



# PREPARE FOR POSSIBILITY

Dance, Vocal and Instrumental Music, Traditional and Digital Visual Art, Creative Writing, and Acting are a part of every student's schedule – ART EVERY DAY. Our extensive arts program is integrated into our solid academic curriculum. The Arts Academy in the Woods is chartered by the Macomb Intermediate School District's Board of Education

## Arts Academy in the Woods Local Wellness Policy

The Arts Academy in the Woods 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.

### Nutrition Education

Every year, students of the district shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*. Nutrition education information shall be offered throughout the school campus. 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. 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 and portion size before permitting food and beverages to be sold or served to students.

A district designee shall continually evaluate vending policies and contracts and their alignment the intent and purpose of this policy.

### Physical Education and Physical Activity Opportunities

The district shall offer physical education opportunities that include the components of a quality physical education program, and instruction that is aligned with the *Michigan*



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*Physical Education Content Standards and Benchmarks.* Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Every year, 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.

## 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.

## Implementation and Measurement

A district designee shall implement this policy and determine how well it is being managed and enforced. The district designee shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students, school board members, school administrators, and the public shall be considered before implementing such rules. The district designee 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.

To assist in the creation of a healthy school environment, the District may establish a Coordinated School Health Team that will provide an ongoing review and evaluation of the Arts Academy in the Woods Local Wellness Policy and these administrative rules.

2023 Update: Due to COVID and staff turnover, this district designee was never formally assigned and receiving input for the Local Wellness Plan never fully materialized.

2023-2024 Goal: To form a Coordinated School Health Team comprised of the Food Administrator, a health and physical education specialist, school board members, parents/guardians and students to implement the Local Wellness Policy.



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## Arts Academy in the Woods Administrative Rules Regarding Local Wellness Policy

The Staff of the Arts Academy in the Woods recognizes 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.

These rules will be reviewed and modified, as necessary, to help assure compliance with the purpose and intent of the Arts Academy in the Woods Local Wellness Policy.

Students, staff, and community will be informed about the Local Wellness Policy annually.

**2022-2023 Update:** Staff received consistent messages and support for self-respect, and respect for others in their weekly advisory classes. Consistent messages and support for healthy eating and physical activity were provided in their Health and Wellness and Physical Education classes.

Students, staff and community were not routinely informed about the Local Wellness Policy.

**2023-2024 Goal:** To continue to provide consistent messages and support for self-respect, respect for others, healthy eating and physical activity. An additional goal would be to keep students, staff and community informed about our Local Wellness Policy through the use of school email, a message on our PowerSchool Daily Bulletin and under the announcement section of our AAW Webpage.

## Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to students of the District. Nutrition education topics may be integrated into the curriculum when appropriate.

The District will implement a quality nutrition education program that addresses the following:



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### 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.
- Is taught by "highly qualified teachers of health education."

### Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education may 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.

2022-2023 Update: AAW fell short of the above-stated Curriculum, Instruction and Assessment and Opportunity. AAW will strive to improve efforts to continue the above-stated Curriculum, Instruction and Assessment and Opportunity to Learn.

2023-2024 Goal: Improvements will be made by consistent communication with the health education teacher to ensure the curriculum is aligned with the Michigan Health Content Standards and Benchmarks. Improvements will also be made to ensure there is a measurable outcome (by way of surveys and questionnaires), that students are learning about health diets and the ability to make healthy nutritional choices.



## Nutrition Standards

The District shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the District's policy of promoting a healthy school environment shall be discouraged.

The District shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. (See Appendix A.)

The District shall discourage using food as a reward.

The District shall encourage serving healthy food at school sponsored events.

The District will strive to create a healthy school environment that promotes healthy eating and physical activity.

The District will provide drinking fountains and water vending machines, so that students can get water and meals and throughout the day.

The District will provide adequate time for students to eat.

2022-2023 Update: Meal Patterns that qualified as reimbursable meals were served at AAW. Vending machine in the cafeteria was not suited for grades 6-8 and a change was made to maintain compliance with the state of Michigan's school vending machine requirements. Filtered water dispensers are available throughout the school in order to encourage hydration. Students had adequate time during the lunch periods provided to eat.

2023-2024 Goals: More information will be given to teachers and staff regarding discouragement of food as a reward. There will be more posters and events that tie healthy eating to healthy well-being.

## Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of the District. In addition, physical education topics may be integrated into the curriculum when appropriate.

The District shall implement a quality physical education program that addresses the following:



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### Curriculum:

- 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 certified physical education teacher trained in best practice physical education methods.

### Opportunity to Learn:

- 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.
- Offers instructional periods totaling at least 225 minutes per week (high school).

2022-2023 Update: We lost our certified physical education teacher in the winter. Our substitute teacher is enrolled in a program to become a certified teacher.

2023-2024 Goals: To continue with the curriculum, instruction and assessment and opportunity to learn goals set above. To obtain a certified physical education teacher.

## 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. In order to create this environment, the following activities shall be implemented:



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## Consistent School Activities and Environment

The school district will:

- provide opportunities for on-going professional training and development for staff and teachers in the areas of nutrition and physical education,
- encourage parents/guardians, teachers, school administrators, students, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
- work with building level staff to encourage staff wellness.

## Implementation and Measurement

All employees of the District are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity. The District may work with building level staff to find cost effective ways to encourage staff wellness.

2022-2023 Update: There were no opportunities for on-going professional training and development for staff and teachers in the area of nutrition and physical education. Concentration of efforts was for students' mental health and well-being with our weekly Advisory Class activities.

2023-2024 Goals: To continue with the above-listed school activities and environment activities. To offer other school-based activities designed to promote student-wellness.



## Appendix A

### Healthy Choices In All Venues

#### **Your Resource to Healthy Packaged Food and Beverage Products**

The two lists below will help schools identify healthy food and beverages that are available from food-service distributors and snack vendors for vending machines, à la carte, and other venues.

Single-serving-size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

- 1) Contain 300 or fewer calories,
- 2) One or more grams of fiber, or
- 3) At least 10% of Calcium, Iron, Vitamin A or Vitamin C

#### **List 1: Healthy Snack Options Available Through Foodservice Distributors:**

Contact the Nutrition Resource Center at Gordon Food Service to request the most recent list of healthy packaged food and beverage product options: 1-800-968-4426.

The following professionals may be interested in using this information:

*Food Service Operator* – One who manages a foodservice program, i.e. a school foodservice director.

*Food Service Distributor* – A business that purchases, warehouses and delivers products from many manufacturers. These products are in turn sold and delivered to restaurants, institutions, and schools.

*Food Service Broker* – A company which represents products from many manufacturers.

*Manufacturer Representative* – A person who represents products from just one manufacturer.

#### **List 2: Healthy Snack Options Available Through Snack Vendors:**

Visit [www.accesskent.com/snacks](http://www.accesskent.com/snacks) for the most recent list of healthy packaged food and beverage product options. Contact Kent County Health Department at 616-336-3034 for more information.

The following professionals may be interested in using this information:

*School Leader* – A person who is working with a vending company and making decisions regarding the snack vending selections.

*Vending Operator* – A company that services (fills, repairs) vending machines in schools.

Because the food industry is constantly proving new products, please determine if a food or beverage meets the criteria by using the Nutrition Facts label on the package.

