

Bradford Academy Schools Local Wellness Policy/April 2013

Bradford 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 hereby adopts this Student Wellness Policy.[1]

Nutrition Education

All students, Pre-K - 12, shall receive nutrition 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, but not limited to, school dining areas and classrooms.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.[2] 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. The District shall consider nutrient density[3] and portion size before permitting food and beverages to be sold or served to students.

Student Wellness Policy

The Superintendent, or a designee, shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed. Currently there are no vending contracts in place.

Physical Education and Physical Activity Opportunities

The District shall offer physical education opportunities that include the components of a quality physical education program.[4] Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Every year all 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 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 Superintendent, or a designee, shall implement this policy and measure how effectively it is being managed and enforced. The Superintendent, or a designee, 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, the Board of Education, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy.

Student Wellness Policy

The Superintendent, or a designee, shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Approved: MASB Recommended and Approved by the Michigan State Board of Education

LEGAL REF: Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004) (Approved by the Michigan State Board of Education, October 10, 2005.)

[1] (MASB Note: This local Student Wellness Policy, was adopted, unanimously, by the Michigan State Board of Education on Monday, October 10, 2005. It is the product of a collaborative effort between the Michigan Department of Education and MASB as reviewed and finalized by a panel of health, nutrition, and physical education specialists from across the State. It is a MODEL, and is not MANDATED, so local districts are free to modify it based on local needs and circumstances - particularly the administrative rules. We urge, however, that local boards give serious consideration to adoption of the POLICY itself as it is written, and allow, then, the administration to modify the administrative rules to meet local needs and expectations.)

[2] 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

[3] Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).
http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

[4] Offering physical activity opportunities is required by federal law (Section 204 of Public Law 108-265). Physical education, while recommended, is not required.

The Wellness Committee meets in April to assess changes/improvements in student physical skill levels. Salad bar participation has increased the consumption of fresh fruits and vegetables.

Anyone interested in becoming a part of the Wellness committee may contact Joan Johnson @ (248)351-0000 Ext. 1558.

Committee Members:

Cheryl Paull - Principal

Joan Johnson – Food Service Director

Caren Jones – Parent/Coach

Gary Stevens – Physical Education Teacher

Melissa Laseck – Pre-K Director