

STRIDE Academy School

4-28-2014

School Wide Wellness Policy

Policy 533

Wellness

I. Purpose

The purpose of this policy is to assure *STRIDE Academy School* provides a school environment that promotes and protects students' health, well-being and the ability for optimal learning by supporting healthy eating, physical activity, and healthy student life skill/s development.

II. General Statement of Policy

STRIDE Academy School is committed to providing a healthy school environment because:

- A. *STRIDE Academy governing Board of Directors* recognize that good nutrition, health education and physical education are essential components to the educational process and that the promotion of good health practices will have a positive impact on student attendance, optimal learning and healthy student life skill/s development.
- B. The school environment should promote and protect students' health, well being, and ability for optimal learning by encouraging healthy eating and physical activity.
- C. *STRIDE Academy School* encourages the involvement of students, parents, teachers, health service personnel, paraprofessionals (K-12 specialists in health, physical education and science), food and nutrition services staff, school board directors, school administrators and other interested persons (such as public health and nutrition specialists) in implementing, monitoring and reviewing the school's nutrition and physical activity policies. A *Wellness Committee* shall be formed to plan, implement and improve the school's nutrition and physical activity in the school; environment.
- D. All children need access to healthy foods and opportunities to be physically active in order to grow, learn effectively, and thrive in order to achieve academic success.
- E. All students in K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- F. Qualified food and nutrition services personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; make reasonable accommodations of student religious, ethnic and cultural diversity of the student body in meal planning; and will provide a clean, safe and pleasant environment.
- G. In addition, local wellness policy goals will be considered in the planning all school-based activities (such as school events, field trips, dances, and assemblies).

Support for the health of all students will be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

III. General Guidelines

Foods and Beverages Served or Sold During the School Day

[The Act requires that school districts have nutrition guidelines, selected by the school district, for foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.]

- A. All foods and beverages made available on campus (including concessions, vending, beverage contracts and ala carte cafeteria items) will be consistent with the current *USDA Dietary Guidelines for Americans*.
- B. Food and beverages offered over the course of a school week will be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choice to maintain a balanced diet.
- C. Foods and beverages available during the school day will include a variety of healthy choices that are excellent quality, appealing to students and served at the proper temperatures.
- D. Foods and beverages available during the school day minimize the use of trans and saturated fats, sodium and sugars as defined by the *USDA Dietary Guidelines for Americans*.
- E. Elementary: The Food and Nutrition Services Department will approve and provide all food and beverages sales to students elementary aged. Given young children's limited nutrition skills, food to elementary aged students will be sold as balanced meals. Foods and beverages will not be sold individually to students except low-fat milk, fruits and non-fried vegetables.
- F. Middle School: Foods and beverages sold to these school-aged students may be sold individually, outside the reimbursable school meal programs (including those sold ala carte, through snack bars, vending machines, student stores and/or fundraising activities), if applicable, during the school day or through programs for students before or after the school day, will meet the following nutrition and portion size standards.
- G. Beverages
 - 1. Permitted: Water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk.
 - 2. Not Permitted: Carbonated beverages; sport iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweetener; beverages containing caffeine, excluding low-fat or fat free chocolate milk (contains trivial amounts of caffeine). Carbonated Beverages are allowed at after-school events.
 - 3. Springly: Sport drinks will not be promoted. However, may be made available during the school's annual Field Day event. Appropriate "portion" control will be supervised at this event.
- H. Nutritional Quality of Foods

School Meals served through the National School Lunch and Breakfast Programs will:

1. Serve only low-fat (1%) and fat-free milk, except when whole or 2% milk is recommended for students with special nutritional needs; offer lactose reduced milk when requested by students and/or parent/guardian.
2. Foods and vegetables available during the school day will minimize the use of trans and saturated fats, sodium, and sugar as defined by the *USDA Dietary Guidelines for Americans*.
3. A choice of at least three fruits and/or non-fried vegetables will be offered at all lunch school sites where meals and food is served/sold. Such items will include, but not limited to:
 - fresh fruits, and vegetables;
 - 100% fruit and vegetable juice;
 - cooked, dried and/or canned fruits (canned in fruit juice or light syrup); and
 - cooked, frozen and canned vegetables.
4. Ensure that half of the served grains are whole grain.

I. Portion Sizes

1. Food and beverages will be offered in modest portion sizes, age appropriate for elementary, middle and high school-aged students, respectfully.

