

physical education. Proper equipment and a safe area designated for supervised recess is necessary. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time.

Other School-Based Activities Designed to Promote Student Wellness:

Bethlehem shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following actions shall be implemented:

Dining Environment:

- A clean, safe, enjoyable meal environment for students
- Enough space and serving areas to ensure all students have access to school meals with minimum wait time
- Drinking fountains so that students can get water at all meals and during the day
- Encouragement to maximize student participation in school lunch program

Time to Eat:

- Adequate time for students to enjoy eating healthy with friends in school
- Lunch time is scheduled as near to the middle of the day as possible

Food or Physical Activity as a Reward or Punishment:

- Prohibit the use of food as a reward or punishment
- Not deny class participation in recess or other physical activities as a form of discipline or for classroom make-up time
- Encourage using physical activity as a reward, such as teacher or principal walk or playing with students at recess

Consistent School Activities and Environment:

- Strive to complete the Michigan Healthy School Action Tool to ensure that school activities and environment support health behaviors
- Strive for all school fundraising efforts to support healthy eating and physical activity
- Provide on-going professional training and development for food service staff and faculty in the areas of nutrition and physical education
- Make efforts to keep school physical activity facilities open for use outside school hours
- Encourage parents, teachers, administrators, students and community members to serve as role models in practicing healthy eating and being physically active in the school, its dining areas, and at home
- Provide information and outreach materials about other food and nutrition service programs
- Encourage all students to participate in school meal programs and implement physical activity across the curriculum throughout the school day or in all subject areas