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).

Arts Academy in the Woods Wellness Committee and Policy Leadership

Committee Role and Membership

Arts Academy 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 our middle and high schools and will 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.

The committee will post invitations to join the committee on the Arts Academy in the Woods web page designated for Food Services and include an invitation on the school update emails sent out regularly.

The committee will meet at least 3 times a year: Once in the Fall, once in the Winter and once in the Spring.

Wellness Policy Leadership

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

The designated official(s) for oversight are Dr. Michael Mitchell (Principal, mmitchell@artsacad.net) and Lori Osentoski (Food Director, losentoski@artsacad.net)

Nutrition

Nutrition Education

Every year, all students shall receive nutrition education aligned with the Michigan Health Education Grade 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 school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Arts Academy's evidence-based SMART goal(s) for Nutrition Education include:
Nutrition education will incorporate lessons helping students acquire skills for reading food labels and menu planning.

School curriculum will be aligned with the Michigan Health Education Content Standards and Benchmarks that engages students in learning that prepares them to choose a healthy diet.

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 school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious 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.

Arts Academy's evidence-based SMART goal(s) for Nutrition Promotion include:
Any foods 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.

Standards and Nutrition Guidelines for all Foods and Beverages

The Arts Academy 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) 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, à la carte lines, fundraising events, school stores, snack carts, and vending machines. The District 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).

Arts Academy's evidence-based nutrition standards for all foods and beverages provided, but not sold, to students during the school day include:
The use of food or candy as classroom rewards will be strongly discouraged, with alternatives such as stickers, or other small trinkets to be used instead.

Food and Beverage Marketing
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 Michigan State Board of Education Model Local School Wellness Policy 4 made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

It is the intent of Arts Academy in the Woods 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 will meet the USDA Smart Snacks in School nutrition standards. As the Arts Academy in the Woods 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

Arts Academy 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 the Michigan Physical Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Physical Education.

Arts Academy's evidence-based SMART goal(s) for Physical Education include:
Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

Planned instruction in physical education shall include cooperative as well as competitive participation.
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.

Arts Academy's evidence-based SMART goal(s) for Physical Activity include:
Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day

Other School-based Activities that Promote Student Wellness

Arts Academy 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.

Arts Academy's evidence-based SMART goal(s) for other school-based activities that promote student wellness include:
When scheduling permits, licensed oral health professionals come into the school to provide preventative and restorative oral health services (i.e., dental screenings, dental sealants, fluoride varnish, education, dental cleanings, dental exams, fillings, radiographs, etc.) at least once a year. Parents are sent home a dental report card completed by the dental provider after dental treatment.
When scheduling permits, licensed vision professionals come into the school to provide vision tests at least once a year. Parents are sent home the vision test results completed by the provider after the test is complete.

Implementation, Assessment, Documentation, and Updates

Implementation

Arts Academy 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 Arts Academy 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 Lori Osentoski, Food Director (losentoski@artsacad.net)

Documentation

The Arts Academy 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 Arts Academy in the Woods, and how stakeholders were made aware of their ability to participate.

This wellness policy can be found at https://www.artsacad.net/current-students-parents/lunch
Required documentation will be maintained at Arts Academy in the Woods, 32101 Caroline Street, Fraser, MI 48026

Updates to the Policy

Arts Academy 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

Arts Academy 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 policy goals, will also be 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).

Adopted by the Wellness Committee May 21, 2024, for presentation to the board