J. Other Support

1. Food and nutrition services personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, and state guidelines.
2. Food and nutrition services personnel shall adhere to all federal, state and local food safety and security guidelines.
3. *STRIDE Academy School* will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. * Food and nutrition services will utilize

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electronic identification and payment systems; provide breakfast meals for K-6 students, regardless of income; promote the availability of school meals to all students; and/or nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Best Practices: Health Related:

1. *STRIDE Academy School* will provide student access to hand washing or hand sanitizing (as an alternative only when access to soap and water is not permissible) before they eat meals or snacks.
2. *STRIDE Academy School* will make every effort to provide students with sufficient time to eat after sitting down or school meals and will schedule meal periods at appropriate times during the school day.
3. *STRIDE Academy School will:*
 - a. provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
 - b. schedule meal periods at the recommended “appropriate” time periods, i.e. Lunch will be scheduled no earlier than 11:00 AM and no later than 1:00 PM.

- c. work to schedule lunch periods whenever possible to follow recess periods in the elementary-aged students, (minimal: K-1) to increase student nutrient and to reduce food waste.
 - d. make dining areas attractive and provide enough space for seating all children.
 - 4. *STRIDE Academy School* will discourage tutoring, club, organizational meetings or activities during mealtimes, unless students may eat during such activities.
 - 5. Sharing of foods or beverages between students will be discouraged during snack or meal times, given concerns about food allergies and other restrictions of some children's diets.
 - 6. In response to the increase number of students with severe peanut/nut food allergies. *STRIDE Academy School* will make reasonable efforts to promote and advocate in making the school environment a "Peanut/Nut Safe" environment; and offer alternative peanut safe meals for students with such nutritional alternative support needs.
 - 7. After-school activities should also follow these guidelines.
- K. In an effort to meet nutritional needs and enhance the ability of students to learn; *STRIDE Academy School* will promote the practice of children eating breakfast, either at home or at school.

STRIDE Academy School will:

- 1) to the extent possible or by regulation, operate the School Breakfast Program.
- 2) notify parents and students of the availability of the School Breakfast Program when made available.
- 3) to the extent possible, utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom or cafeteria, "grab-and-go" breakfast, or breakfast during morning break or recess.

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- L. Foods and beverages made available during the school day through the following sources:
- 1) **Snacks:** Snacks served (including breakfast and/or enrichment programs) will make a positive contribution to children's diets and health, will emphasize serving whole grains, fruits, vegetables, and dairy as the primary snack items. The School Wellness Committee will identify methods to disseminate resource list/s of healthful and *peanut/nut safe* snack items.
 - 2) **Field Trips:** When planning a field trip which will occur during the scheduled lunch periods, the classroom teacher will, to the extent possible, collaborate with Food and Nutrition Services to provide the student the option of receiving a meal from school; being mindful of the number of students on free or reduced priced meals who may not be able to provide a lunch from home.
 - 3) **Rewards:** *STRIDE Academy School* will not use food or beverages as rewards for academic performances or good behavior (unless this practice is indicated within a student's individual education plan or behavior intervention plan), and will not withhold food and beverages (including food served through the school meals) as a punishment. Rewards and incentives will be used that do not undermine the health of the

students and/or reinforce unhealthful eating habits.

Non-food rewards and incentives will be used as the first choice to encourage positive behavior. The School Wellness Committee will disseminate a list of positive, non-food rewards to teachers and support staff.

- 4) **Celebrations:** *STRIDE Academy School* will limit celebrations that involve food during the school day to no more than *one party per class per month*. Classroom celebrations, especially with elementary-aged students, should encourage healthy choices and portion control. The celebration should take place during the last hour of the school day, so as not to interfere with school meals. When celebrations occur during the scheduled lunch periods, the classroom teacher will to the extent possible collaborate with Food and Nutrition Services. The School Wellness Committee will disseminate a list of healthy and *peanut/nut safe* ideas to be used by parents and teachers in the food planning for these events.
- 5) **Fundraising:** In an effort to support the School's Wellness policy *STRIDE Academy School* will encourage fundraising activities that promote the sale of non-food and nutritious food items and also be mindful of food allergy safety issues. *STRIDE Academy School* will encourage activities that will promote physical activity. The School Wellness Committee will make available a list of ideas for acceptable fundraising activities.
- 6) **School Sponsored Events:** (i.e. athletic events, performances and/or dances) Concession sales can be a great opportunity to provide and promote healthy choices. These sales can be profitable and still provide non-traditional healthy alternative options for students and their families. Research results have shown that students will buy and consume healthy foods and beverages when the options are accessible, tasty and affordable. As a result, *STRIDE Academy School*, to the extent possible, will make healthy choice options available. DRAFT806MTH
- 7) **Promotional Activities:** These activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement and/or positive youth development.
- 8) **Advertising:** These forms of messages will be consistent with and will reinforce the objectives of the education and nutrition environment goals of the school. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with standards established for the school environment through this Wellness Policy.

