

## Section 1: General Information

School(s) included in the assessment: Mildred C Wells Academy

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Month and year of current assessment: June 2021

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Date of last Local Wellness Policy revision:

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Website address for the wellness policy and/or information on how the public can access a copy:

WWW.Wellsacademy.com

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## Section 2: Wellness Committee Information

How often does your school wellness committee meet? Once a month

School Wellness Leader:

Name	Job Title	Email Address
Kristen Stowe	Teacher	kristen.stowe@leonagroup.com

School Wellness Committee Members:

Name	Job Title	Email Address
Latrisha Corona	School Leader	latrisha.corona@leonagroup.com
Christi Mangold	Instructional Coach	christi.mangold@leonagroup.com
Deval Washington	Office Manager	deval.washington@leonagroup.com
Darell Bowman	Paraprofessional	darell.bowman@leonagroup.com
Delana Pringle	Paraprofessional	delana.pringle@leonagroup.com
Brenda Etheridge	Teacher	brenda.etheridge@leonagroup.com


### Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

- Michigan State Board of Education Model Local School Wellness Policy
- Indiana State Board of Education Model Local School Wellness Policy
- Alliance for a Healthier Generation: Model Policy

Describe how your wellness policy compares to model wellness policies.

Mildred C Wells 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 all school building levels (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), 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.

#### Wellness Policy Leadership

Mildred C Wells Academy will establish wellness policy leadership of one or more district and/or school building official(s) (e.g., superintendent, building principal) who have the authority and responsibility to ensure each school building complies with this policy.<sup>7</sup>

Latrisha Corona, School Leader, [latrisha.corona@leonagroup.com](mailto:latrisha.corona@leonagroup.com)

Christi Mangold, Instructional Coach, [christi.mangold@leonagroup.com](mailto:christi.mangold@leonagroup.com)

Deval Washington, Office Manager, [deval.washington@leonagroup.com](mailto:deval.washington@leonagroup.com)

Kristen Stowe, Teacher, [kristen.stowe@leonagroup.com](mailto:kristen.stowe@leonagroup.com)

## Nutrition

### Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Health Education Grade Level Content Expectations and the Michigan Merit Curriculum Guidelines for Health Education.<sup>9</sup> 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. Staff members who provide nutrition education shall have the appropriate training.<sup>10</sup>

Mildred C Wells Academy will implement at least one of the following four Farm to School activities

- a. Local products are incorporated at least once a week into the school meal program.
- b. School hosts a school garden.
- c. School hosts field trips to local farms.
- d. School utilizes promotions or special events, such as tastings, that highlight local/regional

products.

1. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
2. Nutrition education should 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, posting on the District website, community and student-oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.
3. All school cafeterias will have a minimum of three taste tests per school year for locally grown products.

### 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.<sup>11</sup>

Mildred C Wells Academy will:

1. Nutrition education will incorporate lessons helping students acquire skills for reading food labels and menu planning.
2. The nutrition education program shall work with the school meal program to use the cafeteria as a learning lab.

## Standards and Nutrition Guidelines for all Foods and Beverages

The District shall encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school campus<sup>12</sup> during the school day<sup>13</sup> 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.<sup>14</sup> 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<sup>15</sup> and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance.<sup>16</sup> 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).<sup>17</sup>

Mildred C Wells Academy will:

1. offer breakfast to all students through the USDA School Breakfast Program.
2. Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.

### 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

Mildred C Wells Academy will provide nutrition education will incorporate lessons helping students acquire skills for reading food labels and menu planning

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made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.<sup>18</sup>

It is the intent of the District 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.

Mildred C Wells Academy reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.<sup>19</sup>

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

The District 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<sup>20</sup> and the Michigan Merit Curriculum Guidelines for Physical Education.<sup>21</sup>

1. All Mildred C Wells Academy elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.
2. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

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.<sup>22</sup>

At Mildred C Wells Academy:

1. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
2. 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**

The District 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.

Mildred C Wells Academy:

1. Shall provide at least thirty (30) minutes daily for students to eat.
2. The school shall provide attractive, clean environments in which the students eat.
3. The district wellness committee meets a minimum of three times a year.

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

The District 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.<sup>23</sup> 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.

