diet and nutrition as part of the study of the human digestive system.

Other courses that address nutrition are:

10-12 Strength and Conditioning: Students study the connection between exercise and personal wellness.

10-12 Family and Consumer Science Classes: Students enrolled in these classes participate in an in-depth look at the importance of food, management of food, and food preparation. Multi-cultural foods are also explored. Videos covering a variety of topics and current events in nutrition add depth to the study of nutrition.

11-12 Physiology: Students study nutrition during the unit on the digestive system. Students are required to keep a diet and exercise log. At the end of two weeks, students analyze their logs to compare intake and output of calories and whether the results point to weight gain, loss, or consistency.