



The school district is committed to providing intellectually stimulating school environments that promote and protect children's health, social and emotional well-being, and ability to learn by supporting healthy eating, physical activity and other behaviors that contribute to student wellness. Good health fosters student attendance and education. Children and adolescents need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. To meet this commitment, the district will be guided by the following policy:

1. The health of our students is essential to their academic success. When faced with conflicting priorities or issues of implementation, this policy will be interpreted in a way that favors student health.
2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Schools will provide access to a variety of nutritious, and appealing foods that meet the health and nutrition needs of students; take into consideration the religious, ethnic, and cultural diversity of the student body in meal planning; and provide clean, safe, and pleasant settings and adequate time for students to eat.
4. To the maximum extent practicable, all schools in the district will participate in available federal school meal programs.
5. The school district supports a coordinated approach to school health which includes: comprehensive school health education, physical education, school health services, school nutrition services, counseling, psychological, and social services, healthy school environment, school-site health promotion for staff, and family and community involvement.

### **Wellness Committee and Policy Leadership**

#### Committee Role and Membership

The LEA 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 will make membership available to: parents and caregivers, students, representatives of the school nutrition program, school personnel, school board members and the general public. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.

University Prep Schools  
Local School Wellness Policy



UNIVERSITY PREP SCHOOLS

Wellness Policy Leadership

The designated official for oversight is the Assistant Director of Food Services, LaKeitha Spears (Lakeitha.greene@uprepschools.com)

**Nutrition**

Nutrition Education

Every year, all students, Pre-K-12, shall receive nutrition education that is aligned with the Michigan Merit Curriculum Guidelines for Health 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 campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

**SMART goal for Nutrition Education:**

Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.

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

University Prep Schools  
Local School Wellness Policy



UNIVERSITY PREP SCHOOLS

throughout the school campus, as well as encourage participation in school meal programs.

**SMART goal for Nutrition Promotion:**

Nutrition education promotional materials will be provided in the form of handouts, wall or bulletin board posters or banners, or other communications focused on promoting proper nutrition and healthy lifestyles.

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 during the school day 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. 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 and Michigan Department of Education Administrative Policy No. 21 regarding Non-Compliant Food Fundraiser Guidance. 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). Nutrition standards for all foods and beverages provided or sold to students during the school day:

**Competitive Foods-(If exempt)**

Competitive foods include a la carte, fundraising, school stores, classroom parties, foods used during classes as part of the learning process, vending machines and anything that competes with breakfast and lunch programs. Competitive foods shall meet nutrition and portion size guidelines set by the CEO, with input from the Wellness Advisory Committee. The District encourages "Healthy Snacks" and "Healthy Parties". Foods of Minimal Nutritional Value, as defined by the U. S. Department of Agriculture, shall not be sold to students on school campuses during the school day.

University Prep Schools  
Local School Wellness Policy



UNIVERSITY PREP SCHOOLS

1. Distribution of Competitive Food

Nutritious foods are encouraged when used as part of a social or cultural event in the schools. During the school day, schools should limit the use of food at celebrations that are not related to the curriculum. Parents and staff are encouraged to provide party foods that are consistent with the Healthy Parties guidelines and to serve such items after the lunch hour whenever possible.

2. Use of Food as Incentive or Reward

Foods of Minimal Nutritional Value, as defined by the U.S. Department of Agriculture, are not to be distributed by staff as a reward for academic performance or good behavior. The use of any candy as a reward for academic performance or good behavior is strongly discouraged. Other food as an incentive, or reward, or as part of the curriculum for students should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.

3. After-School Events Sponsored by District

Food offerings at concession stands operated on school campuses (such as, but not limited to, athletic events and concessions, after school programs, performances and school dances) shall include healthy options such as water, milk, 100% juice and nutritious foods as delineated by the Healthy Snacks guidelines.

4. Fundraisers

Fundraising activities using foods and/or beverages will meet the standards set forth in the Michigan Nutrition Standards Recommendations for Foods and Beverages Served Outside the USDA Child Nutrition Programs at Elementary, Middle, and High Schools unless

a) Fundraising activities selling foods and/or beverages cannot be held between the hours of 9:30 AM and 2:00 PM.

b) Foods and beverages that meet the Smart Snack Standards may be sold during the school day as long as the selling of the food items takes place outside of lunch hours and not in the cafeteria.

c) Fundraisers that sell pre-ordered bulk items not meant for immediate consumption (ex. Pizza kits, cookie dough, girl scout cookies) are allowed as long as they are not sold in the food service area during meal times.

d) Foods and or beverages that DO NOT meet the Smart Snack Standards are allowed:

University Prep Schools  
Local School Wellness Policy



UNIVERSITY PREP SCHOOLS

- During Classroom and school parties as long as money is collected before the event.
- e) Nutritional value via picture or photocopy of nutrition label is not required for foods that meet the SMART Snack guidelines. It is highly encouraged for foods outside of the SMART Snack guidelines.
- f) Exempt fundraisers - monitored by the food nutrition team
  - Two (2) exempt fundraisers per school, per week
  - May only last one day; can be sold at multiple times during school day
  - May not be sold in food service area during meal times

### 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 made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

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.

As the school district reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

### **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 and the Michigan Merit Curriculum Guidelines for Physical Education.

University Prep Schools  
Local School Wellness Policy



UNIVERSITY PREP SCHOOLS

**SMART goal for Physical Education:**

Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

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.

**SMART goals for Physical Activity:**

All students in grades 6-12 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.

Students in grades K-5 will have physical education at least 60 minutes per week.

**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.

SMART goals for other school-based activities that promote student wellness:

The School shall provide attractive, clean environments in which the students eat.

The District wellness committee will meet a minimum of three times per school year.

University Prep Schools  
Local School Wellness Policy



UNIVERSITY PREP SCHOOLS

## **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. The Healthy School Action Tool will be completed to assess and create an evidence-based action plan that fosters implementation.

### Triennial Assessment

The LEA 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.

The person responsible for the Triennial Assessment is Assistant Director of Food Services, LaKeitha Spears ([lakeitha.greene@uprepschools.com](mailto:lakeitha.greene@uprepschools.com))

### Documentation

The LEA 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 LEA, and how stakeholders were made aware of their ability to participate.

This wellness policy can be found at [www.uprepschools.com](http://www.uprepschools.com)

Required documentation will be maintained at the home office location, 485 W. Milwaukee St. Detroit, MI 48202

### Updates to the Policy

University Prep Schools  
Local School Wellness Policy



---

UNIVERSITY PREP SCHOOLS

---

The LEA 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.

Public Updates

The LEA 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).

Adopted April 19, 2017



University Prep Schools  
Local School Wellness Policy



---

UNIVERSITY PREP SCHOOLS

---