

Wellness Policy Assessment Report

LEA / District Name: DPSCD

Reporting Timeframe (month/year to month/year): 2019-2022

Name(s) of Reviewer(s): Wellness Assessment Subcom School Name (if applicable):

Select grades:

PK K 1 2 3 4 5 6 7 8 9 10 11 12

Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Public Involvement, Notification, and Assessment

<input checked="" type="radio"/>	<input type="radio"/>	We have LEA official(s)/designee(s) in charge of wellness policy compliance.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Name(s)/Title(s): Dr. Nikolai Vitti, Superintendent			
<input checked="" type="radio"/>	<input type="radio"/>	We complete an assessment of the local school wellness policy at least every three years ("triennial assessment").	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Triennial assessment results are made available to the public in an easily accessible manner.			
<input checked="" type="radio"/>	<input type="radio"/>	Website address and/or description of how to access copy: www.detroitk12.org	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	At least every three years we use the results of the triennial assessment to update or modify the wellness policy as needed.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	The LEA informs and updates the public about the contents, updates, and implementation of the wellness policy at least annually and the policy is accessible to the public.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		Website address for policy and/or description of how to access copy: www.detroitk12.org (search board docs for Policy 8510 "Health and Wellness")			
		We retain records as required by federal regulations including:			
<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="checkbox"/> The written school wellness policy, <input checked="" type="checkbox"/> Documentation of making the wellness policy publicly available, <input checked="" type="checkbox"/> Documentation of outreach efforts inviting stakeholders to participate in the wellness committee / wellness policy process, and <input checked="" type="checkbox"/> Copy of triennial assessment and documentation of reporting results to public.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	The LEA utilizes a wellness committee that includes these community stakeholders in the development, implementation, review, and update of the wellness policy:	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
		<input checked="" type="checkbox"/> Administrators <input checked="" type="checkbox"/> Food service staff <input checked="" type="checkbox"/> School health professionals <input checked="" type="checkbox"/> Parents <input type="checkbox"/> School board members <input checked="" type="checkbox"/> PE teachers <input checked="" type="checkbox"/> Students <input checked="" type="checkbox"/> Public			
		Other stakeholders (describe): Community Partners			

Notes on public involvement, notification, and assessment:

DPSCD Wellness Committee re-established in 2022 after pandemic related lapses in activity, established monthly meetings during the school year with all required stakeholder groups. Assessment Subcommittee established and modified this assessment tool generated by the PA Dept. of Ed. in concert with school-level surveys of 34 schools (32% of buildings) Goals not in our policy were not assessed.

Nutrition Education*

<input checked="" type="radio"/>	<input type="radio"/>	Nutrition education is provided within sequential, comprehensive health education standards.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We teach, model, encourage, and support healthy eating through nutrition education.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Yes	No		Fully in Place	Partially in Place	Not in Place
<input checked="" type="radio"/>	<input type="radio"/>	We provide all students with knowledge and skills for healthy lives via nutrition education.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer age-appropriate nutrition education and activities to students in: <input checked="" type="checkbox"/> Elementary School <input checked="" type="checkbox"/> Middle School <input checked="" type="checkbox"/> High School	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Our nutrition education curriculum teaches behavior-focused skills such as menu-planning, reading nutrition labels, and media awareness.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	School food service and nutrition education classes work together to create a learning laboratory.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	In addition to meeting academic standards for nutrition education, we integrate nutrition education into a variety of subjects (e.g., math, science, language arts).	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We reinforce lifelong lifestyle balance by linking nutrition and physical activity.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Staff providing nutrition education receive standards-based training and professional development.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We engage and involve families and the community in nutrition education efforts.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
		Other goal (describe):			

Notes on goals for nutrition education:

At a majority of schools, the surveys indicated that the broad policy goals and directives are in place (Partially in place was selected as the default answer as not 100% of responses showed policy compliance). DPSCD has policy language that differs slightly from this tool, but shows potential areas to strengthen the current policy.

Nutrition Promotion*

<input checked="" type="radio"/>	<input type="radio"/>	We use evidence-based techniques and nutrition messages in school and encourage participation in school meal programs.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We participate in Farm to School activities such as having a school garden, taste-testing local products, incorporating local foods into school meals, and educating students in the classroom and on field trips about local agriculture.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We cooperate with community agencies and organizations to provide opportunities for student projects related to nutrition.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We implement behavioral economics techniques in the cafeteria to encourage consumption of whole grains, fruits, and vegetables and to decrease plate waste.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We display and disseminate consistent nutrition messages in schools, classrooms, cafeterias, homes, community, and media.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Our staff model healthy eating in front of students and avoid using unhealthy foods in classroom lesson plans.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer health and nutrition resources to parents to help them provide healthy meals for their children.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
		Other goal (describe):			

Notes on goals for nutrition promotion:

At a majority of schools, the surveys indicated that the broad policy goals and directives are in place (Partially in place was selected as the default answer as not 100% of responses showed policy compliance). DPSCD has policy language that differs slightly from this tool, but shows potential areas to strengthen the current policy.

