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## **ATHLOS LEADERSHIP ACADEMY POLICY 8.9 WELLNESS**

### **I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

### **II. GENERAL STATEMENT OF POLICY**

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades PK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

### III. GUIDELINES

#### A. Wellness Committee

1. The Principal is the leader of the Wellness Committee and has the authority and responsibility to ensure that the school complies with the policy. The Principal has the authority to delegate other school officials to lead the committee alongside the Principal.
2. The Wellness Committee meets at least 3 times during the fiscal year.
3. Participation in the Wellness Committee is permitted for the public and the school community (including parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board and school administrators) to participate in the Wellness Policy process.

#### B. School Meals

1. Food service personnel will take every measure to ensure that student access to foods and beverages meets or exceeds all federal, state, and local laws and guidelines.
2. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
3. The school district 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.
4. The school district will provide students access to handwashing or hand sanitizing before they eat meals or snacks.
5. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
6. The school district will discourage clubs or activities during mealtimes unless students may eat during such activities.
7. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.

#### B. Staff Qualifications and Professional Development.

1. The school shall designate an appropriate person to be responsible for the school

district's food service program to ensure food and beverage choices are consistent with USDA Dietary Guidelines for Americans.

2. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel.

C. Water

1. To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The district will make drinking water available where school meals are served during mealtimes.
2. Students will be allowed to bring and carry with them throughout the school day approved water bottles filled only with water. Water fountains and drinking water stations will be maintained for student use.

D. Competitive Foods and Beverages

1. The district is committed to ensuring that all food and beverages made available by the school to students on the school campus during the school day promote healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g. "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. SMART Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.
2. To support healthy food choices and improve student health and well-being, all food and beverages outside of the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold.

E. Celebrations and Rewards

Foods offered on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

1. Celebrations and parties: The district will promote non-food celebrations for classroom parties.
2. Any celebrations involving food are pre-approved by the Principal. Occasional celebration foods (graduation, school dances, etc.) may fall outside of the scope of USDA Smart Snacks in School nutrition standards.
3. Student snacks: The district will provide snack guidelines for parents including a list of foods that meet Smart Snacks nutrition standards. Families are encouraged to provide an individual daily snack for their student. Water is the only allowable beverage during snack time.

F. Nutrition Education and Promotion

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of health education classes.
  - c. enjoyable, developmentally appropriate, and culturally relevant,
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte [snack] lines, vending machines, and fundraising events.

G. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
2. K-8 students will have physical education classes regularly throughout the week. Prekindergarten students have two large motor activity times scheduled in during the school day.
3. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
4. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
5. Grades PK-8 will be scheduled for a daily recess break.

H. Other School-Based Activities that Promote Student Wellness

1. Whenever possible, the district will offer opportunities for students to participate in physical activity before or after school through contracts with community sports activities.

I. Nutrition Guidelines for Food and Beverages Sold During the School Day

1. The district participates in USDA child nutrition programs, including the National School Lunch Program and School Breakfast Program. The district is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students.
  - Are appealing and attractive to children.
  - Are served in clean and pleasant settings.
  - Meet or exceed current nutrition requirements established by local, state and Federal statutes and regulations. (The district offers reimbursable school meals that meet USDA nutrition standards.)
2. To support healthy food choices and improve student health and well-being, all foods and beverages outside of the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA SMART Snacks nutrition standards. These standards will apply through all services where food and beverages are sold during the school day, which may include, but are not limited to: a la carte options in the cafeteria, vending machines, school stores and snack or food carts.

J. Food and Beverage Marketing

Any food or beverage marketed to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. Food and beverage marketing is defined as advertising and other promotion in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with commercial interest in the product. This term includes the following examples:

- Brand names, trademarks, logos and tags, except when placed on a physically present food or beverage product or its container.
- Displays such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment.
- Corporate brand, logo, name or trademark on equipment or supplies.

K. Public Updates

1. The district will annually notify families and the public of basic information about this policy, including its content, any updates to the policy and implementation status. The district will make this information available via the district website and/or district-wide communications.

L. District Wellness Goals

1. Nutrition promotion and education will take place throughout the school year by scheduling health classes during the specials blocks.
2. Students will have the opportunity to have a healthy snack each day.
3. All students will receive at least 2 extended opportunities for physical activity each day through fitness and recess schedules.
4. Classrooms will implement movement breaks throughout the school day.
5. The school will make an effort to contract with or connect with community opportunities for physical activity to take place on campus before or after school.
6. Middle school students will have the opportunity to select from elective courses that focus on physical activity.

M. Triennial Assessment

At least once every three years, the district will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the district is in compliance with the wellness policy.
- The extent to which the district's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the district's wellness policy.

The Triennial Assessment Report will be made available on the district website.

The wellness policy will be updated, as needed, at least every three years following the triennial assessment.