

**NORTHVILLE PUBLIC SCHOOLS**  
**Northville, Michigan**

**BOARD POLICY**

**WELLNESS**

The Northville Public School District is committed to creating a school environment that enhances lifelong wellness practices that promote healthy eating and meaningful age appropriate physical activities.

**NUTRITION EDUCATION**

Northville students will receive nutrition education which focuses on the development of knowledge, skills and values to adopt healthy eating behaviors. Nutrition education will exist in district curricula and will be taught by trained staff.

**NUTRITION STANDARDS**

The District ensures 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 non “School Lunch Program” food and beverage items sold or provided to students to ensure that students have the opportunity to make healthy choices.

The Superintendent of Schools or designee shall monitor vending practices and contracts to ensure that practices and contracts do not conflict with the intent of this policy.

**PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES**

The District shall offer physical education opportunities that include the components of a quality physical education program with a focus on the development of knowledge, skills and values necessary for lifelong physical activity. Each year, Northville Public School students shall have the opportunity to participate in supervised physical activities, either organized or unstructured, which are intended to maintain physical fitness and to promote an understanding of an active and healthy lifestyle.

**IMPLEMENTATION AND MEASUREMENT**

The Superintendent or designee shall implement this policy and measure whether it is effective in achieving the stated goal.

Adopted: June 2006  
Revised: May 2009