

Saginaw Chippewa Academy Local School Wellness Policy

Preface

The Michigan State Board of Education recognizes and acknowledges that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.” The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

A local school wellness policy is a written document that guides a local educational agency’s (LEA) efforts to establish a school building environment that promotes students’ health, well-being, and ability to learn. The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It is specific to LEAs (local school districts, public school academies, and intermediate school districts), as opposed to School Food Authorities, that participate in the National School Lunch Program and/or School Breakfast Program. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each school under the LEA’s jurisdiction can be addressed.

This State Board of Education Model Local School Wellness Policy was developed to assist Michigan school districts in developing their own local wellness policies. This document supersedes the 2005 model policy and must be modified to reflect local school district policy and procedure. Evidence-based goals must be specific, measurable, achievable, realistic, and time based (SMART).

Wellness Committee and Policy Leadership

Committee Role and Membership

The LEA will convene a representative district wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

The committee will represent all school building levels (elementary and secondary schools) and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators, school board members, health professionals (e.g., dietitians, doctors, nurses, dentists), and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education (SNAP-Ed) coordinators. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.

Wellness Policy Leadership

The LEA will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.

The designated official(s) for oversight is:

Simeon Blackbird

Principal

Saginaw Chippewa Academy

7498 E. Broadway Rd.

Mt. Pleasant, MI 48858

989-775-4453

SBlackbird@sagchip.org

Nutrition

Nutrition Education

Every year, all students shall receive nutrition education that is aligned with the Michigan Health Education Content Standards and Benchmarks. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of SCA. SCA may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

SCA shall implement a quality nutrition education program that addresses the following:

Curriculum:

- Has a curriculum aligned with the Michigan Health Education Content Standards and Benchmarks.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Goal 1: SCA offers reimbursable school meals that meet the USDA nutrition standards.

Goal 2: Teach food sovereignty to all students by engaging students in planting, harvesting, preparing, serving, and tasting foods grown in the natural setting every other month.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent

nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Goal 1: Nutrition education will be made available to parents/guardians and the community every month. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on SCA's website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Goal 2: SCA will provide opportunities for students' participation by surveying students on the current menu items every three months and taste testing any new menu items during the school year.

Standards and Nutrition Guidelines for all Foods and Beverages

The District shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as "competitive" foods and beverages) must be consistent with USDA's Smart Snacks in School nutrition standards and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance. These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, à la carte lines, fundraising events, school stores, snack carts, and vending machines. The District will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, classroom snacks provided by parents, or other foods used as incentives).

SCA will encourage the Institute of Medicine Nutrition Standards for Foods in School for foods and beverages provided, but not sold, to students during the school day:

Standards for Food Content

Standard 1: Snacks, foods, and beverages meet the following criteria for dietary fat per portion as packaged:

- No more than 35% of total calories from fat.
- Less than 10% of total calories from saturated fats.
- Zero trans fat (less than or equal to 0.5 g per serving).

Standard 2: Snacks, foods, and beverages provide no more than 35% of calories from total sugars per portion as packaged. Exceptions to the standard are

- 100% fruits and fruit juices in all forms without added sugars.
- 100% vegetables and vegetable juices without added sugars.

- Unflavored nonfat and low-fat milk and yogurt; flavored nonfat and low-fat milk can contain no more than 22 g of total sugars per 8-oz portion, and flavored nonfat and low-fat yogurt can contain no more than 30 g of total sugars per 8-oz serving.

- Standard 3:** Snack items are 200 calories or less per portion as packaged and à la carte entrée items do not exceed calorie limits on comparable National School Lunch Program items.
- Standard 4:** Snack items meet a sodium content limit of 200 mg or less per portion as packaged or 480 mg or less per entrée portion as served à la carte.
- Standard 5:** Beverages containing nonnutritive sweeteners are only allowed in high school after the end of the school day.
- Standard 6:** Foods and beverages are caffeine-free, with the exception of trace amounts of naturally occurring caffeine-related substances.

