

## 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).*

### Policy:

The Discovery Academy School District is committed to the goals of nutrition education, 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.
- Nutrition education will involve sharing information with families.

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, across 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, Senate Bill 210, and Healthy Choices for Healthy Children Act.
- All foods made available on campus adhere to food safety, security and nutrition guidelines.
- Students will not be permitted to have carbonated beverages during the school day.

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,<sup>1</sup> School Nutrition Association,<sup>2</sup> 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 education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Students will be encouraged to start each day with a healthy breakfast.

### **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 life long 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. Nutritional standards described by National School Lunch Program,<sup>4</sup> Senate Bill 210, Healthy Choices for Healthy Children Act.,<sup>5</sup> The Alliance for a Healthier Generation<sup>6</sup> shall be observed.

- 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.
- Vending Machines offering foods or beverages which do not meet the nutritional standards established by the school may not be operated during the school lunch.
- Bake sales and other school fundraising activities involving food and beverage items may not be held during the school lunch period.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environmental standards.

## **EATING ENVIRONMENT**

- 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).

A qualified school food service professional will be employed at local or management level. A licensed dietician, a registered dietetic technician or a certified/credentialed school nutrition specialist shall be consulted in drafting a nutrition plan.

- All food service personnel shall have adequate pre-service training in food service operations.
- Offering meals during breaks in the school calendar and to coordinate with other agencies and community groups to operate, or assist with operating, a summer food service program for children and adolescents who are eligible for federal program support are recommended.

## FOOD SAFETY/FOOD SECURITY

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the United States Department of Agriculture food security guidelines.<sup>7</sup>

## REFERENCES

<sup>1</sup>United Dairy Industry of Michigan available at: <http://www.udim.org/>  
September 16, 2011

<sup>2</sup>School Nutrition Association available at: <http://www.schoolnutrition.org/default.aspx> Accessed September 16, 2011

<sup>3</sup>United States Department of Agriculture available at: <http://www.usda.gov/>  
Accessed September 16, 2011

<sup>4</sup>National School Lunch Program available at <http://www.fns.usda.gov/cnd/Lunch/default.htm>  
Accessed September 16, 2011

<sup>5</sup>Senate Bill 210, Healthy Choices for Healthy Children Act.  
[http://www.legislature.state.oh.us/analysis.cfm?ID=128\\_SB\\_210&ACT=As%20Enrolled&hf=analyses128/10-sb210-128.htm](http://www.legislature.state.oh.us/analysis.cfm?ID=128_SB_210&ACT=As%20Enrolled&hf=analyses128/10-sb210-128.htm)  
Accessed September 16, 2011

<sup>6</sup>Alliance for Healthier Generation  
<http://www.healthiergeneration.org/companies.aspx?id=3463>  
Accessed September 16, 2011

<sup>7</sup>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 16, 2011

