

## Section 1: General Information

School(s) included in the assessment:

OAK PARK SCHOOLS

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Month and year of current assessment: MAY 2023

Date of last Local Wellness Policy revision: 2017

Website address for the wellness policy and/or information on how the public can access a copy:

[www.oakparkschools.org/departments/food-service/](http://www.oakparkschools.org/departments/food-service/)

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? AT LEAST TWICE ANNUALLY

School Wellness Leader:

Name	Job Title	Email Address
DAN PHILLIPS	CHIEF OPERATING OFFICER	<a href="mailto:Dan.Phillips@opsk12.org">Dan.Phillips@opsk12.org</a>

School Wellness Committee Members:

Name	Job Title	Email Address
DAN PHILLIPS	CHIEF OPERATING OFFICER	<a href="mailto:Dan.Phillips@opsk12.org">Dan.Phillips@opsk12.org</a>
ARIC WIENCLAW	DIRECTOR OF FOOD SERVICE	<a href="mailto:Aric.Wienclaw@opsk12.org">Aric.Wienclaw@opsk12.org</a>
JESSICA SAENZ	EXECUTIVE CHEF	<a href="mailto:Jessica.Saenz@opsk12.org">Jessica.Saenz@opsk12.org</a>

### Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

- Michigan State Board of Education Model Local School Wellness Policy
- Alliance for a Healthier Generation: Model Policy
- WellSAT 3.0 example policy language

Describe how your wellness policy compares to model wellness policies.

We have fully adopted the “Alliance for a Healthier Generation” model policy for the Oak Park School District. This Policy can be found on the Oak Park Schools website on the food service webpage under District Departments, or by using the following link:

[www.oakparkschools.org/departments/food-service/](http://www.oakparkschools.org/departments/food-service/)

Moving forward under wellness committee guidance, this model policy may be amended to meet more specific needs of the Oak Park School District.

## Section 4. Compliance with the Wellness Policy and progress towards goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
  - Nutrition promotion and education
  - Physical activity
  - Other school based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the table below to indicate the progress made with each goal included in the Wellness Policy. The table may be used for each school separately or the district as a whole.

**Tip:** When developing a wellness plan, ensure activities are meeting goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve.
- **Measurable:** Quantify the progress.
- **Attainable:** Determine what is achievable.
- **Realistic:** Consider resources and determine what can reasonably be accomplished.
- **Time bound:** Identify deadlines for goals and related tactics.

The Centers for Disease Control and Prevention (CDC) has tips for developing [SMART objectives](#).

## Michigan Department of Education Local Wellness Policy Assessment Plan

School Name: OAK PARK SCHOOLS

Date: MAY 2023

### Nutrition Promotion and Education Goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:	<ul style="list-style-type: none"> <li>- Discovery Kitchens (<i>with an emphasis on Nutrition</i>) will be conducted periodically by food service chefs to help promote healthy eating.</li> <li>- Nutritional education materials will be running on digital monitors in each café during breakfast and lunch daily,</li> </ul>	Throughout the 23-24 school year	<ul style="list-style-type: none"> <li>- Progress will be measured by the amount of discovery kitchens food service can conduct as well as how often food service can partner with classrooms for nutritional education purposes.</li> <li>- All digital education materials will be rotated on a regular basis to keep material fresh.</li> </ul>	Food Service Executive Chef and district partners.	Teachers, food service staff, students.	NO - Ongoing Through SY 23-24

Physical Activity Goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
All Oak Park Schools' elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.	Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	Throughout the 23-24 school year	The District physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.	Licensed Physical Education Teachers	Teachers, students	NO - Ongoing through SY 23-24
All Oak Park Schools' secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.	Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.	Throughout the 23-24 school year	The District physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.	Licensed Physical Education Teachers	Teachers, students	NO - Ongoing through SY 23-24

School-based activities to promote student wellness goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year	The District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health & wellness promotion efforts.	Throughout the 23-24 school year	Biannual audits will be conducted to make sure School based wellness activities are being promoted as necessary.	Administrators, Teachers, Communication Director	Administrators, teachers, Students, Parents, Caregivers, Families, and the General Community	NO - Ongoing through SY 23-24

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum	Regular audits will be conducted throughout the year to make sure the required nutritional standards set forth USDA “Smart Snacks in Schools” is being utilized.	Throughout the 23-24 SY	Progress will be measured by following up with any audit findings and making sure findings are corrected immediately.	Food Service Director	Food service staff, District Staff & Students.	NO - Ongoing through SY 23-24

Guidelines for other foods and beverages available on the school campus, but not sold:

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.	Water cups/jugs will be available in the cafeteria if a drinking fountain is not present. ▪ All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water. ▪ Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.	Before the beginning of the 23-24 school year.	Regular audits will be conducted to make sure all proper water sources are maintained as necessary.	Dan Phillips – COO	Administrators, Teachers, Students	NO - Ongoing through SY 23-24

Marketing and advertising of only foods and beverages that meet Smart Snacks:

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.	<ul style="list-style-type: none"> <li>- Audit of current snack program being utilized to make sure proper products are marketed correctly to students.</li> <li>- Audit all food sold in stores and vending to make sure they are being marketed properly</li> </ul>	Before the beginning of the 23-24 School Year.	We will be auditing all marketing materials to make sure they work in conjunction with actual smart snacks and making sure there is no non-compliant food is being advertised.	Food Service Director	Food Service Staff & students.	NO - Ongoing through SY 23-24