Physical Activity*

<input checked="" type="radio"/>	<input type="radio"/>	We provide a variety of developmentally appropriate opportunities for physical activity during the school day for all students.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We contribute to the effort to provide students daily opportunities to accumulate at least sixty minutes of age-appropriate physical activity daily as recommended by the CDC.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Wellness Policy Assessment Tool and Report Template

Included in the written policy?			Implemented in the school building(s)?		
			Fully in Place	Partially in Place	Not in Place
<input checked="" type="radio"/>	<input type="radio"/>	In addition to planned physical education, we offer activities such as indoor and outdoor recess, before and after school programs, intramurals, interscholastic athletics, and clubs to meet the needs and interests of our students.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We maintain a physical and social environment that encourages safe and enjoyable activity for all students.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We discourage extended periods of inactivity (two hours or more) for students.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide physical activity breaks in the classroom.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer before and/or after-school programs that include physical activity for participating children.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We partner with parents/guardians and community members and organizations (e.g., YMCA, Boys & Girls Clubs, local parks, hospitals, etc.) to offer programs supporting lifelong physical activity.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We do not use physical activity as a punishment (e.g., running laps).	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We do not withhold physical activity as a punishment (e.g., taking away recess).	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We encourage walking and biking to school.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We encourage students and families to use our physical activity facilities, such as playgrounds and ball fields, outside of school hours in accordance with school rules.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
		Other goal (describe):			

Notes on goals for physical activity:

At a majority of schools, the surveys indicated that the broad policy goals and directives are in place (Partially in place was selected as the default answer as not 100% of responses showed policy compliance). DPSCD has policy language that differs slightly from this tool, but shows potential areas to strengthen the current policy.

Physical Education (PE)

<input checked="" type="radio"/>	<input type="radio"/>	We implement a PE program consistent with state academic standards. All students participate in PE.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	PE instruction promotes skills and knowledge necessary for lifelong physical activity.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	PE classes provide the means for students to learn, practice, and be assessed on developmentally appropriate skills.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Our curriculum promotes both team and individual activities.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer a comprehensive PE course of study with planned instruction time for students to meet standards at the proficient level.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We use a local assessment system to track student progress on state standards. Students are moderately to vigorously active as much time as possible during PE class. Accommodations are made in class for documented medical conditions and disabilities.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide safe and adequate equipment, facilities, and resources for PE class.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Certified health and PE teachers teach our classes.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We provide professional development for PE staff.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	PE classes have a teacher-student ratio similar to other courses for safe and effective instruction.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We do not use or withhold physical activity as a form of punishment in PE class.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
		Other goal (describe):			

Notes on goals for physical education:

At a majority of schools, the surveys indicated that the broad policy goals and directives are in place.

Wellness Policy Assessment Tool and Report Template

Included in the written policy?

Yes No

Implemented in the school building(s)?

Fully in Place Partially in Place Not in Place

Other School-Based Wellness Activities*

<input checked="" type="radio"/>	<input type="radio"/>	Free drinking water is available and accessible to students during meal periods and throughout the school day.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	School nutrition staff meet local hiring criteria and in compliance with federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide continuing education to school nutrition staff as required by federal regulations.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We provide adequate space for eating and serving school meals.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide a safe and clean meal environment for students.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer students enough time to eat (10 minutes sit down time for breakfast; 20 minutes sit down time for lunch) and schedule meal periods at appropriate hours.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We implement alternate school breakfast service models to increase participation, such as "grab & go," breakfast served in the classroom, and breakfast after first period.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Students have access to hand washing or sanitizing before meals.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Only authorized staff have access to the food service operation.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide the nutrition content of school meals to the school community.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We include students/parents in menu selections through taste-testing and surveys.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We utilize outside funding and programs to enhance school wellness.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	We train all staff on the components of the school wellness policy.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	School based activities are planned with wellness policy goals in mind.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Fundraising projects submitted for approval are supportive of healthy eating and student wellness.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We encourage administrators, teachers, school nutrition professionals, students, parents/guardians, and community members to serve as positive role models through district programs, communications, and outreach.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We communicate information to parents/guardians to support their efforts to provide a healthy diet and daily physical activity for their children.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	Indoor air quality is in accordance with our healthy learning environment program and applicable laws and regulations.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
		Other goal (describe):			

Notes on goals for other school-based activities:

At a majority of schools, the surveys indicated that the broad policy goals and directives are in place (Partially in place was selected as the default answer as not 100% of responses showed policy compliance). DPSCD has policy language that differs slightly from this tool, but shows potential areas to strengthen the current policy.

