

COMMONWEALTH COMMUNITY DEVELOPMENT ACADEMY

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State Board of Education

Local Wellness Policy



STATE BOARD OF EDUCATION

Local Wellness Policy

Local Wellness Policy for Commonwealth Community Development Academy

The Commonwealth 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, K – 6, 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 Standards

Commonwealth Academy shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. Commonwealth Academy shall encourage students to make nutritious food choices. Commonwealth Academy shall consider nutrient density and portion size before permitting food and beverages to be served to students.

Physical Education and Physical Activity Opportunities

Commonwealth Academy 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 Standards and Benchmarks*.

Every year, all students, K – 6, 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

- Morning Warm Ups
- ACES – All Children Exercising Simultaneously
- Field Days

Implementation and Measurement

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

Administrative Rules Regarding Commonwealth Academy Local Wellness Policy

In order to enact and enforce Commonwealth Academy Local Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public, developed these administrative rules. The team consists of member from the following areas:

- Administration
- Counseling/psychological/and social services
- Food services
- Health education
- Health services
- Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies)
- Physical education

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

- Self respect
- Respect for others
- Healthy eating
- Physical activity

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

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

Nutrition Education

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

Commonwealth Academy 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
- Is taught by “Highly qualified teachers of health education”

- *Opportunity to Learn:*
- Includes students of all abilities
- Provides adequate instructional time to build students’ confidence and competence in health-enhancing skills

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on Commonwealth Academy website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

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

Each school building in Commonwealth 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
- 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

Commonwealth Academy shall discourage using food as a reward. Alternatives to using food as a reward are found in Appendix B.

Commonwealth 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. (see Appendix C)

Commonwealth 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 will be limited and/or replaced with non-food items such as candles, wrapping paper, greeting cards, etc.

Vending sales of soft drinks, artificially sweetened drinks, 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 District. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

Commonwealth Academy 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
- Is taught by a certified physical education teacher trained in best practice physical education methods
- 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
- Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes pr week (middle and high school)
- Provides facilities to implement the curriculum for the number of students served

Commonwealth Academy should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for

supervised recess in the elementary setting. School staff should not withhold participation in recess from student or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical education class and organized sports. Physical activity opportunities might include: before-and after-school extracurricular physical activity programs, and Safe Routes to School Programs.

Other School-Based Activities Designed to Promote Student-Wellness

Commonwealth Academy shall strive 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

- Commonwealth 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

- Commonwealth 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

Food or Physical Activity as a Reward or Punishment

- Commonwealth Academy shall:
 - Prohibit the use of food as a reward or punishment in schools (see Appendix B),
 - Not deny 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 walking or playing with students at recess

Consistent School Activities and Environment

- Commonwealth Academy shall:

- Have all school buildings complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors,
- 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,
- Make efforts to provide physical activity facilities open for use by students outside school hours,
- 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,
- Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians,
- 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 and Measurement

All employees of Commonwealth 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. Commonwealth Academy shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

Alternatives To Using Food As A Reward

At school, home, and throughout the community kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over consumption of foods high in added sugar and fat.
- It teaches kids to eat when they’re not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- Sit by friends
- Read outdoors
- Have extra art time
- Read to a younger class
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get “free choice” time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher read a special book to the class
- Give a 5-minute chat break at the end of the day

LOW-COST ALTERNATIVES

- Select a paperback book
- Enter a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Get sticker, pencils, and other school supplies
- Receive a video store or movie theatre coupon
- Get a set of flash cards printed from a computer
- Receive a “mystery pack” (notepad, folder, sports cards, etc.)

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: “I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!”

FRIDAY FREE TIME: “I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don’t feel bad about the free time.”

Suggested Healthy School Snacks

Schools can play a major role in helping students become fit, healthy, and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity.

Incentive Snack Rewards for School

Remember to consider ethnic and medical food restrictions and allergies when providing classroom snacks. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- Fresh fruit and vegetables – Buy locally when possible.
- Yogurt
- Bagels with low fat cream cheese
- Baby carrots and other vegetables with low fat dip
- Trail mix*
- Nuts and seeds*
- Fig cookies
- Animal crackers
- Baked chips
- Low fat popcorn
- Granola bars
- Soft pretzels and mustard
- Pizza (no extra cheese and no more than one meat)
- Pudding
- String cheese
- Cereal bar
- Single-serve low fat or fat free milk (regular or flavored)
- 100% fruit juice (small single-serves)
- Bottled water (including flavored water)

*May be allergens and/or a choking risk for some people, please check with a health care provider.