

*Adopted:*

*Revised: December 1<sup>st</sup>, 2010*

*Revised: February 15<sup>th</sup>, 2017*

## **New Century Academy District Wellness Policy**

### **I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes and protects students' and staff's 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 encourages the involvement of students, parents, teachers, school nutrition staff, and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity policies.
- D. Students will have opportunities, support, and encouragement to be physically active on a regular basis.
- E. Qualified school nutrition 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.
- F. NCA will participate in the federal school meals program.
- G. Foods and beverages sold or served at school during the school day will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- H. NCA will provide nutrition education and physical activity, and will establish linkages between health education and school meals programs and with related community services.
- I. NCA staff and support personnel serve as role models and should encourage activities and programs that support healthy lifestyles for all employees.

### **III. GUIDELINES TO ACHIEVE THESE POLICY GOALS**

Nutritional quality of foods and beverages sold and served on campus during the school day:

### **Food Service Staffing**

It is the goal of the Wellness Committee that staff involved with the food service is properly qualified. These are the following recommendations:

- A. Food Service Coordinator possesses the appropriate skills to train food service personnel.
- B. Food Service Staff and student volunteers will receive appropriate instructions on food safety service and maintaining clean environment.
- C. Dining Room supervisory staff (teachers, aids, janitorial staff, and students) shall maintain safe, orderly and pleasant eating environments.
- D. Food Service personnel will reinforce positive messages about healthy eating throughout the school setting.

### **Reimbursable Meals**

It is the goal of the Wellness Committee to ensure that all reimbursable meals prepared and offered by the Food Service will meet nutrition requirements established by local, state and federal statutes and regulations. To achieve this, the following is recommended:

- A. The school food service program shall operate in accordance with the National School Lunch Act. Schools shall offer varied and nutritious food choices that are consistent with the federal governments Dietary Guidelines for Americans.
- B. Procedures are in place to provide families, upon request, information about the nutritional value and ingredients of the foods served. Binder located in Kitchen Office.
- C. Food prices shall be designed to encourage students to purchase school lunches.
- D. A variety of fruits and vegetables will be offered.
- E. Serve low-fat (1 %) and fat-free milk and nutritionally – equivalent non-dairy alternatives upon request.
- F. Ensure that at least half of served grains are whole wheat and whole grain for the current school year.

### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- A. Schools will, to the extent possible, operate the School Breakfast Program;

- B. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program;
- C. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **Nutritional Quality of Foods and Beverages Sold and Served at School**

It is the goal of the Wellness Committee to ensure that all competitive food and beverage options available during the school day contribute toward healthy eating patterns. The following recommendations are in order:

- A. The Food Service Department will promote effective and eye pleasing presentation of food offerings that have nutritional value.
- B. District administration will discourage any district advertising opportunities that do not support a healthy nutritional environment.
- C. School Store - It is recommended that at least 50% of all store items should be healthy options. Vending machine snacks will not be available during the school day. Only before and after school.
  - 1. Beverages – provide a variety of beverage choices to students, such as bottled water, 100% juice, low fat or fat free milk, and reduced calorie/no added sugar drinks. No more than 50% of the vending selections will be soft drinks. If soft drinks are available, 50% of the selections must be low calorie/diet.
  - 2. Foods – 80% of food items sold individually: will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat; a choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold.
- D. Portion sizes – limit portion sizes of foods and beverages sold individually to those listed below:
  - 1. One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
  - 2. Two ounce for cookies;
  - 3. Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
  - 4. Four fluid ounces for frozen desserts;
  - 5. Eight ounces for non-frozen yogurt;
  - 6. 12 fluid ounces for beverages, excluding water; and
  - 7. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals.
- E. Fundraising activities – the school will encourage fundraising efforts to be supportive of healthy eating.
- F. Snacks provided by outside sources (from home) served during the school day or in after-school care or enrichment programs will make a positive contribution to

- children's diets and health, with an emphasis on serving whole grains, fruits and vegetables as the primary snacks and water, milk, and 100% juice as the primary beverage. NCA will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
- G. Rewards – schools will not use foods or beverages as primary rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.
  - H. Celebrations – schools should encourage healthy food choices for celebrations.
  - I. Drinking water and hand washing facilities will be available for students at all times of the school day at the teacher's discretion.

