

# UNIVERSAL ACADEMY



2023 – 2024

# WELLNESS POLICY



**COORDINATED SCHOOL  
HEALTH TEAM  
2023- 2024**

- Superintendent of School
- Principal
- Coordinator of Food Services/Nutritionist
- Assistant Principal
- Coordinator of Curriculum & Instruction
- School Nutritionist
- School Nurse Aide
- PE Teacher
- PE Teacher
- Teacher
- Teacher
- Parent Representative
- Parent Representative
- Parent Representative
- Student Representative

## **Wellness Policy**

Universal Academy 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 student achievement and will assist in reducing childhood obesity.

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.”<sup>1</sup> 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 daily.

A local school wellness policy is a written document that guides a local educational agency’s<sup>2</sup> (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, 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,<sup>3</sup> 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.<sup>4</sup>

This State Board of Education Model Local School Wellness Policy was developed to assist Michigan school districts in developing their own local wellness policies. This document supersedes the 2005 model policy and must be modified to reflect local school district policy and procedure. Evidence-based 5 goals must be specific, measurable, achievable, realistic, and time based (SMART).

## **Wellness Committee and Policy Leadership**

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 (elementary and secondary schools) and include to the extent possible, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators, school board members, health professionals (e.g., dietitians, doctors, nurses, dentists), and the 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 official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.<sup>7</sup>

The designated official(s) for oversight is Dr. Ali Y. Bazzi, Superintendent of Schools

## **Nutrition Education**

- ❖ Every year, all students shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*.<sup>1</sup> 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

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<sup>1</sup> Michigan Department of Education Health Education Content Standards and Benchmarks, July 1998.  
[http://www.michigan.gov/documents/Health\\_Standards\\_15052\\_7.pdf](http://www.michigan.gov/documents/Health_Standards_15052_7.pdf)

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**

- ❖ The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations and assure that guidelines shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture as applicable to the district.<sup>2</sup> The district shall encourage students to make nutritious food choices.
- ❖ The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- ❖ The District Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly.

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

- ❖ The district shall offer physical education opportunities that include the components of a quality physical education program.<sup>3</sup> 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 Content Standards and Benchmarks*.<sup>4</sup>
- ❖ All students 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.

### **Wellness and Safety Awareness**

- ❖ The district shall provide a School Nurse Aide to give first aid as needed, administer medication, maintain health documentation, distribute and maintain classroom first aid kits, and educate students and staff on illness and accident prevention.

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

- ❖ The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### **Implementation and Measurement**

- ❖ The district Superintendent shall implement this policy and measure how well it is being managed and enforced. The district Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school 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. The district Superintendent shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

### **Administrative Rules Regarding Universal Academy Wellness Policy**

- ❖ In order to enact and enforce the Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public, will have developed these administrative rules.

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<sup>2</sup> Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program. [http://www.access.gpo.gov/nara/cfr/waisidx\\_04/7cfr210\\_04.html](http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html) Pursuant to subsections (a), and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f) (1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f) (1), 1766(a)).

<sup>3</sup> Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required. <http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

<sup>4</sup> Michigan Department of Education Physical Education Content Standards and Benchmarks, January 2007. [http://www.michigan.gov/documents/mde/PE\\_StdndsBench\\_FINAL\\_2.14.07\\_246701\\_7.pdf](http://www.michigan.gov/documents/mde/PE_StdndsBench_FINAL_2.14.07_246701_7.pdf)

- ❖ To assist in the creation of a healthy school environment, the district shall establish a Coordinated School Health Team<sup>5</sup> that will provide an ongoing review and evaluation of the Academy's Wellness Policy and these administrative rules.<sup>6</sup>
- ❖ The Superintendent shall appoint a member of the administrative staff of the district to organize the Coordinated School Health Team and invite appropriate District stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:
  - Administration.
  - Counseling/psychological/and social services.
  - Food services.
  - Health education.
  - Health services.
  - Parent/guardian, student, and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
  - Physical education.
- ❖ Staff will be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:
  - Self respect.
  - Respect for others.
  - Healthy eating.
  - Physical activity.<sup>7</sup>
- ❖ These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Universal Academy's Wellness Policy.
- ❖ Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:
 

District Superintendent  
6919 N Waverly St., Dearborn Heights, MI 48127  
313-565-0507 (ph.), 313-565-0705 (fax)
- ❖ Students, staff, and the community will be informed about the Local Wellness Policy **annually**.

