

Adoption Date:	03/18/2013
Revision Date(s):	02/23/2015



## Board Policy 2.1

# Student Nutrition and Wellness

### 1. Purpose:

Arts Academy Charter School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board of Directors is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

### 2. Authority:

To ensure the health and well-being of all students, the Board establishes that the school shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
3. Physical education courses and opportunities for developmentally-appropriate physical activity during the school day.
4. Curriculum and programs for all grades that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

### 3. Delegation of Responsibility:

The Executive Director or designee shall be responsible to monitor Arts Academy Charter School programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Adoption Date:	03/18/2013
Revision Date(s):	02/23/2015

The designee shall report to the Executive Director regarding compliance within the school.

Staff members responsible for programs related to student wellness shall report to the Executive Director regarding the status of such programs.

The Executive Director shall annually report to the Board on the school's compliance with law and policies related to student wellness. The report may include:

1. Assessment of school environment regarding student wellness issues.
2. Evaluation of food services program.
3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity.
5. Recommendations for policy and/or program revisions.
6. Suggestions for improvement in specific areas.
7. Feedback received from school staff, students, parents/guardians, community members and Wellness Committee.

An assurance that school guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Executive Director or his/her designee.

#### 4. Guidelines: Wellness Committee

The Executive Director may appoint a Wellness Committee comprised of no less than five individuals drawn from the following: School Board member, school administrator, school food service supervisor, principal, school nurse, school staff member, &/or parent/guardian.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

### **Advisory Health Council**

An Advisory Health Council may be established by the Executive Director to study student health issues and to assist in organizing follow-up programs.

Adoption Date:	03/18/2013
Revision Date(s):	02/23/2015

The Advisory Health Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Advisory Health Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Advisory Health Committee, if established, shall provide periodic reports to the Executive Director or his/her designee or designee regarding the status of its work, as required.

### **Nutrition Education**

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate. Nutrition curriculum shall be behavior-focused.

School food service and nutrition education classes shall cooperate to create a learning laboratory.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Criteria shall be developed to measure “properly” and “appropriate.” This language mandates the requirement of the above-referenced criteria. If this has not yet been adopted, then we recommend that it be removed. In the alternative, the criteria may be developed concurrently with the re-approval of this Policy by the Board.

Adoption Date:	03/18/2013
Revision Date(s):	02/23/2015

School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated by school personnel throughout the school, schools, classrooms, cafeterias, homes, community and media.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

### **Physical Activity**

Arts Academy Charter School shall strive to provide opportunities for developmentally-appropriate physical activity during the school day for all students.

Arts Academy Charter School shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

It shall be the goal of AACCS that the students participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; and intramurals, shall be *offered* to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity breaks shall be provided for elementary students during classroom hours.

Many of the school's after-school programs provide developmentally-appropriate physical activity for participating children.

Arts Academy Charter School shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment.

Adoption Date:	03/18/2013
Revision Date(s):	02/23/2015

## **Physical Education**

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health- enhancing physical activity shall be implemented.

A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All school students must participate in physical education. Students with medical conditions and/or disabilities that prevent them from actively participating in the physical education curriculum shall be provided with an alternative physical education curriculum to suit their medical needs.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

Appropriate professional development shall be provided for physical education staff.

Physical education classes shall have a teacher-student ratio comparable to those of other courses within the school.

Physical activity shall not be used as a form of punishment.

Adoption Date:	03/18/2013
Revision Date(s):	02/23/2015

## **Other School Based Activities**

The Executive Director shall ensure that students are provided with adequate space, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat, which shall consist of no less than twenty (20) minutes sit-down time for lunch.

Meal periods shall be scheduled at appropriate hours, as defined by the school.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet criteria established by the school shall administer the school meals program.

Professional development shall be provided for school nutrition staff.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/guardians.

Students and parents/guardians may be involved in menu selections through various means.

To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.

Food shall not be used in the school as a reward or punishment.

The school shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Goals of the Student Wellness Policy shall be considered in planning all school based activities.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.

The school shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Adoption Date:	03/18/2013
Revision Date(s):	02/23/2015

## **Nutrition Guidelines**

All foods available in Arts Academy Charter School during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

## **Competitive Foods/Beverages**

Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs.

All competitive foods available to students in Arts Academy Charter School shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools.

All competitive foods available to students in Arts Academy Charter School shall comply with the established nutrition guidelines, as listed in the student wellness plan, administrative regulations, guidelines, procedures.

## **Safe Routes to School**

The school shall assess and, where possible, implement improvements to make walking and biking to school safer and easier for students.

The school shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

School administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.