

Student Wellness Assessments

All students and staff are encouraged to participate in the Muskegon Seaway Run. R-P students had the highest turn out among local districts in 2014.

All students and staff are encouraged to join the 100 Mile Club for additional exercise during and outside of the school day.

R-P students and staff partnered with Meijer to create the Meijer Fitness Trail located in the woods between R-P Intermediate School and the North Muskegon Meijer. Outdoor activities are scheduled throughout the year for students, staff and community members.

R-P students in several buildings are creating school gardens as a way to learn where food comes from. Hoop houses were purchased through grants.

School gardens occasionally provide vegetables and herbs used in the school meals program.

R-P Food Service has partnered with Sodini's Blueberries as part of the farm to school program. Blueberries are used on oatmeal and yogurt bars.

The R-P Food Service Supervisor partnered with Registered Dietitian Jessi Boehme for the 2015-2016 school year to improve menus by adding homemade meals and other items made from scratch.

All buildings provide a salad bar at least once per week which may include vegetables, such as lettuce, spinach, and radishes, grown in school gardens.

Jennifer Lambert, a Nutrition Educator with the YMCA, has been teaching nutrition education at R-P Elementary and R-P Intermediate.