

Fostering Leadership Academy 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.”¹ 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’s² (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,³ 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.⁴

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-based⁵ 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., health educators, and other allied health personnel who pr nurses, physicians, dentists 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

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community.⁶

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.⁷

The designated official(s) for oversight is (Title and contact information): Jessica Fessler (Building Principal)

Nutrition

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations⁸ and the Michigan Merit Curriculum Guidelines for Health Education.⁹ 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.¹⁰

Insert LEA evidence-based SMART goal(s) for Nutrition Education:

1. The School will offer 1 field trip per year to local farms.

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.¹¹

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Insert LEA evidence-based SMART goal(s) for Nutrition Promotion:

1. Nutrition education will be made available to parents/guardians and the community once a year. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, posting on the District website, community and student-oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

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 campus¹² during the school day¹³ 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.¹⁴ 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 standards¹⁵ and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance.¹⁶ 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).¹⁷

Insert LEA evidence-based nutrition standards for all foods and beverages provided, but not sold, to students during the school day:

1. The food service director offers reimbursable school meals that meet USDA nutrition standards.

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.¹⁸

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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.¹⁹

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 Grade Level Content Expectations²⁰ and the Michigan Merit Curriculum Guidelines for Physical Education.²¹

Insert LEA evidence-based SMART goal(s) for Physical Education:

1. Schools must provide at least 20 minutes of active daily recess to all elementary students.

Students, Pre-K-12, 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.²²

Insert LEA evidence-based SMART goal(s) for Physical Activity:

1. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

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.

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Insert LEA evidence-based SMART goal(s) for other school-based activities that promote student wellness:

1. The district wellness committee will meet yearly.

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.²³ It is recommended that school buildings use the Healthy School Action Tool (HSAT)²⁴ 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.²⁵

The person responsible for the Triennial Assessment is (Title and contact information): Jessica

Fessler (School Principal)

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.²⁶

This wellness policy can be found at (Insert direct URL for LEA's wellness policy):

<https://fosteringleadershipacademy.org/>

Required documentation will be maintained at (Insert location):

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Fostering Leadership Academy
16511 Delaware, Redford, MI 48240

Updates to the Policy

The LEA 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.²⁷

Public Updates

The LEA 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).²⁸

Adopted April 2023

¹ [Michigan State Board of Education Policy on Coordinated School Health Programs to Support Academic Achievement and Healthy Schools](#)

² A commonly used synonym for a school district, an entity which operates local public primary and secondary schools in the United States.

³ The governing body which is responsible for the administration of one or more schools and which has the legal authority to operate a nonprofit school food service program therein or otherwise approved by the Food and Nutrition Service of the United States Department of Agriculture to operate the National School Lunch Program.

⁴ [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)

⁵ Any concept or strategy that is derived from or informed by objective evidence.

⁶ [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)

⁷ [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)

⁸ Michigan Department of Education, Michigan Health Education Grade Level Content Expectations

⁹ Michigan Department of Education, Michigan Merit Curriculum Guidelines for Health Education, V.1.07

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- 10 [Michigan State Board of Education Model Local Wellness Policy 2005](#)
- 11 [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)
- 12 All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- 13 The period from the midnight before, to 30 minutes after the end of the official school day.
- 14 [USDA Nutrition Standards for School Meals](#)
- 15 [USDA Smart Snacks in School nutrition standards](#)
- 16 Administrative Policy No. 21 clarifies that up to two exempt fundraisers per week are allowed per school building that do not meet the Smart Snacks in School nutrition standards.
- 17 [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)
- 18 [Change Lab Solutions. \(2014\). District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds](#)
- 19 [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)
- 20 Michigan Department of Education, Michigan Physical Education Grade Level Content Expectations
- 21 Michigan Department of Education, Michigan Merit Curriculum Guidelines for Physical Education
- 22 [Michigan State Board of Education Model Local Wellness Policy 2005](#)
- 23 [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)
- 24 [Healthy School Action Tool](#)
- 25 [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)
- 26 [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)
- 27 [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)
- 28 [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)

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