

## **Local Wellness Policy**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness policy. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy. Each Public School Academy is its own district (LEA).

## **Wellness Policy: Multicultural Academy**

The Multicultural Academy School District is committed to the goals of nutrition education and promotion, promoting adequate physical activity and having healthy school-based activities by providing a school environment that enhances learning and development of lifelong wellness practices.

With regard to the goal of nutrition education, the Academy will have the following specific goals:

- Sequential and interdisciplinary nutrition education will be provided and promoted. Nutrition education will be integrated into other areas of curriculum such as math, science, language arts and social studies.

With regard to the goal of nutrition promotion, the Academy will have the following specific goals:

- Nutrition promotion will involve sharing with families nutrition and health information on creative ways to achieve good nutrition and the positive benefits thereof.
- Nutrition promotion will be accomplished through the implementation of the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012.

With regard to the goal of promoting adequate physical activity, the Academy will have the following specific goals:

- Patterns of meaningful physical activity which connect to students' lives outside of physical education will be promoted.
- Physical activity will be integrated when possible, cross curricula and throughout the school day.
- Physical education includes individual activities as well as team sports.
- Physical education will involve sharing information with families.

With regard to the goal of having healthy school based activities, the Academy will have the following specific goals:

- The school environment will be safe, comfortable, pleasing and will allow ample
- time and space for eating meals. Students are allowed at least 20 minutes to eat lunch.

- Food and/or physical activity will not be used inappropriately as a reward or punishment.
- The schools may demonstrate support for the health of all students by hosting health clinics and health screenings, and helping to enroll children in state children's health insurance programs.
- The planning of all school-based activities will take into consideration the local wellness policy goals.

The Academy will adhere to the following Nutrition Guidelines for all foods available on campus during the school day:

- Child Nutrition Programs will comply with and will not be less restrictive than federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- All foods and beverages made available on campus by the school (including vending, concessions, a la carte, student stores, parties and fundraising) during the school day are consistent with the standards described by the National School Lunch Program, Healthier US School Challenge (HUSSC), and/ or Michigan Nutrition Standards.
- All foods made available on campus adhere to food safety, security and nutrition guidelines.

To accomplish the goals of the Local Wellness Policy, the Educational Service Provider will develop guidelines for implementation. Improvement reports measuring implementation with appropriate action plans are completed periodically. The Educational Service Provider will designate the school leader to be charged with operational responsibility for ensuring that the school meets the local wellness policy.

### **LOCAL WELLNESS POLICY GUIDELINES**

The following guideline recommendations are tools to assist academies in implementing their Local Wellness Policies. In all aspects of local wellness, the school staff will strive to be a role model for good nutrition and physical activity behaviors.

### **NUTRITION EDUCATION**

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Nutrition education information will be obtained from established and reputable agencies and publishers such as United Dairy Industry of Michigan, 1 School Nutrition Association, 2 Universities, State Agencies and United States Department of Agriculture.<sup>3</sup>
- The school cafeteria serves as a learning laboratory to allow students to apply critical

thinking skills taught in the classroom.

### **NUTRITION PROMOTION**

- Students will be encouraged to start each day with a healthy breakfast.
- Nutrition promotion will involve sharing information with families and the broader community to positively impact students and the health of the community. This may be done through flyers sent home with student mail on positive ways to achieve good nutrition and the positive benefits thereof.
- The Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012 shall be implemented, promoting good nutrition.
- Students shall be informed of the planned healthy choices through the posting of a menu highlighting the nutritious items for each day that meet the Final Rule Nutrition Standards.

### **PHYSICAL ACTIVITY**

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Time allotted for physical activity will be consistent with state or national standards. Students should have several opportunities for physical activity of 15 minutes or more, especially during the daytime hours.
- A daily recess period for elementary students is not used inappropriately as a punishment or a reward. Consider planning recess before lunch.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- Information will be provided to families to help them incorporate physical activity into their students' lives.
- Schools encourage families and community members to institute programs that support physical activity, such as a walk-to-school program.