## **Nutrition Education**

- ❖ Nutrition education, a component of comprehensive health education, shall be offered **every year**. The district may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.
- ❖ The district **shall implement** a quality nutrition education program that addresses the following: need to add the nutrition education addresses the food system and agriculture. (School gardens, greenhouses, field trips to local farms)
  - **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.

<sup>5</sup> Centers for Disease Control's Coordinated School health web site: <http://www.cdc.gov/healthyouth/cshp/index.htm>

<sup>6</sup> Michigan State Board of Education Policy on Coordinated School Health Programs To Support Academic Achievement and Healthy Schools, September 2003. [http://www.michigan.gov/documents/CSHP\\_Policy\\_77375\\_7.pdf](http://www.michigan.gov/documents/CSHP_Policy_77375_7.pdf)

<sup>7</sup> The Role of Michigan Schools in Promoting Healthy Weight. September 2001. <http://www.emc.mich.edu/pdfs/Healthy%20Weight.pdf>

- **Opportunity to Learn:**
  - Includes students of all abilities.
  - Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.
- ❖ 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, postings on the district website, community and student-oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

## **Nutrition Standards**

- ❖ The district shall offer school meals that comply with the National School lunch and Breakfast standards for meal patterns, nutrients, and calorie requirements for the age/grade levels served, as specified in 7 CFR 210.10 or 220.8 as applicable.
- ❖ The district will comply with the Smart Snack initiative (See Appendix F). link to smart snacks here <https://foodplanner.healthiergeneration.org/calculator/>. The following food and beverages in all venues outside federally regulated child nutrition programs:
  - **Any food sold in schools must:**
    - Be a “Whole grain-rich” grain product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
    - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
    - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
  - Food **must also** meet several nutrient requirements:
    - **Calorie limits:**
      - Snack items: ≤ 200 calories
      - Entrée items: ≤ 350 calories
    - **Sodium limits:**
      - Snack items: ≤ 230 mg\*\*
      - Entrée items: ≤ 480 mg
    - **Fat limits:**
      - Total fat: ≤35% of calories
      - Saturated fat: < 10% of calories
      - Trans fat: zero grams
    - **Sugar limit:**
      - ≤ 35% of weight from total sugars in foods

## **Nutrition Standards for Beverages**

Only the following is **allowed**:

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners. Caffeinated beverages are not allowed to be sold at any grade level.
- Accompaniments (sauces, dressings, and dips), if offered, must be Fat Free, in one-ounce servings or less.<sup>8</sup>

<sup>8</sup> Michigan State Board Of Education Policy On Offering Healthy Food And Beverages In Venues Outside Of The Federally Regulated Child Nutrition Programs, December 2003. [http://www.michigan.gov/documents/Healthy\\_Foods\\_AttchmtA\\_12\\_9\\_83141\\_7.pdf](http://www.michigan.gov/documents/Healthy_Foods_AttchmtA_12_9_83141_7.pdf)

- The district shall **prohibit** using unhealthy food as a reward. Alternatives to using food as a reward are found in Appendix A.
- The district only **allows** serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of the school menu, reminding them of the necessity of providing healthy treats for students. (See Appendix B)
- The district only allows healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. (See Appendix C)

### **Smart Snack Food Sale Policy**

Any food sale held at the district level must meet the Nutrition Standards (stated above) for food and beverages. To ensure compliance with the Smart Snack food sale policy, any non-packaged and/or recipe foods (including accompaniments/condiments) must be accompanied with a printout of all ingredients used and scaled with the Smart Snack calculator that is posted on the district's website. If the item, under the Smart Snack calculator, shows non-compliance the food and or beverage item cannot be sold in the district.

