EAST SHORE LEADERSHIP ACADEMY - WELLNESS PLAN GOALS 2026-27

Mission: The Wellness Promotion Policy creates a forum to educate East Shore Leadership Academy and community partners to successfully collaborate in promoting healthier lives. With East Shore Leadership Academy's goal of improving student performance, the direction of the Wellness Team is to encourage a proactive approach to holistically address the health and wellness for all school children and staff, their parents, and the community.

Wellness Promotion Goals and Objectives
The following goals and objectives are to be used by the Wellness Team to evaluate the strengths, weaknesses, and resources of East Shore Leadership Academy. East Shore Leadership Academy is encouraging a positive and proactive approach to this exciting opportunity to impact students' health and their school environment.

NUTRITION EDUCATION
a. Goal: To promote nutrition education with the objective of improving students' health and reducing childhood obesity.
a. Objectives:
i. The school cafeteria should serve as a "learning library" to allow students to apply critical thinking skills taught in the classroom.
ii. Nutrition education should involve sharing information with families and the broader community to positively impact students and the health of the community.
iii. Nutrition education for grades K-8 should be provided to students through the Michigan State University Extension Office of Saint Clair County.
iv. The District should provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
v. Students should be encouraged to start each day with a healthy breakfast.

c. Action Plan:
1. Breakfast-on-the-go to encourage participation rates and healthy eating.
2. MSU Extension will teach K-8 nutrition
3. Add more physical posters and nutrition messages on the monitor in the cafeteria that encourage good eating habits.
4. Resources on physical activity and good nutrition will be added to web and/or FB.
5. The Student Wellness Group, that meets with the MSU Extension staff, will add a healthy blurb to morning announcements and/or on the screen in lunchroom.

PHYSICAL ACTIVITY

a. Goal: To promote physical activity with the objective of improving students' health and reducing childhood obesity.

b. Objectives:

i. Physical education/activities/gym-time, should be an environment where students learn, practice, and are individually assessed on developmentally appropriate motor skills, social skills, and knowledge which will support life-long benefits of physical activity.

ii. Physical activity participation should take into consideration the "balancing equation" of food intake and physical activity.

iii. Physical education/activity should include the instruction of individual activities as well as competitive, in-school, and non-competitive team sports to encourage life-long physical activity which provides outlets for stress-reduction.

iv. The school should provide a physical, social, and emotional environment that encourages safe and enjoyable activity for all students and staff including those who are not athletically gifted.

v. Information should be provided to staff and families to help them incorporate physical activity into their students' lives.

c. Action Plan:

1. Daily recess by all grade levels
2. Field day for all grade levels in the Spring
3. School-wide Carnival event once a year
4. Continue to partner with The Athletic Factory for East Shore's after school program.

OTHER SCHOOL-BASED ACTIVITIES

a. Goal: To promote the health and wellness of students and staff.

b. Objectives:

i. East Shore Leadership Academy has established a student wellness team. The team will work with the MSU extension on building and maintaining a garden. The wellness team should be comprised of families, teachers, administrators, school health staff, community representatives and students to plan, implement, and improve nutrition and physical activity in the school environment when applicable.

ii. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness.

iii. After-school programs should encourage physical activity and health-habit formation.

iv. Wellness-Promotion Policy goals should be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

v. Support for the physical, social, and emotional health of all students and staff should be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs if possible.

vi. East Shore Leadership Academy shall provide information about wellness resources and services to assist in identifying and supporting the health, safety, and well-being of all students and staff.

c. Action Plan:

1. School Wellness Team will meet and discuss wellness initiatives once a year with documented

meeting minutes.
2. Staff members will encourage others to stay fit and exercise.

NUTRITION STANDARDS

a. Goal: To promote nutrition guidelines, a healthy eating environment, Child Nutrition Programs, and food safety and security at East Shore Leadership Academy with the objective of promoting student health and reducing childhood obesity.

b. Objectives are stated below:

Nutrition Guidelines for All Foods at East Shore Leadership Academy

i. In addition to providing healthful meals in the cafeteria, schools will provide healthy selections of foods and beverages on campus (e.g. in vending machines, concession stands, a la carte, student stores, parties/celebrations, and fundraising) during the school days, if applicable. The selections will be in accordance with the Smart Snack Regulations.

ii. Food providers should take measures to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Food providers should offer a variety of age-appropriate healthy food and beverage selections for elementary schools, middle schools, and high schools.

iii. Nutrition information for products served should be available.

iv. Classroom snacks provided by the school should be healthy snacks. Families should be educated and encouraged to provide healthy snacks/choices.

v. Nutrition education should be incorporated during classroom snack times and not just during meals. Foods and beverages sold at fundraisers should include healthy choices and provide age-appropriate selections for elementary schools, middle schools, and high schools.

c. Action Plan:

1. Posters in the cafeteria will encourage students to make healthy choices
2. After school programs will provide a healthy after-care snacks if applicable
3. Any items sold in vending or drink machines will meet Smart Snack Regulations

Eating Environment if applicable

i. Meal periods should be scheduled to provide enough time for students to eat. An additional option for breakfast could be an in-class breakfast program.

ii. Dining areas should be attractive and have enough space for seating the students who will be dining.

iii. Drinking water should be available for students at meals.

c. Action Plan:

1. Students will be provided up to 25 minutes to eat breakfast and lunch during the school day to ensure proper seating of children.
2. Water will be made available to all faculty, staff, and students during mealtimes.
3. Breakfast on the go will be done to encourage participation and access to breakfast.

Child Nutrition Operations

i. The child nutrition program should ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

ii. The school should strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack, and summer food service programs).

iii. The school should employ a Food Service Director who is qualified to administer the school food service program and satisfy reporting requirements.
iv. All food service personnel should have adequate training in food service operations.

c. Action Plan:
1. Food service personnel will have adequate training provided by the director of Food Services
2. Food provided will be affordable and breakfast will be done through the program “breakfast on the go” to encourage participation.
Food Safety/Food Security
i. The foods made available at East Shore Leadership Academy provided by the School Food Authority, should comply with the state and local food safety and sanitation regulations.
ii. For the safety and security of the food and facility, access to the food service operations should be limited to Child Nutrition staff and authorized personnel.
c. Action Plan:
1. Food made available on campus will comply with the state and local food safety and sanitation regulations. Inspections will be conducted by the local authorities.
2. Access to food services will be restricted to Child Nutrition Staff and authorized personnel only. Signs will be posted.

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