

WELLNESS

Reference: Richard B. Russell National School Lunch Act, 42 USC §§ 1751, 1758, 1766; Child Nutrition Act, 42 USC § 1773

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Academy's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the Academy shall:
(Specific goals need to be inserted here. See Appendix A.)
- B. With regard to physical activity, the Academy shall:
(Specific goals need to be inserted here. See Appendix B.)
- C. With regard to other school-based activities the Academy shall:
(Specific goals need to be inserted here. See Appendix C.)
- D. With regard to nutrition promotion, the Academy shall:
(Specific goals need to be inserted here. See Appendix D.)

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

(Specific guidelines need to be inserted here. See Appendix E.)

The Board designates the Educational Service Provider and or School Leader as the individual(s) charged with operational responsibility for verifying that the Academy meets the goals established in this policy.

The Educational Service Provider and or School Leader (employed by the Board) shall appoint an Academy wellness committee that includes parents, students, representatives of the Academy food authority, educational staff (including physical education teachers), school health professionals, members of the public and Academy administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current Academy environment;
- B. review of the Academy's wellness policy;
- C. presentation of the wellness policy to the Board for approval;
- D. measurement of the implementation of the policy;
- E. recommendation for the revision of the policy, as necessary.

Before the end of each school year the Wellness Committee shall recommend to the Educational Service Provider and or School Leader (employed by the Board) any revisions to the policy it deems necessary.

The Educational Service Provider and or School Leader (employed by the Board) shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.

The Educational Service Provider and or School Leader (employed by the Board) is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Educational Service Provider and or School Leader (employed by the Board) shall distribute information at the beginning of the school year to families of Academy children and post the policy on the Academy's website, including the Wellness Committee's assessment of the implementation of the policy.

Adopted 8/1/11
Revised 6/16/14

SPECIFIC GOALS FOR NUTRITION

- A. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
- B. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
- C. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
- D. Nutrition education shall extend beyond the school by engaging and involving families and the community.
- E. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
- F. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
- G. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
- H. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

Adopted 10/8/15

SPECIFIC GOALS FOR PHYSICAL ACTIVITY

Physical Education

- A. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
- B. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

Physical Activity

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

Adopted 8/1/11
Revised 6/16/14

SPECIFIC GOALS FOR OTHER ACADEMY-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

- A. The schools shall provide at least twenty (20) minutes daily for students to eat.
- B. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- C. The Academy shall provide attractive, clean environments in which the students eat.
- D. Students at Summit Academy North are permitted to have bottled water only in the classroom.
- E. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
- F. Students, parents, and other community members shall have access to, and be encouraged to use, the Academy's outdoor physical activity facilities outside the normal school day.
- G. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the Academy dining areas.
- H. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- I. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Adopted 10/8/15

SPECIFIC GOALS FOR NUTRITION PROMOTION

With regard to nutrition promotion, the Academy shall encourage students to increase their consumption of healthful foods during the school day.

Adopted 6/16/14

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

Adopted 6/16/14

VENDING MACHINES

Reference: 42 USC 1779

The Board of Directors recognizes that vending machines can produce revenues useful to augment programs and services to students and staff. The Board may, therefore, authorize the use of vending machines in School facilities, providing the following conditions are satisfied.

- A. A contract is made with a reputable supplier of vending machines and products to install, service, stock, and maintain each vending machine.
- B. Food items and beverages available for sale to students in vending machines for consumption on the School campus (any area of property under the jurisdiction of the School that is accessible to students during the school day) during the school day (the period from the midnight before, to thirty (30) minutes after the end of the official school day) shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.

The designated school leader shall develop and implement Administrative Guidelines to ensure these conditions are followed on a continuing basis.

Adopted: 8/1/11
Revised 5/14/15