

Preface

The Michigan State Board of Education recognizes and acknowledges that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy.” The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

A local school wellness policy is a written document that guides a local educational agency’s (LEA) 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, Hungry-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, 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 LEA’s jurisdiction can be addressed.

Wellness Committee and Policy Leadership

Committee Role and Membership

The LEA 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 all school building levels and include to the extent possible, but not be limited to: parents, caregivers, students, representatives of the school program, physical education teachers, health education teachers, school health professionals, nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services, mental health and social services staff, school counselors, psychologists, social workers, or psychiatrists, school administrators, school board members, health professionals, dietitians, doctors, nurses, dentists, and general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education (SNAP-Ed) coordinators. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.

Wellness Policy Leadership

The LEA will establish wellness policy leadership of one or more district and/or school building officials (superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.

The designated officials for oversight is:

Mrs. Gabriela Jaime
School Leader
8126 W. Vernor Hwy
Detroit, Michigan 48209
313- 843-9440
gabriela.jaime@leonagroupmw.com

Mrs. Lilliana Rodriguez
Food Manager
8126 W. Vernor Hwy
Detroit, Michigan 48209
313- 843-9440
Lilliana.lupercio@leonagroupmw.com

Nutrition

Nutrition Education

Students shall receive nutrition education that is aligned with the Michigan Education 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 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.

Goals for Nutrition Education:

1. Nutrition education shall be included in the curriculum so that instruction is sequential and standards-based and provide students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education posters will be displayed in the cafeteria.
3. Local products are incorporated at least once a week into the school meal program.
4. The school cafeteria serves as a learning laboratory to allow students to apply critical thinking skills taught in a classroom.
5. Students are encouraged to start each day with a healthy breakfast.

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 the school building, classroom, gymnasium, and cafeteria. Nutrition promotion also includes marketing and advertising nutrition 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.

Goals for Nutrition Promotion:

1. Encourage students to increase their consumption of healthy foods during school days.
2. Any food and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
 - a. All foods made available on campus during the school day comply with appropriate nutritional standards for each age-group. Examples of nutritional standards are described by the National School Lunch Program, Michigan Action for Healthy Kids, My Pyramid, and USDA Dietary Guidelines for Americans, and Food and Drug Administration.
 - b. Food providers take every measure to ensure that students' access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age-appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
 - c. Food and beverages sold at fundraisers include healthy choices and provide age-appropriate selections for elementary schools, middle schools, and high schools.
 - d. Fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
 - e. Meals designed to meet specific calorie ranges for age/grade groups.
 - f. Required students to select a fruit or vegetable as part of a complete reimbursable meal
3. 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, posting on the District website, community and student- oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

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 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)'s Nutrition Standards for School Meals. All food 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 and Michigan Department of Education Administrative Policy No.21 regarding Non-Compliant Food Fundraiser Guidance. These standards apply in all areas where foods and beverages are sold which may include, but are not limited to, a la carte lines, fundraising events, school stores, snack carts, and vending machines.

The District will establish nutrition standards for all food and beverages provided, but not sold, to students during the school day (classroom parties, classroom snacks provided by parents, or other foods used as incentives).

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 Snack 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 club and organizations, parent groups, or clubs.

Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in school. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of food or beverage products made by the producer, manufacturer, seller, or any other entity with commercial interest in the product.

It is the intent of the District to protect and promote students' health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during school day will meet the USDA Smart Snack 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.

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 Michigan Physical Education Grade Level Content Expectations and the 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 responsibility participation. 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 healthy lifestyle.
3. Physical education courses are the environment where students practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
4. Planned instruction in physical education shall include cooperative as well as competitive games.

Smart Goal(s) for Physical Activity:

1. Physical activity shall not be employed as a form of discipline or punishment. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.
2. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
3. Recess, PE, or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.
4. Adequate equipment is available for all students to participate in physical activity facilities on school grounds.
5. All students shall 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 a consistent health message.

Smart Goal(s) for other school-based activities that promote student wellness:

1. The school shall provide at least (30) minutes daily for students to eat.
2. The school shall provide attractive, clean environments in which the students eat.
3. The schools shall schedule mealtimes so there is a minimum disruption by school bus schedules, recess, and other special programs or events.
4. All schools must offer before/afterschool clubs and activities that promote physical activity and healthy eating. Examples include Afterschool sports teams, Weekend sports activities, and League sports teams.
5. Support for the health of all students is demonstrated by hosting health clinics and health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
6. Students are permitted to have water in the classrooms.
7. 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.

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 delineate roles, responsibilities, actions, and timelines specific to each school building. It is recommended that school buildings use the Healthy School Action Tool (HSAT) to complete a school-level assessment and create an evidence-based action plan that fosters 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, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

The responsible official(s) for the Triennial Assessment are:

Mrs. Gabriela Jaime
School Leader
8126 W. Vernor Hwy
Detroit, Michigan 48209
313- 843-9440
gabriela.jaime@leonagroupmw.com

Mrs. Lilliana Rodriguez
Food Manager
8126 W. Vernor Hwy
Detroit, Michigan 48209
313- 843-9440
Lilliana.lupercio@leonagroupmw.com

Documentation

CCA 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 CCA and how stakeholders were made aware of their ability to participate.

This wellness policy can be found at: www.chavezvernor.com

Required documentation will be maintained at:
Cesar Chavez Academy Lower Elementary
8126 W. Vernor Hwy
Detroit, Michigan 42809
(313) 843-9440

Updates to the Policy

CCA will update or modify the wellness policy as appropriate based on the results of the HSAT and 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.

Public Updates

CCA 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 goal 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).

Cesar Chavez Academy Lower Elementary

Adopted: Nov 13, 2023