

Martin Luther King Jr. Education Center Academy

Local Wellness Policy

The Martin Luther King Jr. Education Center 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.

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 a campus including but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

MLKECA 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.

Martin Luther King, Jr. Education Center Academy does not sell food beverages to students.

Physical Education and Physical Activity Opportunities

Physical education shall equip 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.

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.

Implementation and Measurement

The School Improvement Team shall implement this policy and measure how well it is being managed and enforced. The School Improvement Team will develop and implement administrative rules consistent with this policy. Input from teachers, counseling staff, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. The School Improvement Team will report to the local school board, as request, on the district's programs and efforts to meet the purpose and intent of this policy.

Administrative Rules Regarding Martin Luther King, Jr. Education Center Academy Local Wellness Policy
In order to enact and enforce Martin Luther King, Jr. Education Center Academy Local Wellness Policy, The School Improvement Team and Administrative team, with input from teachers, counseling staff, parents/guardians, students representative of the school food service program, school board members, school administrators, and the public, will have developed these administrative rules.

To assist in the creation of a health school environment, the District shall establish a School Improvement Team that will provide an ongoing review and evaluation of the Martin Luther King, Jr. Education Center Academy Local Wellness Policy and these administrative rules.

The Superintendent shall appoint a member of the administrative staff of the District to organize the School Improvement Team and invited appropriate District stakeholders to become members of the

School Improvement Team. The School Improvement Team may include representatives from the following areas:

- Administration: Director, Dean, Secretaries, Title I Coordinator
- Counseling/Psychological services: Social Worker
- Food Services: Food Service Director, Volunteers, Food Service Assistant
- School: Parent/guardians, Students
- Physical Education: Physical Education Teacher

Staff shall be reminded that healthy students come in all shapes and sizes. The PBI S program shall provide Students in receiving consistent messages and support for:

- Self-respect
- Respect for others
- Healthy eating
- Physical Activity

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of Martin Luther King, Jr. Education Center Academy, Local Wellness Policy. Any District stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

The Administrative Office
16827 Appoline
Ph: 313.341.4944
Fx: 313.341.7014

Students, staff, and community will be informed regarding reviews and updates which will take place triennially of the Local Wellness Policy.

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. MLKECA may offer age-appropriate nutrition education classes. In additional, nutrition education topics shall be integrated into the entire curriculum when appropriate.

MLKECA shall implement a quality nutrition education program that addresses the following:

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 will also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin posters or banners, posting on the School website, community and students oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Nutrition Standards

Martin Luther King Jr. Education Center Academy does not have vendors.

MLKECA shall discourage using food as a reward. Alternatives to using food as a reward are found in Appendix B.

MLKECA shall encourage serving healthy food at school parties. Notices will be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See Appendix C)

Martin Luther King Jr. Education Center Academy does not have fundraisers.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education will be offered every year to all students at MLKECA.

MLKECA will implement a quality physical education program that addresses the following:

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:

- 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 150 minutes daily (elementary level).
- Provides facilities to implement the curriculum for the number of students served.

Martin Luther King Jr. Education Center Academy will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K thru Eighth grade. This activity will be in addition to physical education class time and will not be a substituted for physical education. Proper equipment and a safe area will be designated for supervised recess time. Staff will not withhold participation in recess from students or cancel recess to make up for missed instructional time.

Other School-Based Activities Designed to Promote Student-Wellness

Martin Luther King Jr. Education Academy will 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:

Dining Environment

MLKECA will 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
- Encouragement to maximize student participation in school meal programs
- Identify protection of students who eat free/reduced meal (all students eat for free; MLKECA is sponsored through CEP).

Time to Eat

MLKECA will ensure:

- That recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat (see Appendix F)

Food or Physical Activity as a Reward or Punishment

MLKECA shall:

- Prohibit the use of food as a reward or punishment in schools (see Appendix B)
- Not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time
- Not use physical activity as a punishment
- Encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess (see Appendix F)

Consistent School Activities and Environment: MLKECA shall:

Encourage all students to participate in school meal programs, (the National School Lunch, including snacks for After School Program and School Breakfast Programs).

Implementation and Measurement

All employees of the Martin Luther King, Jr. Education Center Academy 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. All adults in the school environment are encourage to make healthy food choices and engage in physical activity. MLKECA will work through its School Improvement Team and building level staff to find cost effective ways to encourage staff wellness.

Alternatives To Using Food As A Reward

At school, home, and throughout the community kids are offered food as a reward for "good" behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- ◆ It undermines nutrition education being taught in the school environment.
- ◆ It encourages over-consumption of foods high in added sugar and fat.
- ◆ It teaches kids to eat when they're not hungry as a reward to themselves.

