

Detroit Public Safety 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.”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

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.⁶

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](#)

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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 Vonetta Sanders, Drop-Out Prevention Administrator.

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

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 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

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

¹⁰ [Michigan State Board of Education Model Local Wellness Policy 2005](#)

¹¹ [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)

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With regard to the goal of nutrition promotion, the Academy will have the following specific goals:

- Nutrition promotion will involve sharing with families nutrition and health information on creative ways to achieve good nutrition and the positive benefits thereof.
- Nutrition promotion will be accomplished through the implementation of the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012.

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

The academy will adhere to the following Nutrition Guidelines for all foods available on the 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, Healthier US School Challenge (HUSSC), and/or Michigan Nutrition Standards.
- All foods made available on campus adhere to food safety, security and nutrition guidelines.

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](#)

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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

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

With regard to the goal of promoting physical education, the Academy will have the following specific goals:

- Physical education will include individual activities as well as team sports.
- Physical education will involve sharing information with families.

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

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.

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](#)

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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.

With regard to 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 a 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.

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 Vonetta Sanders, Drop-Out Prevention Administrator.

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](#)

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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: <http://www.detroitpsa.com/food-service.html>.

Required documentation will be maintained at: Detroit Public Safety Academy, 1250 Rosa Parks Blvd., Detroit, MI 48216

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

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](#)

LOCAL WELLNESS POLICY GUIDELINES

The following guideline recommendations are tools to assist academics 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, ¹ School Nutrition Association, ² Universities, State Agencies and United States Department of Agriculture. ³
- The school cafeteria serves as a learning laboratory to allow students to apply critical thinking skills taught in the classroom.

NUTRITION PROMOTION

- Students will be encouraged to start each day with a healthy breakfast.
- Nutrition promotion will involve sharing information with families and the broader community to positively impact students and the health of the community. This may be done through flyers sent home with student mail on positive ways to achieve good nutrition and the positive benefits thereof.
- The Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – Jan. 2012 shall be implemented, promoting good nutrition.
- Students shall be informed of the planned healthy choices through the posting of a menu highlighting the nutritious items for each day that meet the Final Rule Nutrition Standards

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. Examples of nutritional standards are described by National School Lunch Program,⁴ HUSSC Criteria,⁵ Choose My Plate,⁶ and USDA Dietary Guidelines for Americans.⁷ Michigan Nutrition Standards, Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools.¹⁰

Nutritional standard(s) chosen: National School Lunch Program,⁴ HUSSC Criteria,⁵ Michigan Nutrition Standards, Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools (standards for "other foods")¹⁰

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.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environmental standards.

EATING ENVIRONMENT

- The American Academy of Pediatrics recommends that 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.⁸
- 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 program (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.
- 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.⁹

REFERENCES

¹United Dairy Industry of Michigan available at: <http://www.udim.org/>

²School Nutrition Association available at: <http://www.schoolnutrition.org/SFN.aspx?id=54>

Accessed September 17, 2012

³United States Department of Agriculture available at: <http://www.usda.gov/>

Accessed September 17, 2012

⁴National School Lunch Program available at <http://www.fns.usda.gov/cnd/Lunch/default.htm>

Accessed September 17, 2012

⁵HUSSC Criteria; Competitive Foods Calculator and Beverage Criteria available at:

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>

Beverages: http://teammnutrition.usda.gov/HealthierUS/2012criteria_chart.html

Accessed September 17, 2012

⁶Choose My Plate Available at <http://www.choosemyplate.gov/>

Accessed September 17, 2012

⁷USDA Dietary Guidelines for Americans. Available at:

<http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

Accessed September 17, 2012

⁸American Academy of Pediatrics Available at:

<http://www.nationalguidelines.org/guideline.cfm?guideNum=5-07>

Accessed September 17, 2012

⁹United 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

Accessed September 17, 2012

¹⁰Michigan Nutrition Standards, Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools. Available at:

http://www.michigan.gov/documents/mde/Michigan_Nutrition_Standards_Approved_10.12.10_338356_7.pdf

Accessed September 26, 2012

Standards for Foods on Campus

Michigan Nutrition Standards Michigan Department of Education Recommendations for all Foods and Beverages Available in Michigan Schools (for "Other Foods" served outside of the National School Lunch Program reimbursable meals).

Fruits, vegetables, whole grains, and related combination products and low-fat and fat-free dairy as packaged.

Calories: 200 calories or less.

Total Fat: No more than 35% total calories.

Saturated Fat: Less than 10% total calories.

Trans fat: Trans fat free (less than or equal to 0.5 gm. per serving).

Total Sugar: No more than 35% of total weight per serving.

Sodium: No more than 230 mg. as packaged.

Schools may choose to serve the following:

Nuts, seeds, and reduced-fat cheese in 1 oz. portions are exempt from fat and saturated fat standards.

Low-fat yogurt can contain no more than 30 grams of total sugars per 8 oz. portion.

HUSSC Competitive Foods Calculator⁵ may also be used to determine snack acceptability.

<http://healthymeals.nal.usda.gov/hsmrs/HUSSC/calculator.html>

Beverages: http://teammnutrition.usda.gov/HealthierUS/2012criteria_chart.html