



*Nourishing the Human Spirit – Mind, Body and Soul – Through Jesus Christ*

## **Lake Michigan Catholic Middle/High School Wellness Policy**

Updated: June 2021

### **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 the building administrator’s 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). The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level so the unique needs of each school can be addressed.

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 goals must be specific, measurable, achievable, realistic, and time based (SMART).

### **Wellness Committee and Policy Leadership**

#### **Committee Role and Membership**

**Action: The building administrator will convene a representative wellness committee to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of this local wellness policy.**



*Nourishing the Human Spirit – Mind, Body and Soul – Through Jesus Christ*

The committee will represent all school building levels where appropriate (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). When possible, membership will also include Supplemental Nutrition Assistance Program Education (SNAP-Ed) coordinators.

### **Wellness Policy Leadership**

The Office of Schools will establish wellness policy leadership of one or more official(s) (e.g., superintendent, building principals) who have the authority and responsibility to ensure each school building complies with this policy.

## **Nutrition**

### **Nutrition Education**

#### **Action: Create evidence based SMART goal(s) for Nutrition Education.**

Every year, all students, 6-12, shall receive nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors and 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. (Culinary, Science and Health classes)

### **Nutrition Promotion**

#### **Action: Create evidence based SMART goal(s) for Nutrition Promotion.**

The school will promote healthy food and beverage choices for all students throughout the school campus (as well as encourage participation in school meal programs). Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices (and participation in school meal programs). Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias.



*Nourishing the Human Spirit – Mind, Body and Soul – Through Jesus Christ*

### **Standards and Nutrition Guidelines for all Foods and Beverages**

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

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

Reimbursable school meals must meet requirements found in United States Department of Agriculture (USDA)'s Nutrition Standards for School Meals. All foods and beverages sold to students outside the federally regulated child nutrition programs (referred to as “competitive” foods and beverages) should be consistent with USDA's Smart Snacks in School nutrition standards.

[https://fns-prod.azureedge.net/sites/default/files/allfoods\\_fundraisers.pdf](https://fns-prod.azureedge.net/sites/default/files/allfoods_fundraisers.pdf)

### **Food and Beverage Marketing**

**Action: The building administrator will review existing contracts and when considering new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.**

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

It is the intent of the school to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day should meet the USDA Smart Snacks in School nutrition standards.



*Nourishing the Human Spirit – Mind, Body and Soul – Through Jesus Christ*

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

#### **Action: Create evidence-based SMART goal(s) for Physical Education.**

The school 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.

#### **Action: Create evidence-based SMART goal(s) for Physical Activity.**

Students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

### **Other School-based Activities that Promote Student Wellness**

#### **Action: Create evidence-based SMART goal(s) for other school based activities that promote wellness.**

The school will implement other evidence-based programs across the school setting to create environments that are conducive to healthy eating and physical activity and convey consistent health messages.

### **Implementation, Assessment, Documentation, and Updates**

#### **Implementation**

The school 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)<sup>24</sup> to complete a school-level assessment and create an evidence-based action plan that fosters implementation.

#### **Assessment**

##### **Action: Conduct triennial policy assessment**

The Wellness Policy Leadership (Office of Schools) 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,



*Nourishing the Human Spirit – Mind, Body and Soul – Through Jesus Christ*

how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

### **Documentation**

**Action: Create link to wellness policy on school website; denote location at which the required documentation will be maintained.**

The building administrator 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 community, and the most recent assessment of implementation of the policy. ([lmclakers.org](http://lmclakers.org))

### **Policy Updates**

**Action: Update wellness policy at least every three years**

The building administrator will update or modify the wellness policy as appropriate, including as school 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.

### **Public Updates**

The building administrator will inform the community annually about the local wellness policy, including its content and any updates to and about the policy.