

# **Community Academy Charter School Wellness Policy**

Community Academy Charter School promotes a healthy school by supporting wellness, good nutrition and regular physical activity as part of the total learning environment.

## **To accomplish these goals:**

- Child Nutrition Programs (meals) will comply with federal, state and local requirements and will be accessible to all students.
- Nutrition education will be provided and promoted.
- Physical activity will be included outside of formal physical education.
- School-based activities will be consistent with this Wellness Policy.
- Foods and beverages made available at the school will adhere to food safety and security guidelines as well as regulations established by the Healthy Schools Act.
- The school environment will be safe, comfortable, and allow time for eating meals.
- Food and physical activity will not be used as a reward or punishment.
- The school will encourage all students to participate in school meal programs and protect the identity of students who eat free or reduced-priced meals.

## **Nutritional/Health Education**

- Nutrition Education will be integrated into the curriculum by classroom teachers where appropriate.
- Nutrition Education will be provided by the school's foodservice providers by sharing information via menus, web site materials, and classroom presentations.
- Nutrition Education will involve sharing information with families and the community to positively impact the school's students and the health of the community.
- Health Education will be integrated into the curriculum by classroom teachers where appropriate for an average of at least 15 minutes per week.
- The school will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students will be encouraged to start every day with a healthy breakfast. Free breakfast will be made available to all students before 8:30 am.

## **Physical Activity Opportunities**

- Physical Education will be provided to all students and will teach students the knowledge, skills, and values necessary to understand the short – and long term benefits of a healthy life style.
- Physical activity will be integrated into the curriculum by classroom teachers, where deemed appropriate.
- Physical Education shall be provided to students in periods of at least 30 per week for k-5 and at least 45 minutes per week for 6-8 grades. At least 50% of Physical Education class time shall be devoted to actual physical activity.
- Students may be provided a daily recess period which will not be used as a punishment or reward. The schools will consider planning recess prior to lunch as research has shown that physical activity prior to lunch can increase nutrient intake and reduce food waste.
- The school will provide a physical and social environment that encourages safe and enjoyable activity for students.

- Sodium levels will not exceed 480mg per non-entree and 600mg per entrée.
- Only low-fat (1% or less) and fat-free (skim) milk, flavored and unflavored fluid milk and/or United States Department of Agriculture approved alternative dairy beverages will be served with meals.
- 100% full strength fruit and vegetable juices with no sweeteners will be served.
- Unsweetened, unflavored, non-carbonated and caffeine-free water will be provided with meals.

### **Implementation and Evaluation**

- The school food service manager shall ensure that this Policy is implemented and annually evaluated.
- The school will form a student Nutrition Advisory Council (SNAC) that will review and provide input on school lunch menus. The SNAC will review this Policy not less than annually and provide the school board suggested changes to the Policy no later than June 30 of each year.
- Food Service management shall provide assurance that the guidelines for reimbursable schools meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
- Food Service management shall establish a plan to use environmentally friendly cleaning supplies and non-disposable tableware in serving meals to students, adopt sustainable food practices to enhance environmental quality and economic viability of farm operations, increase the use of locally grown, locally processed, and unprocessed foods from growers engaged in sustainable agriculture practices and establish a plan for engaging students in physical activity at least 60 minutes a day.

### **Community Involvement**

- The SNAC members will include parents, students, food service employees, school administrators, school board members and members of the interested public.