

Book	BOARD POLICIES
Section	8000 BP - Operations
Title	WELLNESS
Code	8510 BP
Status	Active
Adopted	June 28, 2007
Last Revised	June 20, 2023
Prior Revised Dates	1/15/14; 1/23/15; 6/23/17; 8/19/21

## WELLNESS

### Reference:

42 USC §§ 1751, Sec. 204 42 USC § 1771  
7 CFR Parts 210 and 220

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Academy's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition and promotion education, the Academy shall:

*(See Appendix A.)*

B. With regard to physical activity, the Academy shall:

*(See Appendix B.)*

C. With regard to other school-based activities the Academy shall:

*(See Appendix C.)*

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines for nutrition standards for all food and beverages provided, but not sold, to students during the school day are established:

*(See Appendix D.)*

The Board designates the Superintendent, Principals, Food Service Director & Local Wellness Team as the individuals charged with operational responsibility for verifying that the Academy meets the goals established in this policy.

The Food Service Director shall appoint an Academy wellness Team that meets at least two (2) times per year and may include parents, students, representatives of the Academy food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public and Academy administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Team shall be an ad hoc committee with members recruited and chosen annually. Academy-level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The Wellness Team shall be responsible for:

- A. assessment of the current Academy environment;
- B. review of the Academy's wellness policy;
- C. presentation of the wellness policy to the Board for approval;
- D. measurement of the implementation of the policy;
- E. recommendation for the revision of the policy, as necessary.

The Wellness Team shall report annually to the Board on the progress of the Wellness Team and on its evaluation of policy implementation and areas for improvement, including status of compliance by the individual school and progress made in attaining goals of policy.

The Principal along with Food Service support and the Wellness Team support is also responsible for informing the public, including parents, PTO, students, and community members, on the content and implementation of this policy. In order to inform the public, the Principal shall distribute information at the beginning of the school year to families of Academy children and post the policy on the Academy's website, including the Wellness Team's assessment of the implementation of the policy.

The Academy shall assess the Wellness Policy at least once every three (3) years on the extent to which Academies are in compliance with the Academy policy, the extent to which the Academy policy compares to model wellness policies, and the progress made in attaining the goals of the Academy Wellness Policy. The assessment shall be made available to the public on the Academy website ([www.coleacademy.org](http://www.coleacademy.org)). Required documentation will be maintained at 2921 E. Coleman Rd., East Lansing, MI 48823

Book	BOARD POLICIES
Section	8000 BP - Operations
Title	APPENDIX A: SPECIFIC GOALS FOR NUTRITION
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## **SPECIFIC GOALS FOR NUTRITION & PROMOTION**

- A. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- B. encourage students to increase their consumption of healthful foods during the school day;
- C. 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 USDA Smart Snacks in School nutrition standards:
  - 1. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;
  - 2. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;
  - 3. whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation;
  - 4. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);
  - 5. meals designated to meet specific calorie ranges for age/grade groups;
  - 6. eliminate trans-fat from school meals;
  - 7. require students to select a fruit or vegetable as part of a complete reimbursable meal.



Book	BOARD POLICIES
Section	8000 BP - Operations
Title	APPENDIX B: SPECIFIC GOALS FOR PHYSICAL ACTIVITY
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## **SPECIFIC GOALS FOR PHYSICAL ACTIVITY**

### **Physical Education**

- A. A sequential, comprehensive physical education program shall be provided for students in K-5 in accordance with the standards and benchmarks established by the State.
- B. All students in grades K-5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for thirty (30) minutes, two to three (2-3) days per week for the entire school year.
- C. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- D. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
- E. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (60%) of scheduled class time.
- F. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
- G. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
- H. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- I. Planned instruction in physical education shall meet the needs of all students.
- J. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- K. Planned instruction in physical education shall include cooperative as well as competitive games.
- L. Planned instruction in physical education shall take into account gender and cultural differences.
- M. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

### **Physical Activity**

- A. Physical activity should not be employed as a form of discipline or punishment.
- B. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

- C. The Academy shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities.
- D. All students in grades K-5 shall be provided with a daily recess period at least twenty-five (25) minutes in duration. Recess shall not be used as a reward or punishment except for extreme circumstances involving safety or intervention reasons.
- E. The Academy shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- F. The Academy shall encourage families and community organizations to institute programs that support physical activity of all sorts.

