

VISTA MEADOWS ACADEMY WELLNESS POLICY- Updated 2017-18

The Academy recognizes that it cannot achieve their primary mission of educating students for lifelong learning and success if students and staff are not physically, mentally and socially healthy.

Comprehensive Health Education

The Academy furthers its goals for educational reform by complying with existing state law to implement comprehensive health education programs and will attempt to follow the Michigan Board of Education's recommendations that are in alignment with their Academy mission as possible:

The Academy's comprehensive health education program should:

1. Provide at least 30 hours of health education instruction at every grade, grade 5 through grade 12, to give all students sufficient time to learn health skills and habits for a lifetime;
2. Help students master the Michigan Health Education Content Standards and Benchmarks;
3. Focus on helping young people develop and practice personal and social skills, such as communication and decision making, in order to deal effectively with health-risk situation;
4. Use active, participatory instructional strategies to engage all students;
5. Address social and media influences on student behaviors and help students identify healthy alternatives to specific high-risk behaviors;
6. Emphasize critical knowledge and skills that students need in order to obtain, understand, and use basic health information and services in ways that enhance healthy living;
7. 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 sexual behaviors that lead to HIV, sexually transmitted disease, or unintended pregnancy, emphasizing their short-term and long-term consequences;
8. Build functional knowledge and skills, from year to year, that are developmentally appropriate;
9. Include accurate and up-to-date information, and be appropriate to students' developmental levels, personal behaviors and cultural backgrounds.

Course grades should be determined in the same manner as other subject areas, and should be included in calculations of grade point average, class rank and academic recognition programs. The health education program should be a component of a coordinated school health program. Health topics should be integrated into the instruction of other subject to the extent possible, with the assistance of school health education professionals.

The Academy should collaborate with community organizations to provide student learning opportunities in the classroom and in the community, including community opportunities for service learning related to health and presentations by community agencies that are in keeping with board policies and relevant to course objectives.

Health education teachers should have the necessary qualifications, skills, and training essential to perform their duties well, and should serve as positive role models. In order to teach health in elementary classrooms, or secondary courses other than health, a teacher should have received quality professional development in health education through pre-service preparation or through in-service training. In order to teach in secondary health courses, a teacher must have an endorsement in health

or family and consumer sciences on their secondary teaching certificate. The Academy should support on-going professional development activities related to health education.

The School Leader shall develop, implement, and evaluate the health education program. The Academy should utilize available funds effectively to provide health education services and should work with local partners to provide additional resources for health education programming, professional development and classroom materials.

Physical Education Programs

The curriculum for every student from preschool through high school should include the opportunity to participate in quality physical education programs and other health enhancing physical activity. The Academy will attempt to follow as many of the Michigan State Board of Education recommendations that are in alignment with their Academy mission as possible:

1. Offer physical education opportunities that include the components of a quality physical education program. A quality physical education program impacts a student's physical, social and mental health, and addresses three critical components:
 - A. Curriculum
 - Aligned with the Michigan K-12 Physical Education Content Standards and Benchmarks- http://www.michigan.gov/documents/mde/PE_Stnds.Bench_FINAL_2_14.07_24670_1_7.pdf.
 - Equips students with knowledge, skills, and attitudes necessary for lifelong physical activity
 - Influences personal and social skill development
 - B. Instruction and assessment
 - Taught by a certified physical education teacher
 - Engages students in curriculum choices that prepare them for a wide variety of lifetime activities
 - Keeps all students involved in a purposeful activity for a majority of the class period
 - Builds students' confidence and competence in physical abilities
 - Includes students of all abilities
 - C. Opportunity to learn
 - Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school)
 - Has a teacher to student ratio consistent with those of other subject areas and/or classrooms
 - Provides facilities to implement the curriculum for the number of students served
 - Has enough functional equipment for each student to actively participate
2. The Academy should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students grade 5 through grade 12.
 - Recess should be in addition, and not substitute, physical education class time.
 - The Academy should provide proper equipment and a safe area designated for supervised recess in the elementary setting.

- Academy staff should not withhold participation in recess or cancel recess to make up for missed instructional time.
- The Academy should provide opportunities for some type of physical activity for students in grades 11 through 12 apart from physical education class and organized sports.

School Climate and Culture

As opposed to a positive behavior support policy, our innovative approach is to create a school climate culture based on the belief that each person deserves and needs a positive, concerned, accepting educational community that values diversity and provides a comprehensive system of support. This approach incorporates the teaching of positive, proactive social behaviors throughout the school environment. School wide expectations for behavior are clearly stated, widely promoted and frequently referenced. This approach is supported by such character education programs as Smart Character Choices, Lezotte’s Correlates of Effective Schools and the Teacher Support Team Program.

Resources

Healthy School Action Tool (HSAT) Assessment

The HSAT Assessment is a set of online tools found at <http://mihealthtools.org/hsat> designed to help Michigan schools create healthier environments. There are eight HSAT assessment modules based on CDC Coordinated School Health Program components.

The questions in the HSAT Assessment reflect current research findings on what is most critical to creating healthy school environments related to physical activity, healthy eating, tobacco-free lifestyles, social and emotional health, violence and injury prevention and asthma management (several of the most important factors for student health). Completing the HSAT Assessment allows your school to identify strengths and areas of need, and the HSAT Action Plan provides tools to assist your school in developing a realistic action plan for positive change.

FOOD SERVICE PROGRAMS

Child Nutrition Programs will comply with federal, state, and local requirements. The School Leader or his/her designee is responsible for monitoring Child Nutrition Programs, and for ensuring compliance with all other wellness regulations.

