

# **JOHNSTON CHARTER ACADEMY**

## **Wellness Policy**

It is the policy of the board 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. 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 policies 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 life style.
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 life style 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. 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.
5. Sale of vended soft drinks to students will not be permitted during the school day.
6. Classroom snacks will feature Smart Snacks in School choices or non-food items that support a healthy lifestyle.
7. Fundraisers involving food or beverages will comply with all applicable federal and state standards if conducted during the school day on the school campus.
8. 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, school administrators, 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

National Heritage Academies – Facilities Department Wellness Policy

National Heritage Academies – Wellness Committee Goals & Objectives

Effective Date: 5-15-18



**PRACTICES & PROCEDURES**

Name: <b>Facilities Department: Wellness Policy</b>	Owner/Dept: <b>Michael Vermeer/Facilities Department</b>	Reference:
--	---	------------

**1. PURPOSE**

The purpose of this practice and procedure is to promote a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment.

**2. PRACTICE**

The Wellness Committee shall be part of the School Improvement Planning (SIP) Team and will implement the Wellness Policy as directed by this practice and procedure.

**3. APPLICABILITY**

This practice and procedure applies to all National Heritage Academies (NHA) managed schools in conjunction with the school's Wellness Policy.

**4. RESPONSIBILITY**

4.1 The principal identifies for the Facilities Department at NHA members of the SIP Team.

4.2 At least one health-related position in the school (i.e., Physical Education Teacher, School Nurse, etc.) shall participate on the SIP Team.

4.3 The Facilities Department shall ensure that the Wellness Policy and goals are provided to the SIP Team.

4.4 NHA's Food Service Specialists shall be responsible for the collection of training documentation of food service staff and assessment data of the school wellness program.

4.5 NHA's Partner Services Department shall be responsible for annual notification to the Board and public of the review of the Wellness Policy.

**5. PROCEDURES**

5.1 The Wellness Policy will be posted on the school's website and maintained by the Partner Services Department

5.2 The Wellness Policy will be presented to Title I parents during the Annual Fall Title I Parent Meeting. The school will solicit feedback on the Wellness Policy through a survey.

5.3 The school's Grants Consultant (GC) provides copies of the parent meeting surveys and sign-in sheets to the school's Grants Administrator (GA) for record keeping (i.e., audit).

5.4 The school's GC provides the principal with instructions for the annual SIP update. These instructions include a survey question to staff and parents related to the school's Wellness Policy and goals.

5.5 The GC forwards copies of the SIP meeting surveys and sign-in sheets to the school's GA for record-keeping (i.e., audit).



**PRACTICES & PROCEDURES**

Name: <b>Facilities Department: Wellness Policy</b>	Owner/Dept: <b>Michael Vermeer/Facilities Department</b>	Reference:
--	---	------------

5.6 NHA’s Food Service Specialists shall communicate any new requirements to school leadership and collect the name of the health-related professional (i.e., Physical Education Teacher, School Nurse, etc.) who will serve on the SIP Team.

5.7 NHA’s Food Service Specialists shall ensure all child nutrition programs comply with applicable federal, state and local requirements and will be accessible to all students.

5.8 As part of the school Board’s annual review of the SIP goals, NHA’s Partner Services team shall include the Wellness Policy review as a separate agenda item for discussion purposes. Specific mention of the Wellness Policy and public comment response shall be memorialized in the Board’s meeting minutes.

5.9 NHA’s Partner Services team shall be responsible to post the meeting notice in a public friendly location with notice that public comment will be heard regarding the school’s Wellness Policy. Notice of such posting shall be provided to the schools by NHA’s Partner Services team.