Book	BOARD POLICIES
Section	8000 BP - Operations
Title	APPENDIX C: SPECIFIC GOALS FOR OTHER ACADEMY-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS
Code	8510 BP
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## **SPECIFIC GOALS FOR OTHER ACADEMY-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS**

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

- A. The Academy may use environmentally friendly practices, such as the use of locally grown foods and scratch cooking when available.
- B. The Academy may provide opportunities for staff to model healthy eating habits by dining with students in the school dining areas.
- C. The Academy may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
- D. The Academy in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.





Book	BOARD POLICIES
Section	8000 BP - Operations
Title	APPENDIX E: NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY
Code	8510 BP
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## **NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY**

- A. In accordance with Policy 8500, entitled Food Services, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.
- B. Guidelines for reimbursable Academy meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).  
  
The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. 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, defined as the Academy's physical plant as delineated in the Academy's charter during the school day is prohibited.
- D. 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 (the "School day"), as defined in the Academy's charter contract 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 entrée 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 from vending machines, from school stores, or as authorized fundraisers including those operated by student clubs and organizations, parent groups, or boosters clubs.
- E. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- F. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.
- G. All foods available on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, for classroom parties, or at holiday celebrations.
- H. The Academy food service program may involve students, parents, staff and Academy officials in the selection of competitive food items to be sold in the schools.
- I. All foods available to students in Academy programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- J. The food service program shall be administered by a qualified nutrition professional.

- K. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- L. All food service personnel shall receive pre-service training in food service operations.
- M. Continuing professional development shall be provided for all staff of the food service program.
- N. Rewarding children in the school should not involve candy and other foods that are deemed USDA competitive foods or that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.
- O. The Academy will work toward following the USDA Smart Snack Standards for food. *(See Appendix E.)*

Book	BOARD POLICIES
Section	8000 BP - Operations
Title	APPENDIX F: BOARD RESOLUTION
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## BOARD RESOLUTION

**WHEREAS** children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and

**WHEREAS** good health fosters student attendance and education; and

**WHEREAS** obesity is increasing rapidly in the United States, affecting adults and children of all races, ethnicities, and income levels; and

**WHEREAS** the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and the number of overweight adolescents aged 12-19 has more than tripled in that same time; and

**WHEREAS** overweight children and adolescents are more likely than not to remain overweight, become obese adults, and develop related chronic illnesses; and

**WHEREAS** reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn, and play; and

**WHEREAS** schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and

**WHEREAS** the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all Academies with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006 – 2007 school year;

**THEREFORE BE IT RESOLVED** that it is the intent of the Board of Directors of to comply fully with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and

**BE IT FURTHER RESOLVED**

that the Principal and Local Wellness Team, shall seek the involvement of parents, students, representatives of the school food service program, the Academy board, Academy administrators, and the public as this Academy's wellness policy is developed, and shall recommend a policy to the Board not later than June 30, 2023 and

**BE IT FURTHER RESOLVED**

that the Board reserves the right to modify the recommended policy as it deems necessary; and

**BE IT FURTHER RESOLVED**

that said policy shall be adopted no later than 2022/2023 school year and shall be effective on the first day of the school year beginning after July 1, 2023.

Book BOARD POLICIES

Section 8000 BP - Operations

Title APPENDIX D: SMART SNACKS STANDARDS

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## SMART SNACKS STANDARDS

To qualify as a Smart Snack, a snack or entree must first meet the general nutrition standards:

- A. Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient); or
- B. Have as the first ingredient a fruit, vegetable, a dairy food, or a protein food; or
- C. Be a combination food that contains at least 1/4 cup of fruit and/or vegetable (for example, 1/4 cup of raisins with enriched pretzels); and
- D. The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

<b>Nutrient</b>	<b>Snack</b>	<b>Entree</b>
<b>Calories</b>	200 calories or less	350 calories or less
<b>Sodium</b>	200 mg or less	480 mg or less
<b>Total Fat</b>	35% of calories or less	35% of calories or less
<b>Saturated Fat</b>	Less than 10% of calories	Less than 10% of calories
<b>Trans Fat</b>	0 g	0 g
<b>Total Sugars</b>	35% by weight or less	35% by weight or less

