

Bloomfield Hills Schools (BHS) Local Wellness Policy: Administrative Guidelines

May, 2025 Update (Meeting 5/21/25)

COMMITTEE ROLE AND MEMBERSHIP

BHS has designed a wellness committee to establish goals for, and to oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the district level wellness policy and administrative guidelines. This committee will convene annually. The district wellness committee represents all school building levels and includes, to the extent possible, parents, caregivers, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services, staff, school health professionals, members of the public and school administrators.

WELLNESS LEADERSHIP

BHS will establish wellness policy leadership which has the authority and responsibility for school-level compliance with district policy and administrative guidelines.

Name	Title	Email Address	Role on Committee
Debbie Glazer	District RN/Admin Health Specialist, Parent	dglazer@bloomfield.org	Chair
Marianne Romsek	Food Director	mromsek@bloomfield.org	Member
Erin Watson	Guest Experience Specialist Bowers Farm	ewatson@bloomfield.org	Member
	PE Teacher		
	PE Teacher		
	Parent		
	Student		
	SW/Counselor		
	Admin/Principal		

Bloomfield Hills Schools (BHS) Local Wellness Policy: Administrative Guidelines

May, 2025 Update (Meeting 5/21/25)

NUTRITION EDUCATION

Nutrition Education

Every year, all students pre-K through 12th grade, and special needs through age 26, 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. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors will be integrated into the curriculum. Nutrition education shall be offered throughout the school campus, including but not limited to, school dining areas and classrooms. Staff members who provide nutrition education will have the appropriate training. BHS nutrition guidelines aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating special dietary needs.

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. BHS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Goals for Nutrition Education and Promotion:

How to Read a Nutrition Label	Integrate into classroom curriculum
Food Guidance from My Plate	Posters in cafe and Menu Boards will reflect daily allowance through My Plate
Importance of Water Consumption	Water filling stations are available in all buildings
Posting nutrition and health posters	In hallways, cafeterias, and classrooms
Promoting local and regional foods in school menus:	stickers.....

Bloomfield Hills Schools (BHS) Local Wellness Policy: Administrative Guidelines

May, 2025 Update (Meeting 5/21/25)

The school principals will encourage the use of healthy food for all classroom parties, snacks, and celebrations	For example, fresh fruits, vegetables, and whole grain items. Birthday treats will be strongly discouraged. Instead, other non-food rewards or items will be promoted.
	A “Healthy Treat” list may be provided to buildings/class if requested
Each school will implement at least one of the following four Farm to School activities:	a. Local products are incorporated at least once a week into the school meal program. b. School hosts a school garden. c. School hosts field trips to local farms. d. School utilizes promotions or special events, such as tastings, that highlight local/regional products.
Nutrition education	Shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.

Standards and Nutrition Guidelines for all Foods and Beverages:

BHS shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus during the school day are consistent with federal and state regulations.

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA) Nutrition Standards for School Meals. All foods and beverages sold to students outside the federally regulated child nutrition programs must be consistent with the USDA’s Smart Snacks in School nutrition standards and Michigan Department of Education Administrative Policy Number 21 regarding Non-Compliant Fundraiser Guidance. These standards apply in all areas where foods and beverages are sold which may include but aren’t limited to: ala carte lines, vending machines, fundraising events, and snack carts.

BHS will establish nutrition standards for all foods and beverages provided, but not sold, to students during the school day. BHS strongly encourages all foods offered on the

Bloomfield Hills Schools (BHS) Local Wellness Policy: Administrative Guidelines

May, 2025 Update (Meeting 5/21/25)

school campus to meet the USDA Smart Snacks in School nutrition standards. The district will provide healthy party ideas to parents and teachers. The district will provide parents a list of foods and beverages that meet Smart Snacks. The district will also provide teachers and school staff a list of alternative ways to reward children.

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.

Examples would include coolers, cups, exterior vending machines, posters, menu boards, trash cans, or any other items distributed to students.

It is BHS's intent 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 BHS reviews existing contracts and considers new contracts, equipment and/or other product purchasing and replacement, decisions will reflect these marketing guidelines.

Dining Environment

BHS promotes healthy food and beverage choices using at least 10 of the Smarter Lunchroom Strategies.

PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Physical education is defined as “ the development of: (A) physical and motor fitness; (B) fundamental motor skills and patterns; and (C) skills in aquatics, dance, and individual and group games and sports (including intramural and lifetime sports).”

Physical education services, especially designed if necessary, must be made available to every handicapped child receiving a free appropriate public education and that if specifically designed physical education is prescribed in a child's individualized education program, the public agency responsible for the education of that child shall provide the service directly, or make arrangements for it to be provided through other public or private programs. BHS will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. Physical education is modified as needed based

Bloomfield Hills Schools (BHS) Local Wellness Policy: Administrative Guidelines

May, 2025 Update (Meeting 5/21/25)

upon students' needs. BHS does not endorse requiring or withholding physical activity/physical education classes as a punishment. Participation in physical activity/physical education may be withheld for safety concerns.

Goals for Physical Education:

PE Amount and Frequency Requirements	Physical education can be modified based on a student's needs.
	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.
	Students in grades K-5 will have physical education at least 60 minutes per week
	Students in grades 6-8 will have physical education every other day throughout the school year at a minimum duration of 45 minutes per class
	All High School students will follow the District graduation requirements.
Classroom Physical Activity Breaks	The district shall provide a list of suggested classroom activity breaks for teachers and school staff if requested.
Motor Movement Breaks	The district recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time at least 3 days per week. These breaks will complement and not substitute for physical education, recess, and in class transition periods.
Connection with Nature	The district will encourage the use of

Bloomfield Hills Schools (BHS) Local Wellness Policy: Administrative Guidelines

May, 2025 Update (Meeting 5/21/25)

	green spaces and walking outdoors on the track when appropriate. Provide learning opportunities for students to attend the Nature Center and Bowers Farm.
Promoting walking and biking to school	Elementary school students will participate in an annual walk or bike to school day.

Every year, all students will 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 opportunities for physical activity may include recess and active academics such as kinesthetic learning approaches tied into “core” subjects. The district will provide resources and links to resources, tools, and technology with other ideas for classroom activity breaks.

Other School-based Activities that Promote Student Wellness

BHS 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.

Goals for School-based Activities:

Athletic Event Concessions	Booster programs should be selling items that are in alignment with this policy at all athletic events.
Provide Opportunities for Health Promotion	BHS will host a flu clinic annually in October located at BHHS.
PTO Fundraising	A percentage (TBD) of fundraising should be used to support health and wellness based activities or initiatives.

Bloomfield Hills Schools (BHS) Local Wellness Policy: Administrative Guidelines

May, 2025 Update (Meeting 5/21/25)

Length of Lunch	The school shall provide at least thirty (30) minutes daily for students to eat.
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IMPLEMENTATION, ASSESSMENT, DOCUMENTATION, AND UPDATES

Implementation

The district will develop and maintain a plan to manage and coordinate wellness policy and administrative guidelines implementation. The plan delineates roles, responsibilities, actions, and timelines specific to our buildings. We will use the Healthy School Action Tool (HSAT) to complete a school-level assessment and create evidence-based action plans that foster implementation.

Triennial Assessment

BHS will conduct an assessment of the wellness policy and administrative guidelines every three years at a minimum. The assessment will determine: building level compliance, and progress made in attaining the goals of our administrative guidelines.