The following staff will be responsible for monitoring the Smart Snack food sales at Universal Academy:

- Ms. Salma Koubaa – Coordinator of Food Service/Nutritionist
- Ms. Uzma Anjum – Principal

All Smart Snack sales must be pre-approved by the overseeing district members. A location and time must be provided regarding when and where the sale will take place. All receipts, purchase orders, Smart Snack calculator printouts showing compliance, and recipes for non-packed food and beverages will need to be provided at least one week in advance of the actual sale for approval.

### **Physical Education and Physical Activity Opportunities Elementary 150 minutes per week (60 minutes 2 days a week in PE class & 30 minutes every day of supervised health/fitness). For middle school, 120 minutes (60 minutes 2 days a week in PE), afterschool athletic opportunities (soccer, softball, flag football, basketball, volleyball), and or athletic intramural teams.**

- ❖ Developmentally appropriate physical education shall be encouraged every year to all students of the district.<sup>4</sup> In addition, Physical Education topics shall be integrated into the entire curriculum when appropriate.
- ❖ The district should offer opportunities for structured physical activity, commonly referred to as recess, for all students Kindergarten through Third grade. Recess should be in addition to physical education class time and not be a substitute for physical education. The district shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time.
- ❖ The district shall implement a quality physical education program that addresses the following:
  - **Curriculum:**<sup>9</sup>
    - 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.
  - **Instruction and Assessment:**
    - Aligns curriculum, instruction, and assessment.
    - Builds 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 teacher trained in best practice physical education methods.
    - Keeps all students involved in purposeful activity for a majority of the class period.
  - **Opportunity to Learn:**

<sup>9</sup> The Exemplary Physical Education Curriculum (EPEC) meets this administrative rule: <http://www.michiganfitness.org/EPEC>

- 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.<sup>11</sup>
- Provides facilities to implement the curriculum for the number of students served.

### Health Education

Universal Academy provides Health Education to grades PreK-12 throughout the entire school year using the **Michigan Merit Curriculum Credit Guidelines**. The following is an overview of Universal Academy's Health Program that is in direct alignment to the Michigan Merit Curriculum:

- Provide at least 50 hours of health at each grade, Pre-Kindergarten through Grade Twelve, to give students adequate time to learn and practice health habits and skills for a lifetime.
- Focus on helping young people develop and practice personal and social skills, such as communication and decision making, to deal effectively with health-risk situations.
- Address social and media influences on student behaviors and help students identify healthy alternatives to specific high-risk behaviors.
- Emphasize critical knowledge and skills that students need to obtain, understand, and use basic health information and services in ways that enhance healthy living.
- Focus on behaviors that have the greatest effect on health, especially those related to nutrition; physical activity; violence and injury; alcohol and other drug use; tobacco use and HIV prevention.
- Build functional knowledge and skills, from year to year, that are developmentally appropriate.
- Include accurate and up-to-date information, and be appropriate to students' developmental levels, personal behaviors, and cultural backgrounds.

The following are the key strands/units that have been developed at Universal Academy for our Health Program:

- Strand 1: Nutrition and Physical Activity
- Strand 2: Alcohol, Tobacco, and Other Drugs
- Strand 3: Safety
- Strand 4: Social and Emotional Health
- Strand 5: Personal Health and Wellness
- Strand 6: HIV Prevention

### District Smart Goals

Universal Academy is aimed at the following SMART goals for the school:

