

# Allen Park Public School District

## Wellness Policy

The Allen Park 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 achievement.

### **Nutrition Education**

Pre-K through 12th-grade students shall receive nutrition education 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, especially in science, health and physical education, and life skills. 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**

Allen Park Public Schools shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices.

The Food Service Department is proud of its role in providing students with nutritious meals each school day. Our goal is to provide students with a well-balanced meal that meets the National School Lunch Program guidelines and is also appealing to students' tastes.

### **Menu**

The USDA meal patterns require five components to be offered to qualify for a reimbursable meal. A meat/meat alternative, fruit, vegetable, grain, and milk must be provided in specific quantities. These meal patterns provide 50% of the recommended dietary allowances for key nutrients. The menu must also provide no more than 30% of the total calories from fat and no more than 10% from saturated fat over the course of a week.

In order to encourage students to eat a complete lunch, we offer three entrée choices at elementary school, and more choices at the middle and high school. Every entrée we offer is available as a meal

when bundled with a fruit choice, vegetable choice, milk, and grain. At our elementary schools, we feature a self-service cold bar to allow students a variety of fruits and vegetables each day.

Desserts are considered a treat with lunch and have been limited to being offered on special occasions.

Other changes we have made include more reduced-calorie dressings and light mayonnaise for some sandwich condiments. We offer 1% strawberry milk, and fat-free chocolate milk. We do not add butter or margarine when cooking vegetables. Salt is not added as a seasoning but is replaced with other herbs instead.

## **A la Carte**

A la Carte items are smart snacks that students may purchase that are not part of a meal. They are offered to middle and high school students, with the exception of a few things that may be offered at the elementary level. They are intended to complement a meal rather than replace it.

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

The Allen Park Public Schools superintendent and/or designee, business manager, and principals shall continually evaluate vending policy and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed, as the superintendent and the Board of Education sees fit and pursuant to legal requirements.

## **Physical Education and Physical Activity Opportunities**

Allen Park Public Schools shall offer physical education (PE) 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 is aligned with the Michigan Physical Education Content Standards and Benchmarks.

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. At elementary school levels, all students are scheduled in PE for 50 minutes per week for the school year. A full complement of individual and group sports is offered through the recreation department for elementary students and in competitive leagues at the secondary levels.

## **Other School-Based Activities Designed to Promote Student Wellness**

Allen Park Public Schools may implement other appropriate programs i.e., running clubs, track walking, field days, participation in events like “Color Runs,” “Bike to School Day,” etc. These events create a school environment that conveys a consistent wellness message and is conducive to healthy eating and physical activity.

## **Implementation and Measurement**

The Allen Park Public Schools superintendent and/or designee shall implement this policy and measure how well it is being managed and enforced. The district superintendent and/or designee shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health, life skills, and physical education), nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. As requested, the superintendent shall report to the local school board on the school district’s programs and efforts to meet the purpose and intent of this policy.

## **Administrative Rules Regarding Allen Park Public School District Local Wellness Policy**

In order to enact and enforce Allen Park School District Local Wellness Policy, the superintendent and administrative team, with input from teachers (including specialists in health, life skills, and physical education), nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public, have developed these administrative rules.

The superintendent has appointed the Food Service Director to organize the Coordinated School Health Team. The director has invited members to serve in the capacity of the Coordinated School Health Team. Members include representatives from the following areas:

- Administration
- Counseling
- Physical Education
- Parent/guardian, student, and community (including health care providers)

Staff shall be reminded that healthy students come in all shapes and sizes. Students shall receive consistent messages and support for:

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

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

Michael Darga  
Allen Park Public Schools  
9601 Vine  
Allen Park, Michigan 48101  
Fax: 313-827-2151 Phone: 313-827-2150

Students, staff, and the community will be informed about the Local Wellness Policy annually on the district's website and through other print and electronic communications.

## **Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered every year to students within the district through integration into the entire curriculum, especially in the areas of physical education, health, science, and child development.

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

Curriculum:

- Has a curriculum aligned with the Michigan Health Education Content Standards and Benchmarks.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- 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 Standards**

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

Each school building in the district shall offer and promote the following food and beverages in all venues 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 technique, and 100% 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 8-ounce servings or less, milk

in 16-ounce servings or less, and cheese in 1.5-ounce (2-ounce if processed cheese) servings or less.