The Academy may provide breakfast and/or lunch food programs in accordance with procedures established by the Michigan Department of Education. The provided food service program shall comply with Federal and State regulations pertaining to the selection, preparation, delivery, consumption and disposal of food and beverages, and to the fiscal management of the program.

Substitutions to the standard meal requirements shall be made, at no additional charge, for students who are certified by a licensed physician to have a disability which restricts his/her diet under the criteria established by Federal guidelines. To qualify for such substitution, the medical certification must identify:

- The student’s disability and the major life activity affected by the disability;
- An explanation of why the disability affects the student’s diet; and

- The food(s) to be omitted from the student's diet, and the food or choice of foods that must be substituted (i.e., calorie modifications or use of liquid nutritive formula).

For non-disabled students who need nutritional equivalent milk substitute only a signed request by a parent or guardian is required.

Food service programs shall be operated and self-supported with revenue from students, staff, Federal reimbursement, and surplus food.

A food safety program shall be implemented based on the principles of the Hazard Analysis and Critical Control Point (HACCP) system with the intent of preventing food-borne illnesses. Access to the facility and the food prepared and stored shall be limited to food service staff and other authorized Academy staff.

Each building shall have at least one person who is ServSafe and Allergen certified. His/her certificate must be posted where visible.

The School Leader shall establish guidelines for the administration of the food service program to provide for the following:

- The maintenance of sanitary, neat premises, free from fire and health hazards;
- The preparation and consumption of food;
- The purchase of foods and supplies, in accordance with the law;
- Complying with food holds and recalls in accordance with USDA regulations;
- The management of food service funds; and
- The safety and safekeeping of food and food equipment.

For specific information regarding eligibility guidelines for free and reduced price meals, please refer to the Free and Reduced Price Meals section.

Smart Snacks Standards

The Healthy, Hunger-Free Kids Act of 2010 set the law and the USDA has set the implementation of the law. Congress felt it was important to increase access to healthy foods for our kids and families and to address the complex issues of childhood obesity and hunger. These Smart Snacks in School standards apply to ALL foods and beverages SOLD to students during the school day in schools' vending machines, stores, snack carts, and a la carte lines, as well as in-school fundraising as of July 1, 2014. These standards are in effect from midnight through 30 minutes after the end of the instructional day.

If the Academy operates the National School Lunch Program (NSLP) afterschool snack program or the Child and Adult Care Food Program (CACFP) and these programs operate in the school building during the school day, or if the afterschool snacks or meals are provided within the 30 minute window after the end of the instructional day, any other food available for sale to students at that time must comply with Smart Snacks requirements.

Beginning the 2015-2016 School Year, the Michigan Department of Education (MDE) will allow up to two food-based fundraising activities per week that do not meet the USDA Smart Snack guidelines. The exempt fundraisers are not allowed during federally reimbursable mealtimes.

General Standards

1. Competitive Foods sold:
 - Must be Whole Grain-rich, Combination Food (at least 1/4 Cup of Fruit or Vegetable), Fruit, Vegetable, Protein or Dairy or contains 10% Daily Value of Calcium, Potassium, Vitamin D, or dietary fiber.
2. Calorie Limits
 - As set forth currently by the Michigan Department of Education (MDE) and the United States Department of Agriculture (USDA).
 - Breakfast 350-500 calories.
 - Lunch 550-650 calories.
3. Sodium Limits
 - As set forth currently by the Michigan Department of Education (MDE) and the United States Department of Agriculture (USDA).
 - Breakfast less than 430 mg.
 - Lunch less than 640 mg.
4. Fat Limits
 - As set forth currently by the Michigan Department of Education (MDE) and the United States Department of Agriculture (USDA).
 - Saturated fat: less than 10% of calories.
 - Trans Fat: zero grams.
5. Sugar Limits
 - As set forth currently by the Michigan Department of Education (MDE) and the United States Department of Agriculture (USDA).
 - Less than 35% of weight of total sugars in food.
6. Drinks that can be sold: Plain Water (with or without carbonation), Non-Fat Flavored or Plain Milk, Low Fat Plain Milk, 100% Fruit or Vegetable Juice (no juice with sweeteners), 100% fruit or vegetable juice diluted with water (with or without carbonation, no added sweeteners) with a serving size limit for Milk/Juice of 8 oz. for Elementary and 12 oz. for Middle School/High School.

A list of healthy snacks to help schools identify products that meet the Smart Snacks Standards is found on

https://schools.healthiergeneration.org/resources/tools/school_meals/alliance_product_navigator/. You can search by company to see if your vendor is in the database and identify compliant products available.

Culinary Education Programs

According to the USDA, some culinary education programs operate food service outlets that sell foods to students, faculty, or others in the community, with some programs doing so during the school day. The

Smart Snacks nutrition standards have no impact on the culinary education programs' curriculum in schools, nor do they have any impact on foods sold to adults at any time, or to students outside of the school day. However, to the extent that such programs are selling food to students on campus during the school day, the statutory applicability of the Smart Snacks nutrition standards to all foods sold outside of the school meals programs is clear. As a result, foods sold to students must comply with the Smart Snacks nutrition standards.

Programs & Foods NOT affected

- Foods sold in concession stands after the school day.
- Foods brought in from home by students (school lunch, snacks or class treats).
- Foods served/sold as part of student culinary program.
- Foods sold for fundraisers distributed after the school day for home consumption (i.e. Pizza kits, Market Day, Cookie Dough).

The School Leader or designee will develop a summary report annually on the Academy's compliance with the established nutrition and physical activity wellness policies.