

Local School Wellness Policy Assessment Tool

Ingham County Youth Center Alternative School Program & Ingham Academy Family Center

Lansing School and Eaton Intermediate School Districts

- 1. Below, list those involved with this assessment/update of the wellness policy as well as their relationship to the Ingham County Youth Center Alternative School Program-Lansing School District, and Ingham Academy Family Center-Ingham Intermediate School District.**

Richard Gentry, Director -Ingham County Youth Center

Tiffany Miller, Head Cook -Ingham County Youth Center

Kim Cook, Teacher Ingham- County Youth Center

Scott Leroy, Director- Ingham Academy Family Center

David Mateer, Supervisor- Ingham Academy Family Center

Leesa Helbig, Head Cook- Ingham Academy Family Center

Irma Arellano, Grant Coordinator- Youth Center and Ingham Academy

- 2. Have we designated a SFA official in charge of overseeing Local School Wellness Policy compliance?**

Irma Arellano, Grant Coordinator

- 3. Does the Wellness Policy compare? Are we missing any pieces?**

- Need flyers, newsletters, postings about Summer Food Program being promoted in the website and a list of agencies providing free meals, clothing & community gardens in the greater Lansing area.
- Need to post the assessment of the Wellness Policy.
- List of community resources or flyer should be sent with parents at release.

- 4. Does the Wellness Policy include goals for nutrition education and nutrition promotion? Provide examples.**

- The summer flyer is being designed and will be distributed in May.
- Bulletin boards in both buildings (Ingham Academy & ICYC) provide nutritional information.

- c. Physical education is encouraged in a classroom at least every other day is required. The Science teacher will be notified the curriculum expectations for both buildings.
 - d. All students receive at least 60 minutes of physical activity daily.
- 5. Does our Local School Wellness Policy include goals for physical activity?**
- a. The Wellness Policy includes goals and objectives for physical activity for all youth at ICYC and Ingham Academy.
 - b. We provide a variety of sports and activities both competitive and non-competitive.
- 6. What goals do we include in our Local School Wellness Policy for other school-based activities to promote student wellness? Provide examples in the comments below.**
- a. The dining environment is clean, safe and the food offered is colorful and appetizing.
 - b. Restrooms, and hand washing facilities are available to all students.
 - c. Water is available for all students in the dayrooms and a drinking fountain in the gym and hallways at the Youth Center, as well as a pitcher of water in the dining hall during meal times. Ingham Academy has fountains available in every hallway and a pitcher of water is made available during meal times.
 - d. The students have several options open to them at lunchtime after they eat to be social, active, or academic.
 - e. The policy ensures lunch will be at 11:45 Monday – Friday with snack at 10:00 a.m. Students will have adequate time to enjoy healthy foods with other youth while eating in the dining hall. We allow 30 minutes after sitting down to consume their meals.
- 7. What are our nutritional guidelines for all foods available within the school program? Provide examples in the comments below.**
- a. Nutritional guidelines of all foods available during the school day and outside of the school day are in line with the national guidelines.
- 8. What is our plan for measuring implementation of the Local School Wellness Policy? Explain in comments below.**
- a. ICYC is a residential facility; all students eat unless they are ill and require medical accommodations. Ingham Academy's daily participation in the School Lunch Program is tracked.
 - b. Timeframes of the policy are maintained.
 - c. Number of minutes per week and number of students receiving physical education are kept through attendance records.
 - d. Nutrition guidelines, portions, and access are all monitored and measured.

- e. Menus, selected products and portions are all recorded and monitored by production guidelines.
- 9. What progress has been made toward attaining the goals listed in the Local School Wellness Policy? Describe:**
- a. All goals are on track need but need to be reviewed more often.
 - b. Additions needed:
 - i. Increased promotion of proper nutrition with increased marketing of the Summer Lunch Program.
 - ii. Teacher to ensure curricula that provides students the opportunity to acquire information and skills needed to make quality health decisions.
 - iii. The Wellness Policy needs to be distributed to parents, during release or other means, or a flyer referring to the website.
- 10. Is the school in compliance?**
- a. Yes.
- 11. How do we inform students, parents, stakeholders, and the public of the Local School Wellness Policy?**
- a. It is posted on the website.
- 12. How are potential stakeholders made aware of their ability to participate in the development, assessment, update, and implementation of the Local School Wellness Policy?**
- a. All members of the committee were asked to review the policy for compliance and completeness.
 - b. The policy is implemented by 6 Wellness Committee members.
 - c. All members sign off on the review of the policy yearly.
- 13. Based on our assessment, what updates/changes will be made to the Local School Wellness Policy? Describe in the comments below.**
- a. Promotion of the Summer Lunch Program at participating locations around Lansing will need to be displayed.
- 14. How will the results of this assessment be made available to the public? Describe in the comments below.**
- a. Copies of this assessment will be made posted online with the Wellness Policy.
- 15. When will the next assessment and update of the policy occur?**
- a. The assessment will be conducted during the summer months each year.
 - b. This policy will be reviewed and revised if needed, before school starts in September 2015.