IV. School Food and Nutrition

Program and Personnel

- A. *STRIDE Academy School* will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
- B. The Director of Food and Nutrition Services shall be responsible for the school's meal programs, whose duties shall include the creation of nutrition guidelines and procedures for the selection for

foods and beverages served in the cafeterias during the school day to ensure food and beverage choices are consistent with current *USDA Dietary Guidelines for Americans*.

- C. Food and Nutrition Services programs will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. Food and Nutrition Services will ensure that all students have affordable access to the varied and nutritious foods they need.
- D. *STRIDE Academy School* shall designate an appropriate person, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus, outside of the School Meals Program to ensure food and beverage choices are consistent with current *USDA Dietary Guidelines for Americans*.
- E. *STRIDE Academy School* will provide continuing professional development for all food and nutrition service personnel in school, as part of the school's responsibility to operate a food and nutrition service program. Staff development programs will include appropriate certification and/or training programs for the Director, Head Cook and Food and Nutrition Services Staff, according to their level of responsibility.

V. Nutrition Education and Promotion

- A. *STRIDE Academy School* will encourage and support healthy eating by students and engage in healthy nutrition promotion that is:
 - 1) Offered as part of a sequential, comprehensive program designed To provide students with the knowledge and skills necessary to promote good health practices and maintain individual optimal wellness.
 - 2) Integrated into other areas of the curriculum such as math, science, Language arts, social sciences and other elective subjects, where Appropriate; and
 - 3) Be enjoyable, developmentally appropriate, culturally relevant and includes student participatory activities. (i.e. contests, promotions, taste tasting and/or field trips.
- B. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific, evidence-based activities and instructional techniques and strategies designed to promote healthy eating habits.
- C. The school cafeteria will serve as a “learning laboratory” to allow students to apply nutrition skills taught in the classroom. The promotion of healthy foods, including fruits, vegetables, whole grains and low fat dairy products will be encouraged.
- D. *STRIDE Academy School* will provide identify methods and provide educational information to families that encourage them to teach their children about health, nutrition and the importance of daily physical activity.

- E. **Staff Wellness:** *STRIDE Academy School* values highly the health and well being of every staff personnel and is committed to the develop of activities and policies which support personal efforts of staff to practice healthy lifestyle habits in order to achieve individual optimal wellness.

School staff should act as role models for both good nutrition and active physical behavior/s. As part of the School Wellness Committee, there will be a “Staff Wellness” sub group which will work with staff to identify staff needs and develop strategies to enlist staff to implement healthy lifestyle habits.

VI . Physical Activity

- A. **Physical Education (P.E.) K-8:** All students will receive regular physical education instruction. The length of physical education instruction period will be maximized based on current scheduling.

STRIDE Academy School will assure that:

- 1) All P.E. will be taught by a certified physical education teacher.
- 2) The P.E. curriculum will be coordinated with the health education curriculum.
- 3) The P.E. courses will be in an environment where students can learn, practice and can be assessed by developmentally appropriate motor, social and knowledge assessment tools.
- 4) A Student involved in other physical sport activities, (interscholastic and/or intramural sports) may not substitute these activities for meeting the physical education requirement.
- 5) Students will spent at least **50%** of P.E. class time participating in moderate to vigorous physical activity.
- 6) Any student identified with special health care support needs, (such as asthma, diabetes, seizure disorder, etc.) must have an “Individual Health Care plan” developed, signed by the student’s health care provider and made available to the P.E. teacher prior to the student engaging in physical activities. Staff development training will be made available to all P.E. staff to assure care plan directives are understood and will be met appropriately.

- B. **Integrating Physical Activity into the Classroom Setting:** In order for students to fully embrace the concept of “physical activity” as a life skill behavior, students need opportunities for physical activities beyond the P.E. environment setting. At least 60 minutes/day is the national recommended amount of daily physical activity recommended for the student-age group.

