

# Local Wellness Policy

## Local Wellness Policy for the Kalamazoo County Juvenile Home

The Kalamazoo County Juvenile Home is committed to creating a healthy school/detention environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

### **Nutrition Education**

Every year, all students and or residents, shall receive nutrition education that is aligned with the **Michigan Health Education Content Standards and Benchmarks**. 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 and detention campus including, but not limited to, school dining areas, resident living areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

### **Nutrition Standards**

The Kalamazoo County Juvenile Home and KRESA school district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The Kalamazoo County Juvenile Home shall encourage students to make nutritious food choices. The juvenile home shall monitor all food and beverages served to students and residents, including those available outside the federally regulated child nutrition programs. The Kalamazoo County Juvenile Home shall consider nutrient density and portion size before permitting food and beverages to be served.

Juvenile Home administration 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.

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

The Kalamazoo County Juvenile Home shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students and residents with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the **Michigan Physical Education Content Standards and Benchmarks**.

Every year, all students and residents, 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 Kalamazoo County Juvenile Home may implement other appropriate programs that help create an environment that conveys consistent wellness messages conducive to healthy eating and physical activity.

## **Implementation and Measurement**

The Kalamazoo County Juvenile Home superintendent shall implement this policy and measure how well it is being managed and enforced. The superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), the juvenile home school nurse, and student representatives of the juvenile home. A sustained effort is necessary to implement and enforce this policy. The KRESA principal 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.

## **Model Local Administrative Rules Regarding the Kalamazoo County Juvenile Home's Local Wellness Policy**

In order to enact and enforce the Kalamazoo County Juvenile Home's Local Wellness Policy, the superintendent of the Kalamazoo County Juvenile Home and the KRESA administrative team will develop local administrative rules regarding the wellness policy. The juvenile home local wellness team will be comprised of teachers (including specialists in health and physical education) students representatives, the juvenile home nurse, food service staff members and detention youth specialist workers. This team will be charged with the responsibility of evaluating the Kalamazoo County Juvenile Home's Local Wellness Policy and local administrative rules.

The superintendent of the juvenile home shall appoint a member of the Kalamazoo County Juvenile Home's administrative staff to organize and Coordinated the School Health Team and invite appropriate stakeholders to become members of the Coordinated School Health Team.

A Coordinated School Health Team may include representatives from the following Areas:

- Administration.
- Counseling/psychological/and social services.
- Food services.
- Health education.
- Health services.
- Parent/guardian, student and community (including health care providers, Hospital and public health department staff, non-profit health organizations, Physical activity groups, community youth organizations, and university or Other governmental agencies).
- Physical education.

Staff shall be reminded 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 local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of the Kalamazoo County Juvenile Home's Local Wellness Policy.

Any district stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact: Superintendent of the Kalamazoo County Juvenile Home:

Kalamazoo County Juvenile Home

Phone #:269-385-8552

Fax#: 269-385-8594

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

### **Nutrition Education**

Nutrition education provided by KRESA will have a component of comprehensive health education and shall be offered every year to all students and residents at the Kalamazoo County Juvenile Home. The District may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate. KRESA shall implement a quality nutrition education program that addresses The following:

- 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 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, postings on the KRESA website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

### **Nutrition Standards**

The Kalamazoo County Juvenile Home shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA).

The Kalamazoo County Juvenile Home 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.

Food choices based on the most current dietary guidelines are:

- Whole and enriched grain products that are high in fiber, low in added fats
- And sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.

The Kalamazoo County Juvenile Home 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.

- The Kalamazoo County Juvenile Home shall discourage using food as a reward.
- The Kalamazoo County Juvenile Home shall encourage serving healthy food at Juvenile Home parties.
- The Kalamazoo County Juvenile Home shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated
- Chocolate snacks, or the like) as a school or grade-level fundraising project should
- Be replaced with non-food items such as candles, wrapping paper, greeting cards, Etc.

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

Developmentally appropriate physical education shall be offered every year to all Students and residents of the Kalamazoo County Juvenile Home. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

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

- Equip 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**.
- Influence 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.
- Keeps all students involved in purposeful activity for a majority of the class period.

#### 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 225 minutes per week (middle and high school).
- Provides facilities to implement the curriculum for the number of students served.

The Kalamazoo County Juvenile Home and KRESA School will offer daily opportunities for unstructured physical activity for all students. Opportunities should be in addition to physical education class time and not be a substitute for physical education.

The Kalamazoo County Juvenile Home shall provide proper equipment and a safe area

designated for supervised large muscle activity. School and detention staff should not withhold participation in large muscle activities from students or cancel physical activity time to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before- and after-school extracurricular physical activity programs, Safe Routes to School Programs and use of school facilities outside of school hours.

### **Other School-Based Activities Designed to Promote Student Wellness**

The Kalamazoo County Juvenile Home shall strive to create a healthy environment that promotes healthy eating and physical activity.

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

#### Dining Environment

- The Kalamazoo County Juvenile Home district shall provide:
  - A clean, safe, enjoyable meal environment for students,
  - Enough space and serving areas to ensure all students have access to school meals with minimum wait time, drinking fountains in all schools, so that students can get water at meals and throughout the day.

#### Time to Eat

- The Kalamazoo County Juvenile Home shall ensure:
  - Adequate time for students to enjoy eating healthy foods
  - Lunch time is scheduled as near to the middle of the school day as possible

#### Food or Physical Activity as a Reward or Punishment

- The Kalamazoo County Juvenile Home shall:
  - Prohibit the use of food as a reward or punishment in the KRESA schools.
  - Not deny student participation in physical activities as a form of discipline or for classroom make-up time or detention sanction.
  - Not use physical activity as a punishment
  - Encourage using physical activity as a reward, such as teacher or principal walking or playing with students during physical activity time

#### Consistent School Activities and Environment

- KRESA School will be responsible for:
  - Adhering to the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors
  - Ensure that all school fundraising efforts support healthy eating and physical activity



- provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education
- encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
- Encourage and provide opportunities for students, teachers, and Community volunteers to practice healthy eating and serve as role models in school dining areas.
- Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians
- Implement physical activity across the curriculum throughout the school Day or in all subject areas.

### **Implementation and Measurement**

All employees of the Kalamazoo County Juvenile Home and KRESA staff that work at the home 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 Kalamazoo County Juvenile Home shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness. (Employees choosing to violate or ignore these local rules will be subject to possible Disciplinary action as determined by the Superintendent of the juvenile home and the KRESA principal in accordance with applicable collective bargaining agreements.)