



MTS promotes school wellness, including good nutrition and physical activity in the school's educational programs, school activities and meal programs that contribute to the development of lifelong wellness practices.



THE MTS WELLNESS COMMITTEE NEEDS YOUR HELP!

MTS is currently in the process of updating our current policy and it would be **GREAT** to have you share your ideas and suggestions with us!

Please call the school office if you would be interested in becoming a member of our Wellness Committee and being a part of making our school wellness healthy!



MENOMINEE TRIBAL SCHOOL

WELLNESS POLICY

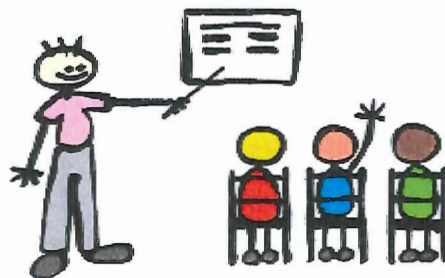




MTS recognizes that wellness and healthy eating are important to the physical and academic achievement of all children.

MTS aims to teach, encourage and support a healthy lifestyle for our students, parents, staff and community.

Our school promotes healthy nutrition and wellness by including goals for nutritional education, physical activity and nutrition promotions.



Nutrition Education Goals include:

- Providing every K-8 student with weekly health classes
- Supporting and promoting good nutrition in all school-based activities
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparations methods, and health enhancing nutrition practices.

Physical Activity Goals include:

- Promote active lifestyle for students and staff
- Implements a full health and fitness curriculum
- Receives regularly scheduled physical education classes by a licensed physical education teacher
- Provides afterschool athletic programs including basketball, football, volleyball, cross country, golf, soccer and softball

