



## Michigan Department of Education Local School Wellness Policy Update Outline

<b>Timeline and Team Details</b>	Describe timeline and list possible Local School Wellness Policy Committee members
Timeframe update will occur (Month, Year - Month, Year)	December 2023
Planned meeting frequency	Quarterly
Designated leader(s) of the wellness policy team	Director of Program Development, Lead Medical Aide, Yoga Instructor, Residential Manager; Operations Supervisor
LWP Team member names and relationship to the LEA	N/A

<b>Public Notification and Outreach</b>	<p>For each stage of policy development:  List out groups of stakeholders to include in outreach/recruitment and notification.  List method of notification (social media, email, newsletters, etc.)  Stakeholders: Including but not limited to: parents/guardians, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the public.</p>
Policy Development	<p>Stakeholders will include: all staff at Whaley Children's Center and the youth served at Whaley Children's Center.  Method of notification: the finalized wellness policy will be posted to the Whaley Children's Center Website and updated accordingly.</p>
Policy Implementation (activities connected to the policy)	<ol style="list-style-type: none"> <li>1. Review current wellness policy</li> <li>2. Make revisions to current policy</li> <li>3. Add new policy items to meet current MDE standard for Wellness Policy (by using checklist)</li> <li>4. Committee members to meet to approve corrections, additions, and final draft</li> <li>5. Once final Wellness Policy is approved by committee, President &amp; CEO will review/approve</li> <li>6. Final version will be posted to Whaley Children's Center's website</li> </ol>
Policy Review and Update	<p>November 2023- Each Wellness Committee Member is reviewing current policy and MDE Wellness Policy Checklist to make recommendations to update policy. The corrections, additions, and final version will be available in December 2023. It will be reviewed quarterly to ensure each policy point is accurate, as well as meets MDE guidelines.</p>





**Michigan Department of Education Local School Wellness Policy Update Outline**

<b>LWP Content</b>	Describe how each area will be included and who is responsible for this topic area
Nutrition Promotion	<p>Person responsible – Support Services Supervisor</p> <p><b>Education surrounding food preparation for each unit and group home.</b></p> <p>Implementation—</p> <ul style="list-style-type: none"> <li>• Schedule sessions with each unit and group home to provide information regarding cleaning, prepping, and cooking food items. Kitchen operations team to precut any items to avoid the need for knives for our youth and remove any potential safety concerns.</li> </ul> <p><b>Monthly staff overview to be provided to new or existing staff to provide an understanding of kitchen operations and implementation of healthy ideas/meals.</b></p> <p>Implementation—</p> <ul style="list-style-type: none"> <li>• Submit a schedule for monthly kitchen overview to Director of HR &amp; Agency Operations for approval.</li> <li>• Create a signup sheet in Google Doc to ensure regular attendance of staff.</li> </ul> <p align="center"><i>Monthly surveys provided from Support Services Supervisor</i></p>
Nutrition Education	<p>Person Responsible – Yoga Instructor</p> <p><b>Creating positive attitudes towards good nutrition provides motivation for improved nutrition and lifestyle practices conducive to promoting and maintaining the best attainable level of wellness for an individual.</b></p> <p>Implementation—</p> <ul style="list-style-type: none"> <li>• As part of the Whaley Wellness program for youth to provide monthly healthy food worksheets on connecting healthy foods with good health and wellness.</li> <li>• Taking small groups on wellness/nutrition field trips (Examples could include-- yoga studio visit followed by healthy smoothies, mindful walking followed by a healthy snack)</li> </ul> <p><b>To provide adequate knowledge and skills necessary for critical thinking regarding diet and health so the individual can make healthy food choices from an increasingly complex food supply. To assist youth in identifying resources to gain access to healthy food and nutrition information.</b></p> <p>Implementation—</p> <ul style="list-style-type: none"> <li>• Real life food experiences including planting, harvesting, and cooking of fruits and vegetables on the grounds of the Whaley Campus.</li> <li>• Monthly healthy cooking sessions or presentations at each unit</li> <li>• Every Saturday, youth are taken to Flint Farmer’s Market to explore. Coupons are provided, kitchen staff have coupons to take to the Market.</li> </ul>