1. **100% of students will receive education regarding the key strand of our health program which includes nutrition, alcohol, tobacco and other drugs, safety, social and emotional health, personal health, and wellness, along with HIV prevention.**
2. **100% of students in grades Pre-K through 12<sup>th</sup> grade will be given the opportunity to participate in physical and health education in direct alignment to the Michigan Physical Education Grade Level Content Expectations.**
3. **100% of students who are participating in organized and or unstructured physical activities will be given 3.5-4 hours' minimum a week of physical activities to maintain short- and long-term benefits of staying physically active.**
4. **100% of students who are enrolled at Universal Academy will be given the opportunity for the following in reference to other school-based activities that promote student wellness:**
  - a. **Athletics: sports teams**
  - b. **Health Fair: onsite (school) free check-ups for all stakeholders done by Beaumont.**



## 5. Other School-Based Activities Designed to Promote Student-Wellness

- ❖ The district shall strive to create a healthy school environment that promotes healthy eating and physical activity.<sup>10</sup> In order to create this environment, the following activities **shall be implemented**:
  - **Dining Environment**
    - The school district **shall provide**:
      - A clean, safe, enjoyable meal environment for students
      - Enough space and serving areas to ensure all students have access to school meals with minimum wait time.
      - Water fountains and filling stations are available in the cafeteria. Students will have input on the menu, student arrival in the cafeteria ensures more breakfast participation, non-competitive foods are not sold during mealtimes, school stores are open after meal service, grab n go breakfast served after first bell.
      - . All students are eligible for free breakfast and free lunch with the district participation in CEP (Community eligibility Program)
  - **Time to Eat**
    - The school district shall **make every effort for**:
      - Adequate time for students to enjoy eating healthy foods with friends in schools.
      - Breakfast served daily Monday-Friday
      - Lunch times that are scheduled as near to the middle of the school day as possible and are 30 minutes.
      - That recess for elementary schools will try to be scheduled before lunch so that children will come to lunch less distracted and ready to eat<sup>11</sup> (see Appendix E).
  - **Physical Activity as a Reward or Punishment**
    - The school district **shall**:
      - Not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time
      - Physical activity may not be assigned to students because of poor behavior or punishment for any reason. Example: running laps or jogging around a playground. We strongly recommend physical activity as a reward, such as teacher or Principal, walking or playing with students at recess (see Appendix E). extra recess time
  - **Consistent School Activities and Environment**
    - The school district **shall**:
      - Enroll in Michigan Team Nutrition
      - Support healthy fundraising efforts (see Appendix C)
      - All food service staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education need the specific professional development they receive here.
      - Make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours- this is vague, we can provide specific examples or leave as is but will score will stay at 1.
      - Encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy

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<sup>10</sup> Michigan's Healthy School Action Tool: <http://mihealthtools.org/schools>

<sup>11</sup> A Recess before Lunch Policy Implementation Guide, Montana Team Nutrition Program, and Office of Public Instruction School Nutrition Programs, September 2003. <http://opi.mt.gov/pdf/schoolfood/RBI/RBLCover.pdf>

eating and being physically active, both in school and at home- vague, need examples or score stays at 1.

- Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas vague, need examples or score stays at 1.

School-based marketing shall be consistent with Smart Snacks nutrition standards.

- Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians.
- Encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program how do we encourage them- vague
- Encourage physical activity across the curriculum throughout the school day or in all subject areas. (See Appendix D). Vague needs more information if available.

## **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 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.
- ❖ **The person responsible for the Triennial Assessment is Food Service Director**

### Documentation

- ❖ The LEA 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 the LEA, and how stakeholders were made aware of their ability to participate.
- ❖ This wellness policy can be found at (Insert direct URL for LEA's wellness policy): <http://www.universalpsa.org/docs/wellness-ua.pdf>
- ❖ The required documentation will be maintained at the Director of the Food Service office.

