

WELLNESS

Reference: Richard B. Russell National School Lunch Act, 42 USC §§ 1751, 1758, 1766; Child Nutrition Act, 42 USC § 1773

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Academy's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the Academy shall:
(Specific goals need to be inserted here. See Appendix A.)
- B. With regard to physical activity, the Academy shall:
(Specific goals need to be inserted here. See Appendix B.)
- C. With regard to other school-based activities the Academy shall:
(Specific goals need to be inserted here. See Appendix C.)
- D. With regard to nutrition promotion, the Academy shall:
(Specific goals need to be inserted here. See Appendix D.)

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

(Specific guidelines need to be inserted here. See Appendix E.)

The Board designates the Principal as the individual(s) charged with operational responsibility for verifying that the Academy meets the goals established in this policy.

The Principal shall appoint an Academy wellness committee that includes parents, students, representatives of the Academy food authority, educational staff (including physical education teachers), school health professionals, members of the public and Academy administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current Academy environment;
- B. review of the Academy's wellness policy;
- C. presentation of the wellness policy to the Board for approval;
- D. measurement of the implementation of the policy;
- E. recommendation for the revision of the policy, as necessary.

The Principal shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.

The Principal is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Principal shall distribute information at the beginning of the school year to families of Academy children and post the policy on the Academy's website, including the Wellness Committee's assessment of the implementation of the policy.

Adopted 6/28/07
Revised 1/15/14

SPECIFIC GOALS FOR NUTRITION

- A. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

Adopted 6/28/07
Revised 8/20/14

SPECIFIC GOALS FOR PHYSICAL ACTIVITY

Physical Education

- A. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
- B. All students in grades K-6, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for thirty (30) minutes, two to three (2-3) days per week for the entire school year.
- C. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- D. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, health-enhancing physical activity.
- E. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- F. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- G. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
- H. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
- I. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
- J. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
- K. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
- L. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- M. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

- N. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
- O. Planned instruction in physical education shall include cooperative as well as competitive games.
- P. Planned instruction in physical education shall take into account gender and cultural differences.
- Q. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

Physical Activity

- A. Physical activity should not be employed as a form of discipline or punishment.
- B. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- C. The Academy shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- D. All students in grades K- 6 shall be provided with a daily recess period at least twenty-five (25) minutes in duration. Recess shall not be used as a reward or punishment.
- E. The Academy shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- F. The Academy shall encourage families and community organizations to institute programs that support physical activity of all sorts.
- G. The Academy shall provide students in grades K-6 with the opportunity to use physical activity in which they participate outside the regular school day (other than organized interscholastic athletics) to satisfy curricular requirements.
- H. All students in grades K-6 shall have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.
- I. All students in grades K-12 shall have the opportunity to participate in interscholastic sports programs.
- J. The Academy shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.
- K. In addition to planned physical education, the Academy shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

- L. All after-school programs shall provide developmentally appropriate physical activity for the students who participate.

Adopted 6/28/07
Revised 1/15/14

SPECIFIC GOALS FOR OTHER ACADEMY-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

- A. The Academy may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
- B. The Academy may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
- C. The Academy may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
- D. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

Adopted 6/28/07
Revised 8/20/14

SPECIFIC GOALS FOR NUTRITION PROMOTION

- A. encourage students to increase their consumption of healthful foods during the school day;
- B. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
 - 1. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;
 - 2. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;
 - 3. whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation;
 - 4. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);
 - 5. meals designed to meet specific calorie ranges for age/grade groups;
 - 6. eliminate trans-fat from school meals;
 - 7. require students to select a fruit or vegetable as part of a complete reimbursable meal;
- C. Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

Promotions/Partnerships:

Through partnership with Sparrow Hospital and Kohls each school has the opportunity to earn twenty (20) mileage or running club.

Adopted 1/15/14

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable Academy meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.
- F. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte.
- G. Beginning with 2006 – 2007 school year, all foods available to students on campus during the school day and outside school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including foods available to students as classroom snacks, from vending machines for fund raisers, for classroom parties, or at holiday celebrations.
- H. All foods available on campus at any time shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as well as foods that are served as classroom snacks, from vending machines, for fund raisers, for classroom parties, at holiday celebrations, at concession stands, or at any school-related event.
- I. The Academy food service program may involve students, parents, staff and Academy officials in the selection of competitive food items to be sold in the schools.
- J. All foods available to students in Academy programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- K. The food service program shall be administered by a qualified nutrition professional.
- L. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

- M. All food service personnel shall receive pre-service training in food service operations.
- N. Continuing professional development shall be provided for all staff of the food service program.

Adopted 6/28/07

Revised 1/15/14

BOARD RESOLUTION

WHEREAS children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and

WHEREAS good health fosters student attendance and education; and

WHEREAS obesity is increasing rapidly in the United States, affecting adults and children of all races, ethnicities, and income levels; and

WHEREAS the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and the number of overweight adolescents aged 12-19 has more than tripled in that same time; and

WHEREAS overweight children and adolescents are more likely than not to remain overweight, become obese adults, and develop related chronic illnesses; and

WHEREAS reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn, and play; and

WHEREAS schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and

WHEREAS the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all Academies with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006 – 2007 school year;

THEREFORE BE IT RESOLVED that it is the intent of the Board of Directors of Cole Academy to comply fully with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and

BE IT FURTHER RESOLVED that the Principal, shall seek the involvement of parents, students, representatives of the school food service program, the Academy board, Academy administrators, and the public as this Academy's wellness policy is developed, and shall recommend a policy to the Board not later than Jan 30, 2014 and

BE IT FURTHER RESOLVED that the Board reserves the right to modify the recommended policy as it deems necessary; and

BE IT FURTHER RESOLVED that said policy shall be adopted no later than 2013-2014 school year and shall be effective on the first day of the school year beginning after July 1, 2006.

Adopted 6/28/07
Revised 1/15/14