#### Triennial Assessment

Mildred C Wells Academy 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, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.<sup>25</sup>

The person responsible for the Triennial Assessment is: (Latrisha Corona, School Leader, latrisha.corona@leonagroup.com)

#### Documentation

Mildred C Wells 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 the Mildred C Wells Academy, and how stakeholders were made aware of their ability to participate.<sup>26</sup>



This wellness policy can be found at ([www.wellsacademy.com](http://www.wellsacademy.com)): Required documentation will be maintained at (Mildred C Wells Academy's main office)

#### Updates to the Policy

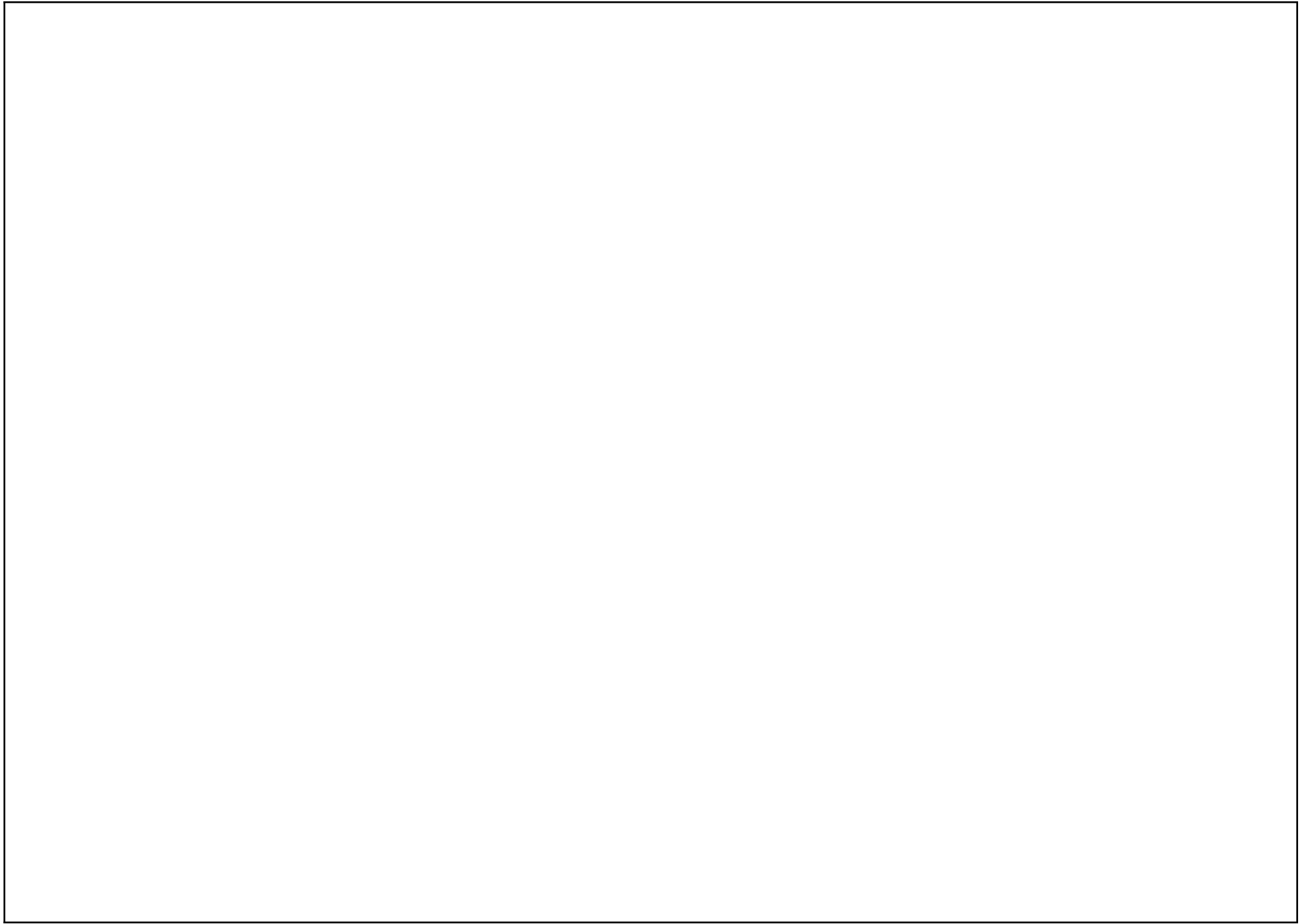
Mildred C Wells Academy will update or modify the wellness policy as appropriate based on the results of the HSAT and Triennial Assessments; as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be updated at least every three years, following the Triennial Assessment.<sup>27</sup>