### Updates to the Policy

- ❖ The LEA 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.<sup>27</sup> and will be posted publicly at <http://www.universalpsa.org/docs/wellness-ua.pdf>
- ❖ Alliance for a Healthier Generation Model Local Wellness Policy 2016
- ❖ Healthy School Action Tool
- ❖ Local School Wellness Policy Implementation Under the HHSFKA: Summary of Final Rule
- ❖ Local School Wellness Policy Implementation Under the HHSFKA: Summary of Final Rule
- ❖ Alliance for a Healthier Generation Model Local Wellness Policy 2016

## Alternatives To Using Food As A Reward

At school, home, and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

**There are many disadvantages to using food as a reward:**

- ◆ It undermines nutrition education being taught in the school environment.
- ◆ It encourages over-consumption of foods high in added sugar and fat.
- ◆ It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.<sup>1</sup> Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.<sup>2</sup>

1. Birch LL. Development of Food Preferences. *Annu. Rev. Nutr.* 1993; 13:41-62.

2. Ogden C., Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. *JAMA*, October 9, 2002; Vol 288, No. 14.

### Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

**ZERO-COST ALTERNATIVES**

- ◆ Sit by friends ◆ Watch a video
- ◆ Read outdoors ◆ Teach the class
- ◆ Have extra art time ◆ Enjoy class outdoors
- ◆ Have an extra recess ◆ Play a computer game
- ◆ Read to a younger class ◆ Get a no homework pass
- ◆ Make deliveries to the office
- ◆ Listen to music while working
- ◆ Play a favorite game or puzzle
- ◆ Earn play money for privileges
- ◆ Walk with a teacher during lunch
- ◆ Eat lunch outdoors with the class
- ◆ Be a helper in another classroom
- ◆ Eat lunch with a teacher or principal
- ◆ Dance to favorite music in the classroom
- ◆ Get "free choice" time at the end of the day
- ◆ Listen with a headset to a book on audiotape
- ◆ Have a teacher perform special skills (i.e. juggling)
- ◆ Have a teacher read a special book to the class
- ◆ Give a 5-minute chat break at the end of the day

**LOW-COST ALTERNATIVES**

- ◆ Select a paperback book
- ◆ Enter a drawing for donated prizes
- ◆ Take a trip to the treasure box (non food items)
- ◆ Get stickers, pencils, and other school supplies
- ◆ Receive a video store or movie theatre coupon
- ◆ Get a set of flash cards printed from a computer
- ◆ Receive a "mystery pack" (note pad, folder, sports cards, etc.)

**IDEAS FROM MICHIGAN TEACHERS**

*GAME DAY: "I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics type board games. The kids beg for Game Day!"*

*FRIDAY FREE TIME: "I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time."*

Adapted from a project funded by Michigan Department of Community Health's Cardiovascular Health, Nutrition & Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition school. For more information about Team Nutrition contact Chris Flood at 269-639-2062 or go to [www.tnhs.michigan.edu](http://www.tnhs.michigan.edu).

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Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,  
[http://www.michigan.gov/documents/mde/TipsToolsToHelpImplementMIHealthyFBPolicy\\_290403\\_7.pdf](http://www.michigan.gov/documents/mde/TipsToolsToHelpImplementMIHealthyFBPolicy_290403_7.pdf)

# Healthy School Parties

Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools—which have a great impact on children—to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.

## Snack Ideas for School & Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties. For example, consider combining student birthday parties into one monthly event that incorporates physical activities as well as healthy snacks. Also, be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- ◆ Fresh fruit and vegetables –  
Buy locally when possible.
- ◆ Yogurt
- ◆ Bagels with lowfat cream cheese
- ◆ Baby carrots and other vegetables  
with lowfat dip
- ◆ Trail mix\*
- ◆ Nuts and seeds\*
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Baked chips
- ◆ Lowfat popcorn
- ◆ Granola bars\*
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Pudding
- ◆ String cheese
- ◆ Cereal bar
- ◆ Single-serve lowfat or fat free milk (regular or flavored)
- ◆ 100% fruit juice (small single-serves)
- ◆ Bottled water (including flavored water)

\*May be allergens and/or a choking risk for some people, please check with a health care provider.

