PARAMOUNT CHARTER ACADEMY
Wellness Policy

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the students as well as their ability to learn. The Academy will partner with parents to promote a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. To accomplish these goals:

1. Child Nutrition Programs will comply with applicable federal, state, and local requirements and will be accessible to all students.
2. Nutrition education will be provided and promoted.
3. Physical activity will be included outside of formal physical education.
4. School-based activities will be consistent with this policy.
5. Foods and beverages made available at the school during the school day will be consistent with the current Dietary Guidelines for Americans, meal patterns and nutrition standards of the USDA.
6. Food and beverages made available at the school will adhere to food safety and security guidelines.
7. The school environment will be safe, comfortable, and allow adequate time for eating meals.
8. Food will not be used as a reward or punishment.
9. The school will encourage all students to participate in school meal programs and protect the identity of students who eat free and reduced-price meals.

Goals for Nutrition Promotion and Education

1. Nutrition promotion and education will be integrated into the curriculum by classroom teachers where appropriate.
2. Nutrition promotion and education will be provided by the school's foodservice provider by sharing information via menus, web site materials, and classroom presentations.
3. Nutrition promotion and education will involve sharing information with families and the community to positively impact the school's students and the health of the community.
4. The school will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families.
5. Students will be encouraged to start every day with a healthy breakfast.
6. The Academy shall provide healthy breakfast and lunch to all students who qualify.
7. Food and beverage marketing, advertising or promotions during the school day shall be consistent with competitive food standards or the Smart Snacks in School nutrition standards. On-site advertisement located on durable equipment that does not meet the Smart Snacks in School nutrition standards may be replaced as needed with equipment that meet this policy's marketing standards.

Goals for Physical Activity

1. 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 lifestyle.
2. Physical activity will be integrated into the curriculum by classroom teachers, where deemed appropriate.
3. Students may be provided a daily recess period. The school 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.
4. The school will provide a physical and social environment that encourages safe and enjoyable activity for students.
5. The school will encourage families and community members to institute programs that support physical activity.

Goals for Other School Based Activities Designed to Promote Student Wellness

1. After-school programs, if offered and appropriate, will encourage physical activity and healthy habit formation.
2. Support for student health will be demonstrated by helping to enroll eligible students in Medicaid and other state children's health insurance programs.
3. Healthy foods or non-food items that support a healthy lifestyle will be offered when planning school- based activities such as school events, fundraisers, field trips, and classroom snacks or treats.
4. There will be ongoing professional training for food service and physical education staff.
5. 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

1. Students will have affordable access to nutritious foods that they need to stay healthy and learn well.
2. Food for sale throughout the school day will meet all applicable federal and state requirements.
3. The school will encourage the consumption of nutrient dense foods, i.e., fruits and vegetables.
4. The Academy shall involve the food service provider in establishing nutritional standards and in providing healthy meals.
5. Vending machines which do not meet the school meal nutritional standards or the Smart Snacks in School nutrition standards are prohibited from being placed in any classroom where students are provided instruction.
6. Sale of vended soft drinks to students will not be permitted.
7. Classroom snacks will feature Smart Snacks in School choices or non-food items that support a healthy lifestyle.
8. Fundraisers involving food or beverages will comply with all applicable federal and state[1] standards if conducted during the school day on the school campus.
9. 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 for prevention of food illness.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued under the Child Nutrition Act and the School Lunch Act as they apply to

schools.

Plan for Measuring Implementation and Evaluation

1. The school principal shall ensure this policy is implemented by providing regular and easy access to information about the wellness environment of the school. The principal shall provide public transparency of this policy as part of the school's annual improvement plan and annually reporting to the school's board of directors as required under applicable law.
2. The school permits parents, students, food service employees, Principals, school board members, and members of the interested public, physical education teachers and school health professionals to participate in the implementation and periodic review/update of this policy.
3. The school delegates to its educational service provider the responsibility to measure periodically and make available to the public an assessment on the policy's implementation at a minimum of once every three (3) years, including the extent of compliance, a comparison to the State's model policy, and a description of the progress made in attaining the goals set forth in this policy.

References:
National School Lunch Act (42 U.S.C.1751 et seq.)
The Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.)
Child Nutrition and WIC Reauthorization Act of 2004 – §204 of Public Law 108-205 National Local School Wellness Policy (42 U.S.C. 1758 et seq.)
Healthy Hunger Free Kids Act of 2010

Effective Date: December 2, 2024

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1 Fundraising activities during school hours (MCL 280.1272b)