

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 during the school day will be consistent with the current Dietary Guidelines for Americans and meal patterns and nutrition standards of the USDA.
- Food and beverages made available at the school will adhere to food safety and security guidelines.
- 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 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.
- 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. Breakfast programs will be implemented, where appropriate.

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.
- 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.
- The school will encourage families and community members to institute programs that support physical act.

Other School Based Activities Designed to Promote Student Wellness

- After-school programs will encourage physical activity and health habit formation.
- Support for student health will be demonstrated by helping to enroll eligible students in Medicaid and other state children's health insurance programs.
- Healthy foods will be considered when planning all school-based activities such as school events, fundraisers, field trips, and classroom snacks and treats.
- There will be ongoing professional training for food service and physical education staff.
- The school will provide a clean and safe meal environment for students and ensure an adequate time for students to eat their meals.

Nutrition Guidelines for Foods Available at School during the School Day

- Students will have affordable access to nutritious foods they need to stay healthy and learn well.
- Food for sale throughout the instructional day will meet the National School Lunch Program requirement of no more than 30% of its calories derived from fat.
- Food for sale throughout the instructional day will have no more than 10% of its calories from saturated fat.
- The school will encourage the consumption of nutrient dense foods, i.e., fresh fruit and vegetables.
- Classroom snacks will feature healthy choices.
- Fundraisers will consider healthy choices.
- Foods made available will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HAACP) plans and guidelines will be in place to prevent food illness.

Implementation and Evaluation

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