**Michigan Department of Education Local School Wellness Policy Update Outline**

	<p><b>Staff to create positive attitudes towards good nutrition provides motivation for improved nutrition and lifestyle practices conducive to promoting and maintaining the best attainable level of wellness for an individual.</b></p> <p>Implementation—</p> <ul style="list-style-type: none"> <li>• Include specific healthy food/nutrition related material in the weekly staff Mindfulness Newsletter</li> </ul> <p><b>Staff to provide adequate knowledge and skills necessary for critical thinking regarding diet and health so the individual can make healthy food choices from an increasingly complex food supply. To assist staff in identifying resources to gain access to healthy food and nutrition information.</b></p> <p>Implementation—</p> <ul style="list-style-type: none"> <li>• Provide listings of free healthy cooking classes near the Center</li> <li>• Present information at all staff meetings quarterly</li> </ul>
Physical Activity	<p>Person Responsible – Residential Manager(s)</p> <p><b>Follow licensing guidelines to ensure 30 minutes of recreation time per day per youth is being met.</b></p> <p>Implementation—</p> <ul style="list-style-type: none"> <li>• Policy requires 30 minutes of recreation per day per shift (am and pm), Whaley incorporates this daily to meet requirements.</li> <li>• Compile a complete list of recreational activities to choose from, watching TV or video is not considered recreational.</li> <li>• Some examples include: offering a variety like basketball, Fitness Bingo, go bowling, jump roping, hula hoop, skating, bikes, walking, yoga sessions, sledding, snowshoeing, etc. Many of which are on campus.</li> </ul> <p><b>Staff overview to be provided on a monthly basis to new or existing staff to provide an understanding of kitchen operations and implementation of healthy ideas/meals.</b></p> <p>Implementation—</p> <ul style="list-style-type: none"> <li>• Submit a schedule for monthly kitchen overview to Director of HR &amp; Agency Operations for approval.</li> <li>• Create a signup sheet in Google Doc to ensure regular attendance of staff.</li> </ul>





**Michigan Department of Education Local School Wellness Policy Update Outline**

<p>Other school-based activities that are designed to promote student wellness</p>	<p>At our Center, we have many on-campus based activities to promote youth wellness. We have a gym, large playground, volleyball court, yoga/mindfulness student, a movement therapy studio with instruction weekly from a licensed recreation therapist, each youth has a bike of his/her own with safety accessories, and we must meet our requirement per licensing for 30 minutes per day of physical activity.</p> <p><i>To note, our Center has been requesting grant funding to assist with creating a safe, on campus bike path for our youth. Partial funds have been obtained and it is our hope that more funds will be secured to build this in 2024.</i></p>
--	---

<p><b>LWP Content Continued</b></p>	<p>Describe how each area will be included and who is responsible for this topic area</p>
<p>Standards and nutrition guidelines (Including all foods and beverages available on the school campus during the school day</p>	
<p>Policies that allow marketing or advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.</p>	<p>Not applicable to Whaley Children's Center</p>





## Michigan Department of Education Local School Wellness Policy Update Outline

<b>Plan for Measuring Implementation</b>	Identify tools and resources that can be used for assessment
What tools will be used for determining whether each school is implementing the policy as written?	Finalized Wellness Policy will be posted to the Whaley Children's Center Website.
What tools will be used to complete the triennial assessment?	<i>The Wellness Committee will be meeting quarterly to review the Wellness Policy for Whaley Children's Center. Updates will be made annually, unless warranted for immediate update. Annual updates to policy will ensure that at each triennial the policy is accurate and up to date.</i>





## Michigan Department of Education Local School Wellness Policy Update Outline

### Notes

#### Activities documented in 2023 (recreational)

- Bowling
- Roller skating
- Nature Walk through For Mar
- Visits to Yoga Studios
- Dodgeball with Whaley supporters inside and outside
- Guest visitors cooking healthy meals with the youth at the units and group homes
- Outdoor Field Day – held once per year on campus

\* In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

This institution is an Equal Opportunity Provider.