*Note: See "Recipes" in the Resources by Topic section.*



Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,  
[http://www.michigan.gov/documents/mde/TipsToolsToHelpImplementMIHealthyFBPolicy\\_290403\\_7.pdf](http://www.michigan.gov/documents/mde/TipsToolsToHelpImplementMIHealthyFBPolicy_290403_7.pdf)



## Smart Fundraisers for Today's Healthy Schools

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. Following are web sites and fundraising ideas that offer alternatives to selling candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

### Search the Web

Select a search engine and type in "school fundraisers" to access 112,000+ sites.

A few of these sites follow:

- **[www.afrds.org/homeframe.html](http://www.afrds.org/homeframe.html)**  
Association of Fund-Raising Distributors and Suppliers. Site includes a Toolbox with "Fundraising Fundamentals," a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.
- **[www.PTOtoday.com](http://www.PTOtoday.com)**  
Lists fundraising activities by categories, has a "work vs. reward" equation, contains a parent sharing section on "what works, what doesn't and why."
- **[www.fundraising-ideas.com](http://www.fundraising-ideas.com)**  
Offers a free newsletter with programs, services, and press releases. Links to [www.amazon.com](http://www.amazon.com) with books on fundraising.



Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,  
[http://www.michigan.gov/documents/mde/TipsToolsToHelpImplementMIHealthyFBPolicy\\_290403\\_7.pdf](http://www.michigan.gov/documents/mde/TipsToolsToHelpImplementMIHealthyFBPolicy_290403_7.pdf)

## Healthy Choices In All Venues

### Recommendations for Serving Healthy Beverages

#### The following beverages are recommended:

- ◆ Plenty of water
- ◆ 100% juice in 12-ounce servings\* or less
- ◆ Fat free, lowfat, plain and/or flavored milk in 16-ounce servings\* or less
- ◆ Fruit/fruit juice smoothies in 16-ounce servings\* or less

#### Choosing Your Drinks Can Be Difficult! Watch Out For:

- ◆ Fruit punches
- ◆ Fruit drinks
- ◆ Juice drinks

These are NOT 100% juice!

\*Suggested serving-sizes are based on what is commonly available for use in vending machines. It should be noted that excessive juice consumption may result in an increase in calorie intake and may contribute to the development of unhealthy weight. It should also be noted that 70% of teen boys and 90% of teen girls do not meet daily calcium requirements. Offering fat free or lowfat single-serve milk is another opportunity to help teens meet their nutrition needs. (Refer to Healthy Food and Beverages Policy for additional rationale).

Read the label!  
To determine if a food or beverage  
meets the criteria, use the Nutrition  
Facts label on the package.



Tips and Tools to Help Implement Michigan's Healthy Food and Beverage Policy,  
[http://www.michigan.gov/documents/mde/TipsToolsToHelpImplementMIHealthyFBPolicy\\_290403\\_7.pdf](http://www.michigan.gov/documents/mde/TipsToolsToHelpImplementMIHealthyFBPolicy_290403_7.pdf)

## APPENDIX E

### Michigan Physical Education and Activity Resources

#### Cross-Curricular Instruction: Integrating Physical Activity into Classroom Subjects:

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

- Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects, language arts, math, science, and social studies.
  - Brain Breaks: [www.emc.cmich.edu/BrainBreaks](http://www.emc.cmich.edu/BrainBreaks)
  - Energizers: [www.ncpe4me.com/energizers.html](http://www.ncpe4me.com/energizers.html)
  - Take Ten: [www.take10.net](http://www.take10.net)
- Michigan Team Nutrition booklist: The list contains short, one-paragraph annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade.  
[http://www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist\\_290287\\_7.pdf](http://www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist_290287_7.pdf)
  - **Examples:**
    - *I Can Move: Subr, Mandy*, Wayland Publishers, 1991.
    - *Come out and play, Ajmera, Maya and John D. Ivanko*, Charlesbridge Publishing, 2001.
- Display poster or banners with physical activity themes:  
[www.nal.usda.gov/wicworks/Sharing\\_Center/KYactivitypyramid.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.pdf)