Kids learn preferences for foods made available to them, including those that are unhealthy.¹ Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.²

1. Birch LL. Development of Food Preferences. Annu. Rev. Nutr. 1999; 19:41-62.

2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. JAMA, October 9, 2002 Vol 288, No. 14.

Students Learn What They Live

Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school.

ZERO-COST ALTERNATIVES

- ◆ Sit by friends ◆ Watch a video
- ◆ Read outdoors ◆ Teach the class
- ◆ Have extra art time ◆ Enjoy class outdoors
- ◆ Have an extra recess ◆ Play a computer game
- ◆ Read to a younger class ◆ Get a no homework pass
- ◆ Make deliveries to the office
- ◆ Listen to music while working
- ◆ Play a favorite game or puzzle
- ◆ Earn play money for privileges
- ◆ Walk with a teacher during lunch
- ◆ Eat lunch outdoors with the class
- ◆ Be a helper in another classroom
- ◆ Eat lunch with a teacher or principal
- ◆ Dance to favorite music in the classroom
- ◆ Get "free choice" time at the end of the day
- ◆ Listen with a headset to a book on audiotape
- ◆ Have a teacher perform special skills (i.e. sing)
- ◆ Have a teacher read a special book to the class
- ◆ Give a 5-minute chat break at the end of the day

LOW-COST ALTERNATIVES

- ◆ Select a paperback book
- ◆ Enter a drawing for donated prizes
- ◆ Take a trip to the treasure box (non-food items)
- ◆ Get stickers, pencils, and other school supplies
- ◆ Receive a video store or movie theatre coupon
- ◆ Get a set of flash cards printed from a computer
- ◆ Receive a "mystery pack" (notepad, folder, sports cards, etc.)

IDEAS FROM MICHIGAN TEACHERS

GAME DAY: "I have my students earn letters to spell game day...after the letters have been earned, we play reading or phonics-type board games. The kids beg for Game Day!"

FRIDAY FREE TIME: "I give my students thirty minutes at the beginning of the week and they can earn or lose free time according to their behavior. I use a timer and turn it on (they can hear it) if they are too loud working, lining up, etc. I add time when their behavior is good. Adding time is the most effective. I save time by not waiting for them to settle down so I don't feel bad about the free time."

Adapted from a project funded by Michigan Department of Community Health's Cardiovascular Health, Nutrition & Physical Activity Section at Lincoln Elementary School in South Haven, Michigan. Lincoln Elementary is a Team Nutrition school. For more information about Team Nutrition contact Chris Flood at 269-639-0002 or go to www.tn.fcs.msue.msu.edu.

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Michigan Physical Education and Activity Resources

Cross-Curricular Instruction: Integrating Physical Activity into Classroom Subjects:

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

- Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects; language arts, math, science and social studies.
 - Brain Breaks: www.emc.cmich.edu/BrainBreaks
 - Energizers: www.ncpe4me.com/energizers.html
 - Take Ten: www.take10.net
- Michigan Team Nutrition booklist: The list contains short, one-paragraph annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade. www.tn.fcs.msue.msu.edu/booklist.html
 - *Examples:*
 - *Get Moving: Tips on Exercise*, Feeney, Kathy, Bridgestone Books, 2002.
 - *Let the Games Begin*, Ajmera, Maya and Michael J. Regan Charlesbridge, 2000.
- Display poster or banners with physical activity themes: www.nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.pdf

Using Physical Activity to Reward Students

- Have an extra recess; Walk with a teacher during lunch; Dance to favorite music in the classroom; Hold Friday Physical Activity Time where students earn extra physical activity time based on their good behaviors during the week; and Challenge another homeroom to a sport or activity.

Ideas for School Parties

- Make your party a dance; Modify traditional games for classroom use; Hold contests or relays.

Resources:

- *All Children Exercising Simultaneously (ACES) day*: A one day event where millions of children of all ages exercise at the same time worldwide in a symbolic event of fitness and unity. www.michiganfitness.org
- *Hoops for Heart*: Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. www.americanheart.org
- *Jump Rope for Heart*: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising. www.americanheart.org/jump
- *National Physical Education & Sport Week*: Designated week for encouraging and promoting physical activity. www.aahperd.org/naspe/may
- *Walk to School Day/Safe Routes to School*: Join in the effort to promote walking to school as a way to provide an opportunity for more physical activity! www.michiganfitness.org/

Recess Before Lunch

Recess Before Lunch gives students the opportunity to excel in both health and academics. Find everything you need to establish a recess before lunch program including, how to implement, resources and supporting information, and educational and marketing materials.

www.opi.state.mt.us/schoolfood/index.html