In order to implement these recommendations, *STRIDE Academy School* will:

- 1) Provide classroom health education time to reinforce the development of student self management skills necessary for the development of healthy lifestyle behavior skills and reduce sedentary lifestyle habits, such as watching television and playing video games for prolong periods of time.
- 2) Provide opportunities for physical activity to be incorporated into other subject lessons (i.e. science, math and social studies), where appropriate.
- 3) Encourage classroom teachers to provide short physical activity breaks between lessons when appropriate.

C. **Daily Recess:** All elementary-aged students will have at *least 20 minutes* a day of supervised recess, preferably outdoors. Recess school staff should verbally encourage students to partake in moderate to vigorous physical activities through the provision of equipment and space. The School Wellness Committee will provide a list of recess physical activities to be disseminated to recess school staff.

D. **Physical Activity Opportunities in Before/After-School and Intersession Programs:**

- 1) All students enrolled in these programs will be offered extracurricular physical activity opportunities and interscholastic sports program options.
- 2) All programs will offer a range of physical activities that meet the needs, interest, age, and diverse abilities of all students.
- 3) Any student identified with special health care support needs, (such as asthma, diabetes, and/or seizure management, etc.) must have an "Individual Health Care plan" developed, signed by the student's health care provider and made available to program staff.
- 4) All Program staff will provide and encourage, verbally and through the provision of space, equipment and coordinated activities, daily periods of moderate to vigorous physical activity for all participants, when appropriate.

E. **Physical Activity and Punishment:** Teachers and other school and community personnel will not use physical activity (i.e. running laps, push-ups) or withhold P.E. as a discipline action. The school will discourage tutoring, club or organizational meetings or other activities during recess or P.E. class time.

F. **Parent Communication:**

- 1) *STRIDE Academy School* recognizes that parents and guardians have a primary fundamental role in promoting and protecting their children's health and well-being.
- 2) The school will support parents' efforts to provide a healthy diet and daily physical activity for their child/ren.

G **Food Safety and Security:**

1. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illnesses in school.
2. Access to the Food and Nutrition Services operations are limited to Food and nutrition staff and authorized personnel.

VII . Implementation and Monitoring

A. The Center for Disease Control (CDC)'s School Index will be used to assess the nutrition and physical activity needs of students. Assessments will be repeated every *three years* to help review policy compliance, assess progress, and determine area in need of improvement.

B. To meet compliance requirements of the Child Nutrition and WIC Act of 2004, the *Wellness Committee* will monitor and evaluate the school's implementation of this *Wellness Policy*.

1. The Wellness Policy working draft will be presented to the School Board of Directors for review and comments after approval by the Wellness Policy Committee
2. Staff responsible for the areas outlined within this policy will ensure compliance effort/s and report results to the Wellness Committee, as appropriate.

References

Statute: 42 U.S.C. __ 1751 *et seq.* (Richard B. Russell National School Lunch Act)
42 U.S.C. __ 1771 *et seq.* (Child Nutrition Act of 1966)
P.L. 108-265 (2004) __ 204 (Local Wellness Policy)
7 U.S.C. __ 5341 (Establishment of Dietary Guidelines)
7 C.F.R. __ 210.10 (School Lunch Program Regulations)
7 C.F.R. __ 220.8 (School Breakfast Program Regulations)

State: Minnesota Department of Education, www.education.state.mn.us
Minnesota Department of Health, www.health.state.mn.us
Action for Healthy Kids Minnesota www.actionforhealthykids.org
www.actionforhealthykids.org/filelib/toolsforteachers/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf

Additional Resources:

- Wilmar Public Schools Wellness Policy adapted with Permission (2006)
- American Alliance for Healthy, Physical Education, Recreation and Dance
- American Association of School Administrators (AASA)
- Council of Chief State School Officers (CCSSO)
- National Association of Elementary School Principals (NAESP)
- National Association of Secondary School Principals (NASSP)
- National Association of State Boards of Education (NASBE)
- National PTA
- National School Board Association (NSBA)
- School Nutrition Association (SNA)
- Center for Disease Control and Prevention (CDC)
- National Food Service Management Institute (NFSMI) Eating at School Summary
- United States Department of Agriculture (USDA)
- United States Department of Health and Human Services