### **Nutrition Education**

The goal of the Wellness Committee is to teach, encourage and support healthy eating at NCA. Schools should provide nutrition education and engage in nutrition promotion. The following is recommended:

- A. Nutrition education and promotion is offered at 7<sup>th</sup> - 12<sup>th</sup> grade level as part of a sequential, standards-based program designed to provide students with knowledge and skills necessary to promote and protect their health.
- B. Nutrition education is part of not only health education classes, but also may be integrated in other classroom curriculum and projects.
- C. Nutrition education should promote fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods and healthy nutrition practices.
- D. In accordance with the USDA guidelines, nutrition education should emphasize caloric balance between food intake and energy expenditure.
- E. Measurement of Implementation: The Director will monitor the implementation of nutrition education through performance evaluations of the health educator on staff. The health educator on staff will use the School Health Index available from the Center for Disease Control and Prevention to plan, implement, and evaluate the nutrition education provided within the school's curriculum.

### **Student Environment**

It is the goal of the Wellness Committee to ensure that all students are treated equally and have access to the School Lunch Program. The following goals are recommended:

- A. Students will have access to the Free/Reduced Lunch Program if they qualify.
- B. Free/Reduced lunch forms are to be sent home to families at the beginning of each school year and be accessible throughout the school year.

- C. Schools 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-priced lunches.
- D. Students should be allowed sufficient time to eat during lunch periods and with at least 20 minutes for lunch from the time the student is seated. Serving times should be adjusted as needed.
- E. Students should be reminded by posters hanging in the lunchroom to wash their hands before meals (to prevent the spread of germs and to reduce illness). Antibacterial soap will be available before going through lunch line.
- F. Cafeterias should be clean, attractive and include enough seating to accommodate all students who would like to sit and eat lunch. Tables should to be cleaned between lunch shifts. Students are encouraged to assist with the table washing.
- G. Lunch periods should be scheduled for the middle of the school day.
- H. Nutritional information posters will available to promote good nutritional choices.

### **Physical Activity in the Classroom Setting**

It is the goal of the Wellness Committee to ensure that the students of NCA receive at least 30 minutes of daily physical activity and for students to understand that regular physical activity is a personal behavior, and that they need physical activity beyond physical education class. These goals are recommended:

- A. NCA should ensure that every student from seventh through twelfth grade receives regular, age appropriate quality physical education.
- B. NCA should facilitate students' participation in each day moderate to vigorous physical activity as well as encourage staff in participating in offerings in staff wellness to meet the recommended guideline for adults.
- C. All physical education classes should be taught by certified physical education teachers.
- D. Ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes.
- E. Physical education should be designed to build interest and proficiency in skill, knowledge and attitudes essential for a lifelong physically active lifestyle for staff and students.
- F. Physical education curriculum should be coordinated with the health education curriculum.
- G. Discourage the use of physical activity as punishment, the withholding of participation in physical education class or recess as punishment, or the use of physical education class time to complete assignments from other classes.

- H. NCA must ensure that physical activity facilities on school grounds are kept safe and well-maintained.
- I. NCA shall encourage after-school physical activity that meets the needs and interests of all students, including those who are not athletically gifted and those with special needs.
- J. NCA should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.
- K. Measurement of Implementation: The Director will monitor the implementation of physical activity through performance evaluations of the physical educator on staff. The physical educator on staff will use the School Health Index available from the Center for Disease Control and Prevention as well as the presidential physical fitness standards to plan, implement, and evaluate the physical activity provided within the schools curriculum.

### **Policy Implementation**

It is the goal of the Wellness Committee that this policy is followed and enforced throughout our school. The implementation of the policy will be evaluated and directed by:

- A. The Food Service Manager and the Director will ensure that all employees involved in food service enforce the guidelines in this document and report those not following the guidelines to the director for further review.
- B. The Wellness Committee will review the Wellness Policy and its implementation twice during each school year. All findings will be reported to the Director and the School Board for further action if needed.

### **New Century Academy Wellness Committee**

New Century Academy will create, strengthen or work within existing school Wellness Committee to develop, implement, monitor, review and as necessary, revise the school Nutrition and Physical Activity Policies on a yearly basis. The school Wellness Committee will serve as resources to school sites for implementing those policies. The school Wellness Committee will serve as resources to school sites for implementing those policies. The school Wellness committee will consist of a group of individuals representing the school and community and should include parents, students, and representatives of school food authority, members of school board, teachers, healthy professionals, and members of the public.