

**Summit Academy North**  
**Wellness Policy**

October 17, 2016

Greetings,

For the 2016-17 school year, we would like to create a virtual arena for our conversation on the wellness of our students- nutritionally and physically.

We plan to send out information on nutrition and physical activity from the Center for Disease Control, The United States Department of Agriculture, and the Michigan Department of Education.

We further plan to send you information from the Board of Directors of Summit Academy North, including the Board approved **Wellness Policy**.

We would like to give you an opportunity to respond to information sent via email. We are always interested in suggestions, opportunities for improvement, and any feedback that you feel is important and could enhance our meals program.

You may contact me via email at [info@summit-academy.com](mailto:info@summit-academy.com)

I'm attaching a few information sheets from CanDo- Coalition for Activity and Nutrition to Defeat Obesity. More information on CanDo can be found at [www.CanDoOnline.org](http://www.CanDoOnline.org).

This information will shed light on why we have a wellness policy and how we can work as partners to help our students be healthier and perform better in school.

Sincerely,

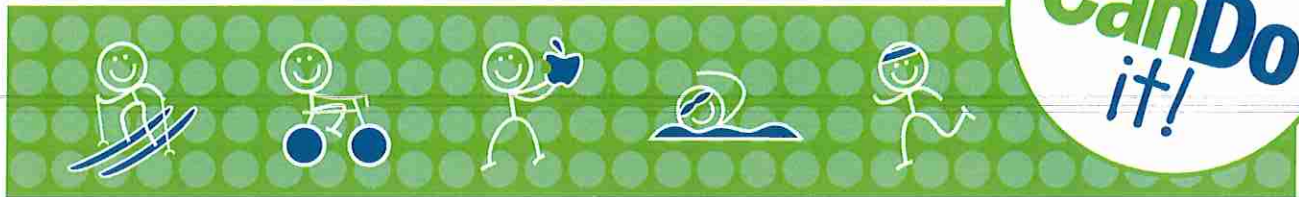
Teresa Golba

School Meals Director

# School Wellness Policy

## What Is It and What Does It Mean?

kids  
**CanDo**  
it!



### Why School Wellness?

School wellness policies were mandated as a result of the growing childhood obesity epidemic and its consequences on physical, emotional, and mental health. Being overweight is now the most common medical condition of childhood, with more than 9 million overweight children in the US. The prevalence of childhood and adolescent obesity has tripled in the past 20 years.<sup>2,3</sup>

Today, 1 in 3 kids is at an **unhealthy** weight.

### The Link Between Schools and Childhood Obesity

- Emerging research is showing the link between physical activity, healthy eating, and academic performance.
- More than 95% of young people are enrolled in schools.
- Schools are an ideal setting for teaching kids how to live a healthy, well-balanced lifestyle.
- Students can get a large percent of their daily food and physical activity requirements while at school.

### Federal Law for School Wellness Policy

In 2004, President Bush signed the Child Nutrition and WIC Reauthorization Act into law making it mandatory for every US school district participating in the National School Lunch Program and/or Breakfast Program to create a local school district wellness policy by June 2006 (Public Law 108-265; Section 204 – Local Wellness Policies).

The goal of this mandate was to help schools create policy to specifically address childhood overweight and obesity, and as such, to promote and improve children's health by making changes in the school environment through the enhanced promotion of physical activity and healthy eating throughout the school day.

### Local Policy Development: Meeting School Needs

Because each school has unique needs, Congress mandated that each district develop its own local wellness policy. The policy had to meet the following guidelines:

- Include goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness
- Provide nutrition guidelines for all foods and beverages available on school campuses during the school day with objectives of promoting student health and reducing childhood obesity and type 2 diabetes
- Ensure that local guidelines for reimbursable meals meet federal requirements and nutrition standards
- Establish a plan for measuring implementation of the local wellness policy, including designation of at least one person within the district to ensure that the wellness policy is met
- Involve parents, school food authority, school board members, school administrators, and the public in the development of the school wellness policy

# The Need for Physical Education and Activity in Our Schools

Kids  
Can Do  
it!



## What Schools Can Do

Given the growing epidemic of childhood obesity and the link between physical activity and academic performance, parents and schools must work together to make quality daily physical education a priority in our schools. Our children also need more opportunities to be physically active during the school day.

- Reinstate daily PE! Provide time during every school day for a quality PE program. Strive to meet the recommended PE standards of 150 minutes per week for elementary and 225 minutes per week for secondary. These standards apply to all students all year long.
- Provide 10 to 15 minute aerobic physical activity breaks during class time every day.
- Integrate physical activity into the curriculum.
- Provide time for unstructured physical activity during recess.
- Promote active recess.
- Promote walking and biking to school.
- Listen to parents! A 2005 survey conducted by the national Action for Healthy Kids found that parents believe the following are important and should be required as a way to encourage physical activity:
  - daily PE
  - daily recess
  - a variety of other daily opportunities for kids to be active during the school day
  - after-school programs that promote healthy snacks and physical activity

## Why Kids Need to Move More

### Our Kids are Becoming More Overweight and are Developing “Adult” Diseases

- Researchers suggest that the childhood obesity epidemic is largely the result of a decline in regular physical activity.<sup>1,2</sup>
- The Healthy People 2010 objectives call for no more than 5% of children and adolescents to be obese.<sup>3</sup> Today, 1 in 3 children and adolescents (33.6%) is above a healthy weight. 16.5% of kids are overweight and 17.1% are obese.<sup>4</sup>
- Being overweight increases a child's risk of health-related problems such as diabetes, heart disease, and some cancers. Being overweight can have a detrimental effect on a child's academic performance, emotional health, and self-esteem.<sup>5,6,7</sup>
- The Centers for Disease Control and Prevention estimates a third of children born in 2000 will develop diabetes unless serious nutrition and exercise changes are made.<sup>8</sup>
- Prevention is key to fighting the childhood obesity epidemic – and helping kids increase physical activity is one way to put prevention into action.<sup>7,10</sup>

### Our Kids are Less Active

- Too many young people have fallen into a sedentary lifestyle of long hours spent in front of the TV and computer and playing video games. The average American kid watches 3 to 4 hours of TV a day.<sup>11</sup>
- Despite expert recommendations that kids get at least 60 minutes of moderate to vigorous physical activity every day,<sup>12</sup> less than 25% of kids get at least 30 minutes of any type of daily physical activity and less than 25% get 20 minutes of vigorous physical activity per day.<sup>13</sup>

### Many of our Kids are Sedentary at School

- Opportunities for kids to be active at school have diminished considerably. Most schools have cut back on PE and recess time because of budgetary concerns and competing academic demands, such as federally mandated standardized tests under the No Child Left Behind Act.
- No federal law requires PE to be included in public schools.<sup>12</sup>
- While most states have some mandate for PE, most only require that PE be provided – local districts have control over content, format, and time dedicated to PE.<sup>12</sup>
- Even though experts recommend that all schools provide a quality daily PE program for all students, only 6% to 8% of schools nationally (depending on grade level) actually do so.<sup>12</sup> In Colorado, elementary students, on average, have PE only one time a week (about 30 minutes vs the recommended 150 minutes per week). Secondary students are required to take only one semester of PE in middle and high school – a far cry from the recommended 225 minutes per week all year long.<sup>14</sup>