### **OTHER SCHOOL-BASED ACTIVITIES**

- After-school programs will encourage physical activity and healthy habit formation.
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- Support for the health of all students is demonstrated by hosting health clinics and health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

## **NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS**

All foods made available on campus during the school day will comply with appropriate nutritional standards for each age group. Examples of nutritional standards are described by National School Lunch Program, 4 HUSSC Criteria, 5 Choose My Plate, 6 and USDA Dietary Guidelines for Americans.<sup>7</sup> Michigan Nutrition Standards, Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools.<sup>10</sup> Nutritional standard(s) chosen: National School Lunch Program, 4 HUSSC Criteria, 5 Michigan Nutrition Standards, Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools (standards for “other foods”)<sup>10</sup> Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age-appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- Healthy choices will be promoted with classroom snacks.
- Foods and beverages sold at fundraisers include healthy choices and provide age-appropriate selections for elementary schools, middle schools and high schools.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environmental standards.

## **EATING ENVIRONMENT**

- The American Academy of Pediatrics recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near to the middle of the school day as possible.
- Cafeteria procedures are designed so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.

## **CHILD NUTRITION OPERATIONS**

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer food service programs).

The school environment will be safe, comfortable, pleasing and will allow ample

- time and space for eating meals. Students are allowed at least 20 minutes to eat lunch.
- Food and/or physical activity will not be used inappropriately as a reward or punishment.
- The schools may demonstrate support for the health of all students by hosting health clinics and health screenings, and helping to enroll children in state children's health insurance programs.
- The planning of all school-based activities will take into consideration the local wellness policy goals.

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## REFERENCES

1. United Dairy Industry of Michigan available at: <http://www.udim.org/>
2. School Nutrition Association available at: <http://www.schoolnutrition.org/SFN.aspx?id=54> Accessed September 17, 2012
3. United States Department of Agriculture available at: <http://www.usda.gov/> Accessed September 17, 2012
4. National School Lunch Program available <http://www.fns.usda.gov/cnd/Lunch/default.htm> Accessed September 17, 2012
5. HUSSC Criteria; Competitive Foods Calculator and Beverage Criteria available at: <http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html> Beverages: [http://teamnutrition.usda.gov/HealthierUS/2012criteria\\_chart.html](http://teamnutrition.usda.gov/HealthierUS/2012criteria_chart.html) Accessed September 17, 2012
6. Choose My Plate Available at <http://www.choosemyplate.gov/> Accessed September 17, 2012
7. USDA Dietary Guidelines for Americans. Available at: <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf> Accessed September 17, 2012
8. American Academy of Pediatrics Available at: <http://www.nationalguidelines.org/guideline.cfm?guideNum=5-07> Accessed September 17, 2012
9. United States Department of Agriculture, Food Safety and Inspection Service. Food safety and emergency preparedness. Available at: [http://www.fsis.usda.gov/Food\\_Security\\_&\\_Emergency\\_Preparedness/index.asp](http://www.fsis.usda.gov/Food_Security_&_Emergency_Preparedness/index.asp) Accessed September 17, 2012
10. Michigan Nutrition Standards, Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools. Available at: [http://www.michigan.gov/documents/mde/Michigan\\_Nutrition\\_Standards\\_Approved\\_10.12.10\\_338356\\_7.pdf](http://www.michigan.gov/documents/mde/Michigan_Nutrition_Standards_Approved_10.12.10_338356_7.pdf) Accessed September 26, 2012

## **Standards for Foods on Campus**

Michigan Nutrition Standards Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools (for “Other Foods” served outside of the National School Lunch Program reimbursable meals).

Fruits, vegetables, whole grains, and related combination products and low-fat and fat-free dairy as packaged.

Calories: 200 calories or less.

Total Fat: No more than 35% total calories.

Saturated Fat: Less than 10% total calories.

Trans fat: Trans-fat free (less than or equal to 0.5 gm. per serving).

Total Sugar: No more than 35% of total weight per serving.

Sodium: No more than 230 mg. as packaged.

Schools may choose to serve the following:

Nuts, seeds, and reduced-fat cheese in 1 oz. portions are exempt from fat and saturated fat standards.

Low-fat yogurt can contain no more than 30 grams of total sugars per 8 oz. portion.

HUSSC Competitive Foods Calculator<sup>5</sup> may also be used to determine snack acceptability. <http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>

Beverages: [http://teamnutrition.usda.gov/HealthierUS/2012criteria\\_chart.html](http://teamnutrition.usda.gov/HealthierUS/2012criteria_chart.html)