

Local Wellness Policy for Highfields, Inc.

Highfields, Inc 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.

Wellness Committee:

Highfields will have a wellness committee to establish goals and oversee the school health policies and programs. The committee will consist of dietary staff, Residential Director, Residential Manager, and students. The wellness committee will assess the wellness policy at least once every three years.

Nutrition Education

The Malcolm Williams school on our campus currently offers Health & Fitness courses as a part of the school curriculum. The health teacher meets the highly qualified standard that is in place for secondary special education classrooms. State content standards are used in determining the instructional content for this class.

Goals:

- Nutrition education information shall be displayed throughout the school campus including, school dining areas and classrooms.
- Nutrition education will provide the knowledge and skills necessary to promote health.
- All dietary staff will meet training requirements set by USDA Professional Standards.
- All dietary staff will be certified in Servsafe.
- Nutrition lessons will be included in health education as part of the Michigan Merit Curriculum
- Nutrition education will be integrated into enrichment activities such as cooking classes.

Nutrition Promotion

Highfields will provide an environment where students and staff receive consistent nutrition messages through the school building and dining hall.

Goals:

- Highfields will display nutritional and healthy eating posters throughout the facility.
- Direct care staff will eat the same meals as students to role model healthy eating.
- A variety of fruits and vegetables will be prominently displayed to encourage students to make healthy choices.
- Free water will be available throughout the school day and in the Dining Hall during meals.

Nutrition Standards

Highfields, Inc. shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.¹ Highfields, Inc. shall encourage students to make nutritious food choices.

Goals:

- Highfields shall monitor all food and beverages served to students, including those available outside the federally regulated child nutrition programs.
- Highfields will provide breakfast through the USDA School Breakfast Program.
- Highfields shall consider nutrient density² and portion size before permitting food and beverages to be served to students.
- Students will not be allowed to purchase food or drinks from any vending source during the school day.
- All students will have scheduled breakfast & lunch periods with meals provided meeting school meal program standards. 'Seat time' for breakfast will be no less than 10 minutes and no less than 20 minutes at lunch.
- Beverages containing caffeine will not be sold/provided on the campus.
- All after school snacks funded through MDE will meet federal nutrition standards.

Physical Activity Opportunities

Highfields, Inc. shall offer physical activity opportunities that include a variety of different sports and experiences. Physical activities shall equip students and staff with the knowledge, skills, and values necessary for lifelong physical activity. Opportunities will be offered throughout the day and will exceed beyond school hours.

Goal:

- Each year, all students will have the opportunity to participate regularly in supervised physical activities, either organized or unstructured. Examples include basketball, football, weightlifting, cardiovascular activity, volleyball, and golf.
- Healthy Living and Lifetime Fitness courses will be offered through Edgenuity, meeting all Michigan Merit curriculum requirements.
- No student will be exempt from health & fitness classes or credits and all students are discouraged from substituting other school credits in place of required physical education.
- Students will not be required to engage in physical activities or prevented from participating in physical activities as punishment

¹ Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program.
http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html

² Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).
http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

Other School-Based Activities Designed to Promote Student Wellness

Highfields, Inc. will implement appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Staff are encouraged to model healthy eating and physical activity behaviors

Goal:

- To fully embrace physical activity as regular behavior Highfields will provide activities within the daily lesson plan to promote a physical-active lifestyle. Examples include nature walks and physical work sessions.
- Free water and snacks will be available for staff.
- The Wellness Committee will provide monthly activities to promote physical and emotional well-being for staff.
- Physical activity equipment will be available to staff beyond school hours to support employee wellness.

Implementation, Assessment, Documentation, and Updates:

Implementation

Highfields Wellness Committee will monitor the implementation of the wellness policy. The Residential Director will be responsible for overseeing implementation and assessment.

Triennial Assessment

Highfields will assess the wellness policy every three years. The assessment will determine how the wellness policy compares to model wellness policies and progress made in attaining the goals of the wellness policy. This report will be provided to the public via Highfields website. The next assessment will be due by June 30th, 2029.

The Residential Director or designee shall be responsible for oversight of the Triennial Assessment and ensure compliance with established nutrition and physical activity policies.

Documentation

Highfields will provide staff, parents, and students with a copy of the wellness policy and documentation of where they can review the wellness policy, any updates, and any assessments of the policy at intake or during new hire orientation.

A copy of the Highfields' Wellness Policy is available to the public on our website:
<http://www.highfields.org/programs/residential/>

Updates to Policy

Highfields will modify or update the wellness policy as appropriate, based on the results of the Triennial Assessments, as district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerge; and new federal or state guidance or standards are issued. All updates and revisions will be posted to the Highfields website and each student will receive a copy of the revised policy.

Public Updates

Highfields will inform the students and parents about the wellness policy upon entry into the Highfields program. Additionally, information on how parents and students can participate on the wellness committee and assist with the development, implementation, and periodic review and update of wellness policy shall be included. All communication will be culturally and linguistically appropriate and will be available via the Highfields website.