LOCAL WELLNESS POLICY

PREFACE

Detroit Community Schools 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 Administration believes that schools should provide an environment where students are taught healthy eating and physical activity knowledge, skills, and values. Also, the environment should provide every opportunity to practice these skills daily. A local school wellness policy is a written document that guides a public-school academy's (PSA) 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,[2] 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 PSA's jurisdiction can be addressed.[3]

WELLNESS COMMITTEE AND POLICY LEADERSHIP

COMMITTEE ROLE AND MEMBERSHIP

The PSA 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 our school building and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, school counselors, social workers, school administrators, and school board members. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.[4]

WELLNESS POLICY LEADERSHIP

The PSA will establish wellness policy leadership of one or more school building official(s) who have the authority and responsibility to ensure each school building complies with this policy.[5]

1. MI State Board of Ed Policy on Coordinated School Health Programs to Support Academic Achievement and Healthy Schools
2. 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.
3. Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule
4. Alliance for a Healthier Generation Model Local Wellness Policy 2016
5. Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule

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NUTRITION

NUTRITION EDUCATION

Students shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education.[6] This nutrition education will help teach knowledge, skills, and values needed to adopt healthy eating behaviors. Nutrition education information shall be offered including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.[7]

SMART Goals(S) for Nutrition Education:

1. Nutrition education shall be included in instruction and provide students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education posters will be displayed in the cafeteria, and hallways.

NUTRITION PROMOTION

Nutrition promotion and education positively influences lifelong eating behaviors by using techniques based on nutrition. Also, by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive nutrition updates in classrooms, and the cafeteria. 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. **Detroit Community Schools** will promote healthy food and beverage choices for all students as well as encourage participation in school meal programs.[8]

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5. Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule
6. MI Dept of Education, Michigan Merit Curriculum Guidelines for Health Education, V.1.07
7. Michigan State Board of Education Model Local Wellness Policy 2005 8 Alliance for a Healthier Generation Model Local Wellness Policy 2016
8. Alliance for a Healthier Generation Model Local Wellness Policy 2016

SMART Goals (S) for Nutrition Promotion:

1. Encourage students to increase their consumption of healthy foods during the school day; through the School Breakfast Program (SBP), the National School Lunch Program (NSLP), and the Fresh Fruit and Vegetable Program (FFVP) Grant as available.

2. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School Nutrition Standards:

a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy vegetables
c. whole grain products - half of all grains need to be whole grain-rich
d. fluid milk that is fat-free and low-fat
e. meals designed to meet specific calorie ranges for age/grade groups

3. Require each student to take fruit and vegetable as part of a complete reimbursable meal.

4. Eliminate trans-fats from school meals.

STANDARDS AND NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES

Detroit Community Schools shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus[9] during the school day[10] are consistent with federal and state regulations.

Reimbursable school meals must meet the requirements found in the United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals.[11] 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 standards[12] and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance.[13] 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).[14]

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9. All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
10. The period from the midnight before, to 30 minutes after the end of the official school day.
11. USDA Nutrition Standards for School Meals
12. USDA Smart Snacks in School nutrition standards
13. Policy No. 21 clarifies that up to two exempt fundraisers per week are allowed per building that do not meet the Smart Snacks standards.
14 Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule

Nutrition standards for all foods and beverages provided, but not sold, to students during the school day:

1. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus during the school day is prohibited.

2. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entree items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu), as well as food items and beverages from vending machines, from school stores, or as fund-raisers, including those operated by student clubs and organizations, parent groups, or boosters' club.

FOOD AND BEVERAGE MARKETING

Food and beverage marketing are defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for 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.[15]

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 PSA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.[16]

PHYSICAL ACTIVITY and PHYSICAL EDUCATION

Detroit Community Schools 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 Expectations [17]and the Michigan Merit Curriculum Guidelines for Physical Education.[18]

15. Change Lab Solutions. (2014). District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds
16. Alliance for a Healthier Generation Model Local Wellness Policy 2016
17. Michigan Department of Education, Michigan Physical Education Grade Level Content Expectations
18. Michigan Department of Education, Michigan Merit Curriculum Guidelines for Physical Education

SMART GOAL(S) for Physical Education:

1. A sequential, comprehensive physical education program shall be provided for students in k-12 in accordance with the standards and benchmarks established by the State.
2. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
3. Provide physical education 1-2/weeks to student's k-12.

Students, 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.[19]

GOAL(S) for Physical Activity:

1. Physical activity shall not be employed as a form of discipline or punishment.
2. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
3. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
4. Grades 5-8 may have the opportunity to participate in interscholastic sports programs.

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.

SMART GOALS(S) for other school-based activities that promote student wellness:

1. The schools shall schedule mealtimes so there is minimum disruption by recess, and other special programs or events.
2. The school shall provide attractive, clean environments in which the students eat.
3. Students are permitted to have water in the classroom.
4. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

19. Michigan State Board of Education Model Local Wellness Policy 2005

STUDENT INVOLVMENT

The District will provide opportunities for student involvement and feedback.

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

1. Daily Announcements will include the daily lunch menu.

2. Students may have opportunities to volunteer in the lunchroom.

3. Students provide feedback annually through a survey. The survey results are used to make changes to the menu and food programs at the District.

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 establish roles, responsibilities, actions, and timelines specific for the district.[20]

ASSESSMENT

The PSA will conduct an assess 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.[21]

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DOCUMENTATION

Detroit Community Schools 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 DCS, and how stakeholders were made aware of their ability to participate. [22]

This wellness policy can be found at: https://detcomschools.org/

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20 Alliance for a Healthier Generation Model Local Wellness Policy 2016
21 Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule
22 Local School Wellness Policy Implementation Under the HHFKA: Summary of Final Rule

UPDATES TO THE POLICY

Detroit Community Schools will update or modify the wellness policy as appropriate; 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.[23]

PUBLIC UPDATES

Detroit Community Schools will inform the public annually about the local wellness policy, including its content and any updates to and about the policy. 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, and mailings).[24]

Adopted: July 2024

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23. Alliance for a Healthier Generation Model Local Wellness Policy 2016
24. Alliance for a Healthier Generation Model Local Wellness Policy 2016