



# Michigan Online School

## Wellness Policy

As required by law, the Board of Education establishes the following wellness policy for Michigan Online School.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of MOS students. Research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn; moreover, MOS can play an important role in the developmental process by which students establish their health and nutrition habits by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished solely by the school. It will be necessary for the staff, parents and the students' communities to promote, support, and model healthy behaviors and habits.

The following goals will enable students to establish good health and nutrition habits.

### **1. Physical Education**

- a. The MOS program shall include instruction in physical education.
- b. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- c. All students in grades 6-8, will receive daily physical education. All physical education will be taught by a certified physical education teacher.
- d. All students in grades 9-12 shall receive .5 credit in health and .5 credit in PE

### **2. Physical Activity**

- a. Physical activity shall not be employed as a form of discipline or punishment.
  - b. MOS staff will encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like yoga, bowling, swimming, tennis, etc.
- 3. Snacks**
- a. Snacks served during school events will make a positive contribution to students' diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

**4. Nutrition Education and Promotion**

- a. MOS aims to teach, encourage, and support healthy eating by students.
- b. MOS will provide nutrition education and engage in nutrition promotion that is part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.

The Board designates the Superintendent as the individual charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent shall assess the Wellness Policy at least once every three (3) years on the extent to which MOS is in compliance with the Board policy, the extent to which the Board policy compares to model wellness policies, and the progress made in attaining the goals of the MOS Wellness Policy.