

Students

Allen Park Public Schools 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

Every year, all student's Pre-kindergarten through 12th grade, 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 district including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

Allen Park Public Schools shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. Allen Park Public Schools shall encourage students to make nutritious food choices.

Allen Park Public Schools shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. Allen Park Public Schools shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

The Allen Park Public Schools superintendent 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, as the superintendent and the Board of Education sees fit and pursuant to legal requirements.

Physical Education and Physical Activity Opportunities

Allen Park Public Schools shall offer physical education opportunities that include the components of a quality physical education program. Physical education

Students

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 Content Standards and Benchmarks.

Every year, all students, Pre-kindergarten through 12th grade, 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

Allen Park Public Schools may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

Allen Park Public Schools' superintendent shall implement this policy and measure how well it is being managed and enforced. The Allen Park Public Schools superintendent shall develop and implement administrative rules and guidelines consistent with this policy. Input from teachers (including specialists in health and physical education), 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. A sustained effort is necessary to implement and enforce this policy. The superintendent shall report to the local school board, as requested, on the school district's programs and efforts to meet the purpose and intent of this policy.

Allen Park Public Schools

DISTRICT WELLNESS INFORMATION

REVIEWED AND UPDATED ANNUALLY AS NEEDED

After reaching out to all building administration, teachers, faculty, students and parents, we have compiled our responses and best practices.

Curriculum and Technology:

Elementary teachers are expected to embed the content standards in their instruction and as you know, the secondary schools have separate physical education and health courses that are aligned to the content standards.

As far as staff development, in most recent years there has been no specific activities. However, we have pockets of staff development such as physical education teachers and health teachers attend workshops.

All seventh grader, ninth grade, and eleventh grade students take the Michigan Profile of Healthy Youth (MiPhy) Questionnaire, which focuses on grade level risk factors and reviewed by the District Social Workers.

Allen Park High School:

In addition to a Health course requirement that uses the Michigan Health Model and incorporates a full unit on nutrition, we have the following wellness activities:

1. Cory Schlesinger runs a Fitness Program after school 3 times a week in the Fitness Center for all students, athletes and non-athletes. Students who are off season or do not participate in an organized sport at all are included. He has about 20-30 students who participate on a regular basis.
2. We began a Women of Tomorrow mentoring program with two women trained through this organization who meet monthly with 20-30 at risk 9th and 10th graders. One of the women is a certified and trained fitness and nutritional expert. Included in their program is a focus on wellness and healthy living. In addition to discussing topics related to self-esteem, body image, nutrition and physical and mental wellness, they bring healthy snacks for the girls including fruit and granola bars and they have taught them how to make nutritional smoothies.
3. A group of secretaries from the high school started an after school aerobics and kettle bell program 2 times a week that has expanded to include employees from other buildings.
4. 8 male staff members participate 2 times a week before school in a pick-up basketball game.
5. There are several staff members who use the Fitness Center in the morning prior to school and use the equipment to improve overall wellness, increase strength and control weight gain. Others walk the halls on a regular basis.
6. We have a Friday open gym program every week during the lunches when students can play basketball and other games in the gym.
7. We incorporate healthy snacks at every staff member, including all kinds of fruit and vegetables.

8. The Anatomy classes (we run 3 to 4 of them every year) incorporate a focus on healthy bodies as they study the anatomical systems.
9. The Foods Program at APHS is actually a Foods and Nutritional Program that teaches students about the components that go into healthy recipes and how to use food to enhance our wellness.

Allen Park Middle School:

At APMS, the following programs are active, some run year long, and some are seasonal:

1. Our athletic programs for 7/8 graders consist of (4) seasons and the following sports: soccer, football, sideline cheer, competitive cheer, volleyball, basketball (boys and girls), swimming/diving, cross country, wrestling, track, softball, baseball.
2. 6th graders are eligible for cross country and a wrestling camp
3. In the mornings we offer 6, 7, 8 grade boys and girls (6:30 am—7:15 am) basketball 3 days a week and floor hockey one day a week
4. "Panthers on the Run" begins in late winter and culminates with the Grosse Ile 5k run in March. This is open to all grade levels.
5. Ski Club begins in December and includes several trips to Pine Knob and an overnight trip to Crystal Mountain in March and is open to all grade levels.
6. I know healthy eating, choices, and activities play a prominent role in our health curriculum.
7. We are one of the few remaining schools in our area that offers PE classes to students' year around.
8. Weather permitting; students are permitted to go outside for a 10—15 minute recess at lunch time. This consists of playing catch with a football, Frisbee, volleyball, and soccer.
9. We are signed on to participate in the "Fuel up and Play 60" program, but still waiting on details from the NFL Rep.

Arno Elementary School:

1. Our kindergarten students do NOT receive gym but they have Music and Movement.
2. Starting January 26 ALL grade levels will have gym and kindergarten will no longer have Music and Movement.
3. All three elementary schools, have implemented non-food birthday celebrations.

4. Arno has a Run Club two days a week throughout the school year with included cross training activities during the winter months.
5. Arno has participated in the National Walk or Ride your Bike to School Day.
6. Arno participates in Positive Behavior Support and we incorporate physical activities into our monthly rewards like Dance Party, Zumba and jumping rope activities.
7. Arno does Friday dance at breakfast every Friday.

Bennie Elementary School:

- 1 . We have a Sports & Fitness Club for students and staff.
2. We have a Run Club for students and staff.
3. Students go out to recess every day when it is above 20 degrees wind chill.
- 4 We include information on food label reading, ingredient awareness, processed food vs. fresh food, the dangers of too much sugar, portion size, & having a balance between food and exercise.
5. We teach the relationship between sugar and fat.
6. We teach about healthy food choices = Sometimes foods vs. All the time foods.
7. We teach about Natural vs. processed.
8. We teach about Antioxidants in fruits and vegetables ("body ninjas").

Lindemann Elementary School:

- 1 . Healthy eating habits encouraged by all staff throughout the day and in the cafeteria.
2. We no longer allow "treats" to be brought in for birthdays, etc. Parents are encouraged to buy pencils, erasers, school supplies instead.
3. The PTA hosted "running club" that meets twice per week for two months.
4. Outside lunch recess.
5. Many teachers offer an afternoon recess time with their students for activities.
6. Lindemann Basketball Club for 5th graders for 3 months.
7. 5th grade flag football between classes during Friday Rewards.
8. 5th grade basketball between classes during Friday Rewards.

9. 5th grade kickball between classes during Friday Rewards.
10. 4th grade does a Health Unit at the beginning of each school year called "Knowing Myself", which focuses on Self Concept/Self Esteem, Personal Values, and Communication Styles.

Community School (Alternative Education HS):

1. Received Wellness Grant from Action For Healthy Kids
2. Participate in Out of the Darkness Walk for suicide awareness and prevention.

Community Involvement:

1. HS Hall Walking Club (throughout the entire school year)
2. Out of the Darkness Walk
3. District Color Run
4. Gymnasium Rentals
5. Relay for Life Cancer Walk