Standards for the School Day

- Standard 7:** Foods and beverages offered during the school day are limited to those in Tier 1.
- Standard 8:** Plain, potable water is available throughout the school day at no cost to students.
- Standard 9:** Sports drinks are not available in the school setting except when provided by the school for student athletes participating in sport programs involving vigorous activity of more than 1 hour's duration.
- Standard 10:** Foods and beverages are not used as rewards or discipline for academic performance or behavior.
- Standard 11:** Minimize marketing of Tier 2 foods and beverages in the high school setting by
- Locating Tier 2 food and beverage distribution in low student traffic areas.
 - Ensuring that the exterior of vending machines does not depict commercial products or logos or suggest that consumption of vended items conveys a health or social benefit.

Standards for the After-School Setting

- Standard 12:** Tier 1 snack items are allowed after school for activities for elementary and middle schools. Tier 1 and Tier 2 snacks are allowed after school for high school.
- Standard 13:** For on-campus fundraising activities during the school day, Tier 1 foods and beverages are allowed for elementary and middle schools. Tier 1 and 2 foods and beverages are allowed for high schools. For evening and community activities that include adults, Tier 1 and 2 foods and beverages are encouraged.

Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

It is the intent of the District to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.

As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

Physical Activity and Physical Education

The District shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Michigan Physical Education Content and Standards Benchmarks*.

SCA shall implement a quality physical education program that addresses the following:

Curriculum:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the Michigan Physical Education Content Standards and Benchmarks.
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Provides facilities to implement the curriculum for the number of students served.

Every year, all students shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Goal 1: Provide students with opportunities to get at least 45 minutes of age-appropriate physical activity on all or most days of the weeks.

Goal 2: SCA offers daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K through grade five.

- Recess should be in addition to physical education class time and not be a substitute for physical education.
- SCA shall provide proper equipment and a safe area designated for supervised recess in the elementary setting.
- SCA staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time.

Other School-based Activities that Promote Student Wellness

The District will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

Goal: SCA strives to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

Dining Environment

- The school district provides:
 - 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 meals and throughout the day,
 - encouragement to maximize student participation in school meal programs, and identity protection of students who eat free and reduced-price meals.

Time to Eat

- SCA ensures:
 - adequate time for students to enjoy eating healthy foods with friends in schools,
 - that lunch time is scheduled as near to the middle of the school day as possible, and
 - that recess is scheduled before lunch so that children will come to lunch less distracted and ready to eat.

Food or Physical Activity as a Reward or Punishment

- SCA shall:
 - prohibit the use of food as a reward or punishment in schools,
 - avoid denying student participation in recess or other physical activities as a form of discipline or for classroom make-up time,
 - not use physical activity as a punishment, and
 - encourage using physical activity as a reward, such as teacher or principal or therapy dog walking or playing with students at recess.

Consistent School Activities and Environment

- SCA shall:
 - ensure that all school fundraising efforts support healthy eating and physical activity,
 - provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
 - encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
 - encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
 - encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs), and
 - implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks.

Implementation, Assessment, Documentation, and Updates

Implementation

The District will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school building. It is recommended that school buildings use the Healthy School Action Tool (HSAT) to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

Triennial Assessment

The LEA will conduct an assessment of the wellness policy every three years, at a minimum. The assessment will determine: building level compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

The person responsible for the Triennial Assessment is:

Christina Sharp
Assistant Education Director; Food Service Director
csharp@sagchip.org
989-775-4504

Documentation

The LEA will retain records to document compliance with the wellness policy requirements. Documentation maintained will include: a copy or web address of the current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy, and documentation of efforts to review and update the policy, including who was involved in the process, their relationship to the LEA, and how stakeholders were made aware of their ability to participate.

This wellness policy can be found at:

<http://www.sagchipschool.net/SCA/>

Required documentation will be maintained at:

Saginaw Chippewa Academy
7498 E. Broadway Rd.
Mt. Pleasant, MI 48858
989-775-4453

Updates to the Policy

SCA will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial Assessment.

Public Updates

SCA will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. The Triennial Assessment, including progress toward meeting the goals of the policy, will also be made available to the public. The District will provide information on how the public can participate on the wellness committee and assist with the development, implementation, and periodic review and update of the wellness policy. All communication will be culturally and linguistically appropriate and will be available via the district website and/or district-wide communications (email, newsletters, mailings).