#### Using Physical Activity to Reward Students

- Have an extra recess; Walk with a teacher during lunch; Dance to favorite music in the classroom; Hold Friday Physical Activity Time where students earn extra physical activity time based on their good behaviors during the week; and challenge another homeroom to a sport or activity.

#### Ideas for Classroom Incentive Celebrations

- Make your party a dance; Modify traditional games for classroom use; Hold contests or relays.

#### Resources:

- **All Children Exercising Simultaneously (ACES) day:** A one day event where millions of children of all ages exercise at the same time worldwide in a symbolic event of fitness and unity. [www.michiganfitness.org](http://www.michiganfitness.org)
- **Hoops for Heart:** Engages students in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. [www.americanheart.org](http://www.americanheart.org)
- **Jump Rope for Heart:** Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering, and fundraising. [www.americanheart.org/jump](http://www.americanheart.org/jump)
- **National Physical Education & Sport Week:** Designated week for encouraging and promoting physical activity. <http://www.aahperd.org/naspe/advocacy/events/mayweek/>
- **Walk to School Day/Safe Routes to School:** Join in the effort to promote walking to school to provide an opportunity for more physical activity! [www.michiganfitness.org/](http://www.michiganfitness.org/)

#### Recess Before Lunch

Recess before lunch gives students the opportunity to excel in both health and academics. Find everything you need to establish a recess before lunch program including, how to implement, resources and supporting information, and educational and marketing materials. <http://opi.mt.gov/pdf/schoolfood/RBL/RBLCover.pdf>

# APPENDIX F



## Smart Snacks in School USDA's "All Foods Sold in Schools" Standards

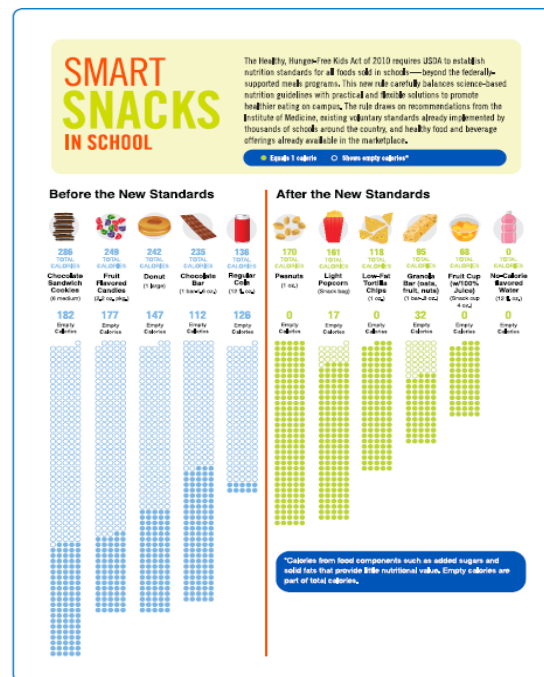
USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

*Smart Snacks in School* also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### Nutrition Standards for Foods

- **Any food sold in schools must:**
  - Be a "whole grain-rich" grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*
  
- **Foods must also meet several nutrient requirements:**
  - Calorie limits:
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  
  - Sodium limits:
    - Snack items: ≤ 230 mg\*\*
    - Entrée items: ≤ 480 mg
  
  - Fat limits:
    - Total fat: ≤35% of calories
    - Saturated fat: < 10% of calories
    - Trans fat: zero grams
  
  - Sugar limit:
    - ≤ 35% of weight from total sugars in foods



\*On July 1, 2016, foods may not qualify using the 10% DV criteria.  
\*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item