

**Local Wellness Policy
for
Academic and Career Education Academy**

The Academic and Career Education Academy (ACEA) 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 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

ACEA shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. ACEA shall encourage students to make nutritious food choices.

ACEA shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. ACEA shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

ACEA administration shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Physical Education and Physical Activity Opportunities

ACEA 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 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

ACEA may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The ACEA administration shall implement this policy and measure how well it is being managed and enforced. The ACEA principal shall develop and implement administrative rules consistent with this policy. 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 shall be considered in the implementation of this policy. The principal will report to the school board, as requested, on its programs and efforts to meet the purpose and intent of this policy.

ADMINISTRATIVE RULES REGARDING ACEA'S LOCAL WELLNESS POLICY

ACEA's administrative team developed local administrative rules in order to enact and enforce its Local Wellness Policy. The administrative team may include 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.

To assist in the creation of a healthy school environment, ACEA shall establish a Coordinated School Health Team that will provide an ongoing review and evaluation of the ACEA Local Wellness Policy and these local administrative rules.

The Principal and/or Dean of Students shall appoint a member of ACEA's administrative staff to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives 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 should receive consistent messages and support for:

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

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

Academic and Career Education Academy, Wellness Plan
884 E. Isabella
Midland, MI 48640

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. ACEA may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

ACEA shall implement a quality nutrition education program that addresses the following:

Curriculum:

- 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 the ACEA website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

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

ACEA shall offer and promote the following food and beverages 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.

ACEA shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues.

ACEA shall discourage using food as a reward. When food is used as a reward or for school events, healthy choices will be encouraged. ACEA shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all ACEA students. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

ACEA shall implement a quality physical education program that addresses the following:

Curriculum:

- Equips students with knowledge, skills, and attitudes necessary for lifelong physical activity.
- Aligns 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 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 225 minutes per week
- Provides facilities to implement the curriculum for the number of students served.

Other School-Based Activities Designed to Promote Student Wellness

ACEA 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

ACEA shall provide;

- health inspection meeting current standards.
- 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 so students can get water at meals and throughout the day.
- encouragement to maximize student participation in school meal programs.
- identity protection of students who eat free and reduced-price meals.

Time to Eat

ACEA shall ensure:

- adequate time for students to enjoy eating healthy foods with friends
- that lunch time is scheduled as near to the middle of the school day as possible

Food or Physical Activity as a Reward or Punishment

ACEA shall:

- limit the use of food as a reward or punishment,
- not deny student participation in physical education class as a form of discipline or for classroom make-up time,
- encourage using physical activity as a reward.

Consistent School Activities and Environment

ACEA shall:

- complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors,
- ensure that 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 keep school 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,
- 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,
- implement physical activity across the curriculum throughout the school day or in all subject areas.

Implementation and Measurement

All ACEA employees 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.

ACEA shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

ACEA's Coordinated School Health Team shall discuss and evaluate these measures quarterly, and will recommend changes to ACEA's board of education for implementation.