- Nuts, nut butter, seeds, trail mix, and/or soybeans snacks in 1-ounce portions or less; portions of 3 ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in 1-ounce servings or less.

The district 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.

The district shall encourage parents and guardians to send in non-food items for classroom birthdays and award celebrations.

The district shall encourage healthy fundraisers as an alternative to fundraising that involves selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar-coated snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc.

Vending sales of soft drinks, artificially sweetened drinks, and candy will be discouraged on school grounds prior to the start of the school day or throughout the instructional day for the middle and high schools but may be permitted at special events that begin after the conclusion of the instructional day. A full array of non-carbonated beverages such as milk, juice, and water will be available as well.

## **Physical Education and Physical Activity Opportunities**

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

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

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the Michigan Physical Education Content Standards and Benchmarks.
- Influences personal and social skill development.

The premier curriculum at Allen Park Public Schools includes but is not limited to the following activities:

- Physical Education courses offered will provide students with a great experience learning different personal fitness skills to help their muscular strength and endurance along with flexibility and cardiovascular wellness. There will be several opportunities to polish their skills in team sports such as basketball, volleyball, hockey, and baseball. They will also have access to a weight room at the secondary level with several machines to assist them with their fitness goals.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.

- Build students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher training in best practice physical education methods.
- Keeps all students involved in a purposeful activity for the majority of the class period.
- Uses available curriculum and materials from the Michigan State Board of Education such as Coordinated School Health and Safety Programs and Getting Michigan Moving.

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.
- Provides facilities to implement the curriculum for the number of students served.

The district should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students from Pre-K through grade five. Recess in addition to physical education class time. Each school playground provides proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should limit withholding participation in recess from students or cancel recess to make up for the missed instructional time. Schools provide opportunities for various types of physical activity for students in grades seven through twelve apart from physical education classes and organized sports. Physical activity opportunities include: before and after-school extracurricular physical activity programs, and use of school facilities outside of school hours especially at the high school with the fully-equipped weight room used by students and staff.

## **Other School-Based Activities Designed to Promote Student Wellness**

Allen Park School District 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:

- The school district shall provide:
  - A clean, safe, enjoyable meal environment for students.
  - Enough space in serving areas to ensure all students have access to school meals with minimum wait time.
  - Drinking fountains in all schools, so that students can get water at meals and throughout the day.
  - Encouragement to maximize student participation in school meal programs.
  - Identify the protection of students who eat free and reduced-price meals.

## Time to Eat

- The school district shall ensure:
  - Adequate time (a minimum of 20 minutes after seating) for students to enjoy eating healthy foods with friends in school.
  - Lunchtime is scheduled as near to the middle of the school day as possible.
  - Recess for elementary schools is scheduled immediately before or after lunch.

## Food and Physical Activity as a Reward or Punishment

- The school district shall:
  - Limit the use of food as a reward or and in no circumstance will be used as a punishment in schools.
  - Limit denying students participation in recess or other physical activities as a form of discipline or for classroom make-up time.
  - Encourage using physical activity as a reward, such as a teacher or principal walking or playing with students at recess.

## Consistent School Activities and Environment

- The school district shall:
  - Promote school fundraising efforts that support healthy eating and physical activity.
  - Provide opportunities for ongoing professional training and development for food service staff and teachers in the areas of nutrition and physical education.
  - Make an effort to keep school or district-owned physical activity facilities open for use by students outside school hours.
  - Encourage parents/guardians, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
  - Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
  - Provide information and outreach materials about other Food and Nutrition Service programs to students and parents/guardians.
  - Encourage all students to participate in school meal programs, (i.e., the National School Lunch Program and the National School Breakfast Program).
  - Implement physical activity across the curriculum throughout the school day or in all subject areas.

## **Implementations and Measurement**

All employees of Allen Park School District are encouraged to be positive healthy lifestyle role models 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. The

Local Wellness Committee will keep abreast of the nutrition and physical activity needs of students at least annually. The food service personnel monitor the food choices of students and staff regularly. The curriculum will be reviewed for implementation regularly and observation checklists may be provided to instructional staff and administrators to measure compliance with planned activities.