

**Henry Ford Academy
20900 Oakwood Boulevard
Dearborn, Michigan 48124**

WELLNESS POLICY

PREAMBLE

The Henry Ford Academy (HFA) recognizes that good physical and mental health fosters improved student attendance, education and learning.

A local school wellness policy is a written document that helps school districts establish and maintain the requirements set forth by the Child Nutrition and WIC Reauthorization Act of 2004 (Section 204 of P.L. 108 - 265).

NUTRITION EDUCATION & HEALTH EDUCATION GOALS

All students in grades 9-12 will receive health education instruction that includes nutrition education as part of a planned, sequential and comprehensive school health education program. The program will be aimed at giving students the knowledge and skills necessary to be health literate as defined by national, state and health education benchmarks. Health instruction may be delivered by a certified health educator, but may also be taught within classroom instruction; including math, science, language arts, social sciences, physical education and elective courses.

PHYSICAL ACTIVITY GOALS

Students will be given opportunities for physical activity during the school day through physical education classes, competitive athletics, walking programs, and the integration of physical activity into various academic classes when possible. If possible, HFA may give opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs. HFA is also encouraged to promote physical activity programs (intramurals, walking, jogging, etc.) before school, during school, after school, and through contests.

GUIDELINES FOR SCHOOL MEALS

Nutrition Services will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; will accommodate the special dietary needs of students.

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Adequate dining room facilities are provided with adequate seating in a clean, safe, attractive, and comfortable environment; promote balanced food choices through visual cues such as signage, graphics, sample trays, etc. to demonstrate a balanced meal.

NUTRITIONAL GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

HFA will ensure that food and/or physical activity is not used as a punishment and staff will be educated about appropriate rewards involving food and physical activity. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.

Healthy food and beverage choices will be encouraged for vending, ala carte, student stores, parties and fundraising.

HFA encourages the promotion of a positive learning environment by providing healthy celebrations that shift the focus from food to the child. Providing nutritious food options demonstrates a school commitment to promoting healthy behavior and supports classroom lessons. HFA will encourage serving healthy foods at school parties. Notices should be sent to parents/guardians reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or reward celebrations.

OTHER HEALTH PROMOTING SCHOOL-BASED GOALS

Promote staff wellness initiatives (i.e. fliers, emails, sharing of resources).

Promotion will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

After-school programs will encourage physical activity, making healthy nutritional choices and promote healthy habits.

It is the goal of the HFA to promote the students' physical, emotional, and social well being through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, nutritious school meals, health education, and opportunities for physical education and activity.

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HFA shall encourage students to make nutritious food choices through accessibility and marketing efforts of healthful foods.

MONITORING & EVALUATION PLAN

An assessment of HFA's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the wellness committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

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HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

WHOLE GRAINS
Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

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