



## **Wellness Policy**

Lincoln King Academy is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

### **Nutrition Education**

Every year, all students, 9-12, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.<sup>1</sup> 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 Standards**

The Academy shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.<sup>2</sup> The Academy shall encourage students to make nutritious food choices.

The Academy shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The Academy shall consider nutrient density<sup>3</sup> and portion size before permitting food and beverages to be sold or served to students.

The Academy shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

<sup>1</sup>Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998.

[http://www.michigan.gov/documents/Health\\_Standards\\_15052\\_7.pdf](http://www.michigan.gov/documents/Health_Standards_15052_7.pdf).

<sup>2</sup>Title 7-United States Department of Agriculture, Chapter ii – Food and Nutrition Service, Department of Agriculture, Part 210 – National School Lunch Program.

[http://www.access.gpo.gov/nara/cfr/waisidx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html)

<sup>3</sup>Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).

[http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1\\_Glossary.htm](http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm)

## **Physical Education and Physical Activity Opportunities**

The Academy shall offer physical education opportunities that include the components of a quality physical education program.<sup>4</sup> 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 Standards and Benchmarks*.<sup>5</sup>

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.

## **Other School-Based Activities Designed to Promote Student Wellness**

The Academy may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

## **Implementation and Measurement**

The Academy shall implement this policy and measure how well it is being managed and enforced. The Academy shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, and school administrators, shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Academy shall report to the local school board, as requested, on the Academy programs and efforts to meet the purpose and intent of this policy.

## **Administrative Rules Regarding Lincoln-King Academy Wellness Policy**

In order to enact and enforce Lincoln King Academy Wellness Policy, the Academy and the Administrative Team will have developed these administrative rules. Administrative team members should be comprised of teacher parents/guardians, students, representatives of the school food service program, and school administrators, and representative from the lunch department.

<sup>4</sup>Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required.

<http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

<sup>5</sup>Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1998.

[http://www.michigan.gov/documents/Physical\\_Education\\_Content\\_Standards\\_42242\\_7.pdf](http://www.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf)

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect.
- Respect for others.
- Healthy eating.
- Physical activity.<sup>6</sup>

These local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Lincoln-King Academy Wellness Policy. Any Academy stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Director of Finance  
444 West Willis, Suite 150  
Detroit, MI 48201  
248-439-6228

Students, staff, and community will be informed about the Wellness Policy annually.

### **Nutrition Standards**

The Academy shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The Academy shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the Academy's policy of promoting a healthy school environment shall be discouraged.

The Academy shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.

<sup>6</sup>The Role of Michigan Schools in Promoting Healthy Weight. September 2001.

<http://www.emc.cmich.edu/pdfs/Healthy%20Weight.pdf>

- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.<sup>7</sup>

The Academy shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues.

The Academy shall discourage using food as a reward.

The Academy shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

The Academy shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc.

(Example: Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day.

### **Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year to all students of the Academy<sup>4</sup>. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

### **Other School-Based Activities Designed to Promote Student Wellness**

The Academy shall strive to create a healthy school environment that promotes healthy eating and physical activity.<sup>8</sup> In order to create this environment, the following activities shall be implemented:

<sup>7</sup>Michigan State Board of Education Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs, December 2003. [http://www.michigan.gov/documents/Healthy\\_Foods\\_AttchmtA\\_12\\_9\\_83141\\_7.pdf](http://www.michigan.gov/documents/Healthy_Foods_AttchmtA_12_9_83141_7.pdf)

<sup>8</sup>Michigan's Healthy School Action Tool: <http://mihealthtools.org/schools>

### *Dining Environment*

- The Academy shall provide:
  - 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 in all schools, 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*

- The Academy shall ensure:
  - 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 for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat.<sup>9</sup>

### **Implementation and Measurement**

All employees of the Academy are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity.<sup>10</sup> The Academy shall work through its Administrative Team to find cost effective ways to encourage staff wellness.

<sup>9</sup>A Recess Before-Lunch Policy Implementation Guide, Montana Team Nutrition Program, Office of Public Instruction School Nutrition Programs, September 2003.

<http://www.opi.state.mt.us/schoolfood/recessBL.html>

<sup>10</sup>Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy, 2004.

<http://www.tn.fcs.msue.msu.edu/toolkit.pdf>