

Melvindale North Allen Park School District Wellness Policy

Preface

The Melvindale-NAP School District 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.

Wellness Committee and Policy Leadership

Committee Role and Membership

The Local Education Authority, (LEA) will convene a representative district wellness committee to establish goals for and oversee school health and safety 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. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.¹

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.²

The designated official(s) for oversight is the superintendent, Mr. Ryan Vranesich and/or designee.

Nutrition

Nutrition Education

Every year, all students, K-12, may receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education.⁴ 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.⁵

- **Each school in the district will continue to develop and advance the current nutrition education curriculum, which includes:**

1. The American Kidney Association PE-Nut program at k-1 level yearly
2. MSU Extension Nutrition Classes at the 2-5 level yearly
3. Strong Middle School all students take Health class once per quarter.
4. Melvindale High School 9th Grade Health Class
5. Nutrition Education for all athletes
6. Nutrition Education posters, such as MyPlate, will be posted in the building cafeterias.

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:⁶

- The district will utilize social media, newsletters and post flyers on the district website to share educational resources to all stakeholders at a minimum of twice per year.
- Continue to provide Nutrition Announcements through the PE-Nut Program at Rogers Elementary School.

- Be included in a board of education report information about the Michigan Nutrition Standards and our district's Wellness Plan

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 campus⁷ during the school day⁸ 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.⁹ 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 standards¹⁰ and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance.¹¹ 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 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):¹²

- Promote healthy food and beverage choices through school newsletters and/or posted on the district website, and/or shared on social media
- Provide a recommended list of healthy snack foods and beverages for school store
- Cultural Days or other special days where homemade food is brought in for student consumption, a notification form will be sent home for parents to opt their student out.

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.¹³

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.¹⁴

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 Expectations¹⁵ and the Michigan Merit Curriculum Guidelines for Physical Education.¹⁶

The district will:

- Continue to provide elementary students with 30 minutes of physical education per week.
- Continue to provide middle school students with physical education for 25% of each school year.
- Continue to provide High School students with a minimum of 1 semester of physical education with the option to participate in additional semesters.

Every year, all 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.¹⁷

The district will encourage:

- Physical activity during the school day (including but not limited to recess, physical activity breaks or physical education)
- All elementary schools will offer at least 15 minutes of recess on all or most days during the year. Outdoor recess will be offered when weather is feasible for outdoor play.
- Teachers to provide short (3-5 minute) physical activity or brain breaks to students during classroom time.
- Opportunities (e.g., including intramurals and varsity sports) for students after school.
- Active transportation to and from school, such as walking or biking riding when and where feasible.

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.

The district will continue to:

- Participate in healthy lifestyle programs such as American Heart Association Hoops for Heart, Strides for Strokes, Jump Rope for Heart and the Girls on the Run program.
- Participate in the Building Healthy Communities sponsored by Michigan Blue Cross & Blue Shield at Rogers Elementary School.
- Encourage participation in special events such as the Color Run, PBIS physical activities or other events promoting healthy lifestyles.

Health and Safety

School district personnel will take reasonable precautions to preserve the health, safety, and welfare of students participating in school district related programs and activities.

Health Concerns raised by Parents or Guardians - Parents are responsible for informing the School District of health and safety concerns particular to their children and cooperating with the School District to address those concerns. The Superintendent along with the school nurse will develop and implement regulations for addressing the health and safety concerns of students with disabilities within the meaning of Section 504 of the Rehabilitation Act of 1973.

Immunization - Except as otherwise specifically provided by law, the Board requires that all students be properly immunized, not later than the first day of school.

Medication - The superintendent along with the District Nurse will develop regulations concerning student medications. The regulations will address the possession, storage, accessing and administration of student medications, as well as the administration of prescription medications to students while at school.

Implementation, Assessment, Documentation, and Updates

Implementation

The District will develop and maintain a plan to manage and coordinate the implementation of this wellness policy. It is recommended to complete a school level assessment using surveys to measure 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 and progress made in attaining the goals of the wellness policy.¹⁸

The person responsible for the Triennial Assessment is Dr. Kim Soranno-Bond and/or designee.

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.¹⁹

This wellness policy can be found at Melnapschools.com

Required documentation will be maintained at the board office.

Updates to the policy: The LEA will update or modify the wellness policy as appropriate based on the results of the 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.²⁰

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.

- 1 [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)
- 2 [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)
- 3 [Michigan Health Education Grade Level Content Expectations](#)
- 4 [Michigan Merit Curriculum Guidelines for Health Education](#)
- 5 [Michigan State Board of Education Model Local Wellness Policy 2005](#)
- 6 [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)
- 7 All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- 8 The period from the midnight before, to 30 minutes after the end of the official school day.
- 9 [USDA Nutrition Standards for School Meals](#)
- 10 [USDA Smart Snacks in School nutrition standards](#)
- 11 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.
- 12 [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)
- 13 [Change Lab Solutions. \(2014\). District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds](#)
- 14 [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)
- 15 [Michigan Physical Education Grade Level Content Expectations](#)
- 16 [Michigan Merit Curriculum Guidelines for Physical Education](#)
- 17 [Michigan State Board of Education Model Local Wellness Policy 2005](#)
- 18 [Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule](#)
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- 20 [Alliance for a Healthier Generation Model Local Wellness Policy 2016](#)