



# LOCAL WELLNESS POLICY

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# **Martin Luther King, Jr. Education Center Academy**

## **Local School Wellness Policy**

### **Preface**

Martin Luther King, Jr. Education Center Academy (MLK Academy) recognizes that schools cannot achieve their primary mission of education if students and staff are not physically, mentally, and socially healthy. We believe that our school should provide an environment where students learn and practice lifelong habits of healthy eating and physical activity. This wellness policy will guide our efforts to create a health-focused school culture and meet the requirements established by the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010.

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

#### **Committee Role and Membership**

MLK Academy will convene a representative school wellness committee to develop, implement, review, and update this wellness policy. The committee will include representatives from parents/caregivers, students, school nutrition, physical and health education, school health professionals, mental health staff, school administration, board members, and community members. Membership will reflect the diversity of our community.

#### **Wellness Policy Leadership**

MLK Academy will designate at least one school official to oversee wellness policy implementation and compliance.

#### **Designated Official(s):**

**Food Service Director** - [Mary Brady](#)

**Physical Education Teacher** - [Tiffany Jackson](#)

**Social Worker** - Cassandra King

**Parent Liaison** - Susan Chapman

**School Administrator/Director of Operations** - [Jamila Peterson](#)

## **Nutrition**

### **Nutrition Education**

All students, Pre-K–8, will receive nutrition education aligned with the Michigan Health Education Grade Level Content Expectations. This education will be integrated into the curriculum and reinforced across the school setting by trained staff.

#### **SMART Goal(s) for Nutrition Education:**

##### **Goal 1:**

By June 2026, implement a culturally relevant nutrition curriculum for all Pre-K–12 students, incorporating local food traditions and addressing prevalent health issues such as hypertension and diabetes.

Each month, the *Food Service Director* will work with our food vendors to offer a special dish that celebrates a different culture. Teachers may also invite students and their families to bring in a healthy, culturally themed dish from home to share with the class.

##### **Goal 2:**

By December 2025, organize quarterly family nutrition workshops focusing on affordable, healthy meal preparation, aiming for participation from at least 50% of student households.

The Parent Liaison will dedicate a portion of several (minimum of three) parent involvement events to healthy meal preparation. If necessary, additional events will be added to the calendar to meet the goal of hosting quarterly workshops with at least 50% student household participation.

#### **Nutrition Promotion**

##### **Goal 1:**

During the 2025–2026 school year, continue to ensure that 100% of cafeteria offerings meet USDA Smart Snacks standards, with an emphasis on reducing sodium and sugar content.

##### **Goal 2:**

By September 2025, launch a student-led "Healthy Choices" campaign, including monthly events and informational materials, to promote nutritious eating habits among peers.

This will include adding posters promoting healthy choices in apropos locations. One of the following designated roles - parent liaison/dean/social worker will monitor and provide guidance and support for the student-led campaign.

### **Standards and Guidelines for Foods and Beverages**

All foods and beverages served on campus during the school day will continue to comply with USDA Nutrition Standards for School Meals and Smart Snacks in School standards. MLK Academy will also maintain standards for foods and beverages provided to students during the school day.

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## **Physical Activity and Physical Education**

### **Physical Education**

MLK Academy will continue to offer quality physical education aligned with Michigan standards, equipping students with lifelong fitness skills.

#### **Goal 1:**

*By June 2026, continue to ensure that all elementary students receive 100 minutes and middle school students receive at least 150 minutes of physical education per week, incorporating culturally relevant activities to increase engagement. Recess may be included to meet the physical education requirements.*

#### **Goal 2:**

*By December 2025, provide professional development for physical education teachers on inclusive practices and culturally responsive teaching methods.*

### **Physical Activity**

Students will regularly participate in physical activity through structured and unstructured opportunities, promoting the benefits of an active lifestyle.

#### **Goal 1:**

By September 2025, implement daily 15-minute physical activity breaks in all classrooms to promote movement and reduce sedentary behavior.

#### **Goal 2:**

By March 2026, establish after-school physical activity programs, such as dance or sports clubs, aiming for participation from at least 25% of the student body

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### **Other School-Based Activities that Promote Wellness**

MLK Academy will implement evidence-based programs and initiatives across the school environment to support student health and well-being.

#### **Goal 1:**

*By the end of the 2025–2026 school year, integrate wellness topics into the school*

*curriculum across subjects, emphasizing the connection between health and academic success.*

**Goal 2:**

*By June 2026, will continue to host annual health related events in collaboration with local health organizations to provide resources and screenings for students and families.*

*Including hearing, vision and dental screenings onsite.*

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 **Implementation, Assessment, and Updates**

**Goal 1:**

*By August 2025, establish a Wellness Committee comprising staff, students, parents, and related stakeholders to oversee the implementation and evaluation of wellness initiatives.*

**Goal 2:**

*By June 2026, complete a comprehensive assessment of the wellness policy's effectiveness, using tools like the Healthy School Action Tool (HSAT), and provide accessible findings via the administration office or other means deemed appropriate.*

**Implementation**

A school-level wellness implementation plan will be created outlining responsibilities, timelines, and specific actions. Use of the Healthy School Action Tool (HSAT) is encouraged for planning and assessment.

**Triennial Assessment**

The wellness policy will be assessed every three years to evaluate implementation, compare it to model policies, and measure progress.

**Responsible Person for Assessment:**

*TBD*

**Documentation**

The following documentation will be maintained:

- A copy or URL of the current wellness policy
- The Local wellness policy is shared with the public via the Academy's website
- Results of the latest triennial assessment is also shared with the public via the administrative offices.
- Evidence of policy review, updates, and stakeholder involvement

**Policy Location:**

*www.mlkecademy.org*

**Documentation Location:**

*local Wellness Policy - Google Docs: [Local Wellness Policy - Google Docs](#)*

**Policy Updates**

This policy will be assessed annually and updated at least every three years or as needed due to new evidence, guidance, or changing community needs.

MLK Academy will share annual updates and results of triennial assessments with the public via culturally and linguistically appropriate communications, including the school website, emails, newsletters, and mailings. The school will invite stakeholder participation in wellness policy development and implementation.

Adopted: 06.18.25