

## 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:
  - 1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
  - 2. 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.
  - 3. Nutrition education standards and benchmarks shall be age appropriate and culturally relevant.
  - 4. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
  - 5. The Academy shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
- B. With regard to physical activity, the Academy shall:

### **Physical Education**

- 1. 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.

2. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
3. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

**Physical Activity**

1. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
  2. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- C. With regard to other school-based activities the Academy shall:
1. The Academy shall provide attractive, clean environments in which the students eat.
  2. Students at the Academy are permitted to have bottled water only in the classroom.
  3. The schools may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
- D. With regard to nutrition promotion, the Academy shall:
1. encourage students to increase their consumption of healthful foods during the school day;
  2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
    - a. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;
    - b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;
    - c. whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation;
    - d. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);
    - e. meals designed to meet specific calorie ranges for age/grade groups;

- f. eliminate trans-fat from school meals;
- g. require students to select a fruit or vegetable as part of a complete reimbursable meal;

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

#### **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.
- D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
- F. The school food service program may involve
  - 1. students,
  - 2. parents,
  - 3. staff,
  - 4. school officialsin the selection of competitive food items to be sold in the schools.
- G. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- H. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the 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 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 any revisions to the policy it deems necessary.

The Educational Service Provider 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 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 shall:

- A. include information in the student handbook;

and post the policy on the Academy's website, including the Wellness Committee's assessment of the implementation of the policy.