

## **BOARD OF DIRECTORS**

**William C. Abney PUBLIC SCHOOL ACADEMY**

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### **WELLNESS**

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As required by law, the Board of Directors establishes the following wellness policy for the William C. Abney Academy.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the Academy's student. Research concludes that there is a positive correlation between a student's health and well being and his/her ability to learn. Schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical both in and out of school.

The Board believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the Academy shall have the following goals:
  - 1. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
  - 2. Nutrition education shall extend beyond the school by engaging and involving families and the community.
  
- B. With regard to physical activity, the Academy shall have the following goals:
  - 1. Planned instruction in physical education shall include cooperative as well as competitive games.
  - 2. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
  - 3. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
  - 4. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
  
- C. With regard to other school-based activities, the Academy shall have the following goals:
  - 1. The schools shall provide at least 20 minutes daily for students to eat lunch.
  - 2. Schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.

The Board sets the following Nutrition Guidelines for all foods available on campus during the school day:

- A. Utilization of Child Nutrition Programs is done in compliance with, and shall not be less restrictive than federal, state and local requirements.
- B. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- C. All foods available to students in Academy programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- D. Nutritional standards as defined by the National School Lunch Program, Michigan Action for Healthy Kids Criteria for Healthy Snacks, and the FDA definition for Healthy Food are used when determining appropriate foods served by the Academy during the school day.

With the objectives of enhancing student health and well being and reducing childhood obesity, corresponding guidelines are established.

The Educational Service Provider (ESP) shall develop administrative guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated. The Board designates the ESP/Coordinated School Health Team (CHST) as the entity charged with operational responsibility for verifying that the Academy meets the goals established in this policy.

The Academy Board hereby directs the ESP to implement strategies that will keep the academy in compliance with the latest Federal and State initiatives on Wellness and Nutrition.

The ESP will report on the Academy's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Review of the policy shall occur periodically, by the Board and the ESP including input from the School Improvement Team, Academy leadership, food service individuals, parents, students and other appropriate stakeholders. The ESP shall provide the Board with any recommended changes to this policy.

## **BOARD RESOLUTION**

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**WHEREAS** children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and

**WHEREAS** good health fosters student attendance and education; and

**WHEREAS** obesity is increasing rapidly in the United States, affecting adults and children of all race, ethnicities, and income levels; and

**WHEREAS** the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and the number of overweight adolescents aged 12-19 has more than tripled in that same time; and

**WHEREAS** overweight children and adolescents are more likely than not to remain overweight, become obese adults, and develop related chronic illnesses; and

**WHEREAS** reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn, and play; and

**WHEREAS** schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and

**WHEREAS** the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all Public Schools with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2013-2014 school year;

**THEREFORE BE IT RESOLVED** that it is the intent of the William C. Abney Academy Board of Directors to comply fully with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and

**BE IT FURTHER RESOLVED** that the Educational Service Provider shall seek the involvement of parents, students, representatives of the school food service program, board, school administrators, and the public as this Academy's wellness policy is developed, and shall recommend a policy to the Board not later than July 11, 2013;

**BE IT FURTHER RESOLVED** that said policy shall be adopted no later than July 11, 2013 and shall be effective on the first day of the school year beginning after August 1, 2013.