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#### Public Updates

Mildred C Wells 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 goals of the policy, will also be made 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, mailings).<sup>28</sup>

Adopted April 19, 2017



## Local Wellness Policy Assessment Plan

School Name: Mildred C Wells Academy

Date: June 30, 2021

### Nutrition Promotion and Education Goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Example: Food and beverages will not be used as a reward for students.	<ul style="list-style-type: none"> <li>a) Provide teachers with a list of non-food reward examples.</li> <li>b) Discuss changes at back-to-school staff training.</li> <li>c) Follow-up mid-year to discuss challenges and determine additional communication needed.</li> </ul>	Before the beginning of next school year.	<ul style="list-style-type: none"> <li>- Verbal check-ins with staff to ensure compliance.</li> <li>- Teacher survey at end of school year.</li> </ul>	Principal	Teachers, staff, students	Yes
Food and beverages will not be used as a reward for students.	<ul style="list-style-type: none"> <li>d) Provide teachers with a list of non-food reward examples.</li> <li>e) Discuss changes at back-to-school staff training.</li> <li>f) Follow-up mid-year to discuss challenges and determine additional communication needed.</li> </ul>	Before the beginning of next school year.	<ul style="list-style-type: none"> <li>- Verbal check-ins with staff to ensure compliance.</li> <li>- Teacher survey at end of school year.</li> </ul>	Principal	Teachers, staff, students	No
School utilizes promotions or special events, such as tastings, that highlight local/regional products.	<ul style="list-style-type: none"> <li>a) Team meeting to incorporate tastings into current Parent/Student events.</li> </ul>	Before the beginning of next school year.	-Events completed with tastings	Office Manager	Teachers, staff, students	No
Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District may offer age appropriate nutrition education classes. In addition, nutrition	<ul style="list-style-type: none"> <li>a) Work with Michigan State off site campus to provide comprehensive health education to students grades K-8</li> </ul>	Throughout the next school year	<ul style="list-style-type: none"> <li>-Student participation</li> <li>-Student surveys</li> <li>-Student work completion</li> <li>-Staff/Student verbal feedback</li> </ul>	Instructional Coach	Teachers, staff, students	Yes

education topics shall be integrated into the entire curriculum when appropriate.						

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>

Physical Activity Goal(s):

School-based activities to promote student wellness goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	Staff will incorporate moderate to vigorous activities within physical education lessons	Throughout the school year.	-Documented in lesson plans -Observation -Student participation	Staff Leading Physical Activity Classes	Teachers, Staff, Students	No
All Mildred C Wells Academy elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.	Staff will incorporate 60 minutes at a minimum of physical education/activities per week within lesson planning	Throughout the school year	-Documented in lesson plans -Observation -Student participation	Staff Leading Physical Activity Classes	Teachers, Staff, Students	No

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Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	-Teachers/Staff will plan moderate to vigorous active lessons for all students for all physical education class sessions.	Throughout the school year	-Documented in lesson plans -Observation -Student participation	Staff Leading Physical Activity Classes	Teachers, Staff, Students	No
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.	-Teachers/Staff will give all students access to structured and unstructured physical activities regularly.	Throughout the school year	-Documented in lesson plans -Observation -Student participation	Staff Leading Physical Activity Classes	Teachers, Staff, Students	No

Guidelines for other foods and beverages available on the school campus, but not sold:

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>

offer breakfast to all students through the USDA School Breakfast Program.	-Breakfast will be prepared for every student that attends Mildred C Wells Academy. -Breakfast and Lunch will be offered free for all students that attend	Throughout the school year	-Documented state meal count sheets -Observation -Student participation	Office Manager/ Food Service workers	Teachers, Staff, Students	No
Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.	-Students will arrive at school with enough time to have 30 minutes for breakfast.	Throughout the school year	-Documented state meal count sheets -Observation -Student participation	Office Manager/ Food Service workers/Transportation Staff	Teachers, Staff, Students	No

**Marketing and advertising of only foods and beverages that meet Smart Snacks:**

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Nutrition education will incorporate lessons helping students acquire skills for reading food labels and menu planning.	Staff will plan and incorporate healthy lessons to help students acquire the skills for reading food labels and menu planning	Throughout the school year	-Student participation -Student satisfactory work completion -Student presentation	Teachers, Instructional coach, Health representatives	Teachers, Staff, Students	No