Nutrition Guidelines for All Foods and Beverages at School

<input checked="" type="radio"/>	<input type="radio"/>	We consider promoting student health and reducing obesity when offering foods and beverages to students at school.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Foods and beverages provided through the National School Lunch and School Breakfast Programs comply with federal meal standards.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We offer healthy food and beverage options at school-sponsored events, such as dances and sporting events.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Foods and beverages outside of the school meal, which are sold to students at school during the school day, meet or exceed the established federal competitive food standards (USDA Smart Snacks in School). Venues include vending, school stores, non-exempt fundraisers, and a la carte items.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Included in the written policy?			Implemented in the school building(s)?		
Yes	No		Fully in Place	Partially in Place	Not in Place
<input checked="" type="radio"/>	<input type="radio"/>	We limit the number of food fundraisers at school and have procedures in place for requesting a fundraiser exemption (i.e., selling foods that do not meet Smart Snacks) in accordance with limits set by PDE.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We have local standards in our written policy for foods and beverages offered for free to students at school, including food rewards, items offered at classroom parties and celebrations, and foods/beverages provided to the class as shared classroom snacks.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	We provide a list of nonfood ideas and healthy food/beverage alternatives to staff and parents/guardians.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	Only foods and beverages that meet or exceed federal nutrition standards (USDA Smart Snacks in School) are permitted to be marketed or promoted to students during the school day. Examples: posters, vending machines, menu boards, cups for beverage dispensing, coolers, trash cans.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes on nutrition guidelines for foods and beverages at school:

At a majority of schools, the surveys indicated that the broad policy goals and directives are in place (Partially in place was selected as the default answer as not 100% of responses showed policy compliance). DPSCD has policy language that differs slightly from this tool, but shows potential areas to strengthen the current policy.

*** At least one goal for these categories must be included in the written policy per federal regulations.**

Report on the progress made in attaining the goals of the wellness policy (REQUIRED):

DPSCD's Wellness Policy has one major flaw in its policy language; lack of SMART (Specific, Measurable, Achievable, Realistic, and Timely) goals. DPSCD policies are often too broad and have no specific, measurable, or time sensitive components. This Assessment Committee recommends that DPSCD strengthen its policy by adopting the Michigan Department of Education required SMART goal framework. Presently the DPSCD Wellness Policy is not completely in compliance due to this concern.

DPSCD policy language is also often repetitive, with distinct policy bullets having language that is redundant. The duplicated language points should be streamlined to remove any unnecessarily reiterated points. As indicated by several survey responses to specific policy goals, DPSCD policy is potentially being misinterpreted by school staff. In order to ensure district compliance, DPSCD needs to make any vague policy points more direct, detailed, and user-friendly. Confusing language cannot be expected to be understood by staff without adequate training.

The Wellness Assessment Subcommittee also recommends that all district staff receive a mandatory training related to the Wellness Policy, similar to those provided regarding other policies like Harassment or Conflict of Interest. Staff cannot be expected to follow and uphold policy that they have not been introduced to and trained.

In terms of compliance of the policy as written, the surveyed schools, indicate a high level of compliance to the policy. It can be inferred that DPSCD is largely meeting its expectations on policy goals. An online survey was created using every policy bullet point (word for word). To assess school-level awareness and adherence to the policy, this survey was presented to school staff orally by a partner organization surveyor and responses consisted of yes, no, or unsure. An additional survey was created for school district level Food Service Operations, consisting of regulatory policy points that school-based staff would potentially be unaware of. It is important to note, items in this survey marked not in place, do not mean that the activity is not being conducted, only that it was not assessed as a policy goal.

In the short term, the School Wellness Committee recommends to address flaws by drafting an amended version of the policy to present to the school board in the Fall of 2022. School Level assessments should continue to be conducted annually ahead of the next required triennial assessment in 2025 in order to gauge compliance and relative strength of the adopted policy.

USDA FNS NONDISCRIMINATION STATEMENT

Updated: 5/5/2022

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1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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