5.10 NHA’s Partner Services team shall post the Board meeting minutes.

5.11 NHA’s Food Service Specialists shall establish a file for each school which houses evidence of annual stakeholder review/update of the school’s Wellness Policy. These files will be utilized for audit purposes. Each file will contain at a minimum the following:

- Wellness Policy survey results from the Fall Title I Parent Meeting and the SIP Meeting with parents and staff (Intervention Services to provide)
- Fall Title I Parent Meeting and the SIP Meeting parent and staff sign-in sheets (Intervention Services to provide)
- List of SIP Team members, which includes representation by a health-related professional at the school (Intervention Services to provide)
- Meeting minutes from the Board meeting in which the principal presents the SIP goals and annual review of the school’s Wellness Policy (Partner Services to provide)

## WELLNESS COMMITTEE– GOALS & OBJECTIVES (2018-19)

Goal	Objective	Measurements/Evidence	Ownership
<b>Nutrition Promotion &amp; Education</b>	1. Nutritional information for every food item can be found on the Food Service website. The website link shall be included on schools' menus and school website. The website link is: <a href="http://preferredmealsmenu.com/">http://preferredmealsmenu.com/</a>	1. Link to the website: <a href="http://preferredmealsmenu.com/">http://preferredmealsmenu.com/</a> with nutritional information.	Food Service Specialists
	2. Promote healthy foods and non-food items that support a healthy life style when planning school events, fundraisers, classroom snacks and treats. <ul style="list-style-type: none"> <li>• Review and post the attached “Smart Snacks In School” poster from the Center for Disease Control’s (CDC).</li> <li>• Utilize resources from USDA Beyond the Cafeteria website or other healthy life style programs for classroom celebrations, incentives and rewards.</li> </ul>	2. <b>By 1.31.19</b> Wellness Committee member submits an assurance statement to the Food Service Specialists assuring the following: <ul style="list-style-type: none"> <li>▪ “Smart Snacks In School” posters have been reviewed in all classrooms</li> <li>▪ “Smart Snacks In School” posters have been posted in all classrooms</li> <li>▪ Healthy foods and non-food items that support a healthy life style have been discussed and utilized for school celebrations, incentives and rewards.</li> </ul>	Food Service Specialists
	3. Ensure parents & staff are notified of the opportunity to be a member of the Wellness Committee.	3. Provide Food Service Specialist with a copy of the SIP invitation and/or notice provided to parents.	Food Service Specialist
<b>Physical Activity</b>	1. Each classroom teacher must promote one youth physical activity of their choosing or one from the CDC’s “Be Active and Play 60 Minutes Every Day!” Youth Physical Activity Toolkit which can be found at: <a href="http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/userguide_pa.pdf">http://www.cdc.gov/healthyyouth/physicalactivity/toolkit/userguide_pa.pdf</a>	1. <b>By 2.28.19</b> Wellness Committee member submits an assurance statement to the Food Service Specialists assuring each classroom teacher has promoted one youth physical activity.	Food Service Specialists
	2. The Wellness Committee member shall write an article in the school newsletter on the Wellness Policy goals. The school will send the “Be Active Your Way” guide home to all parents.	2. <b>By 2.28.19</b> Wellness Committee member submits the following to the Food Service Specialists: <ul style="list-style-type: none"> <li>▪ A copy of the school newsletter with the Wellness Committee article</li> <li>▪ An assurance statement assuring the “Be Active Your Way” guide has been sent to all parents</li> </ul>	Food Service Specialists
<b>Activities Designed to Promote Student Wellness</b>	1. Professional training of Food Service staff will be conducted annually.	1. Food service provider implements and documents training with sign-in sheets and agendas and provides copies to the Food Service Specialists.	Food Service Specialists
	2. Conduct a healthy food day by asking parents to provide a fruit, veggie, or healthy snack for their child.	2. <b>By 3.29.19</b> Wellness Committee member submits to the Food Service Specialists a copy of the communication sent to parents regarding a healthy snack day.	Food Service Specialists
	3. Feedback on the Wellness Policy and goals will be solicited from parents and staff through a SIP survey.	3. <b>By 3.29.19</b> the school will submit copies of parent and staff SIP surveys to their Grants Consultant.	Food Service Specialists

# WELLNESS COMMITTEE– GOALS & OBJECTIVES (2018-19)

This document may be accessed at: <http://www.cdc.gov/healthyyouth/nutrition/standards.htm>



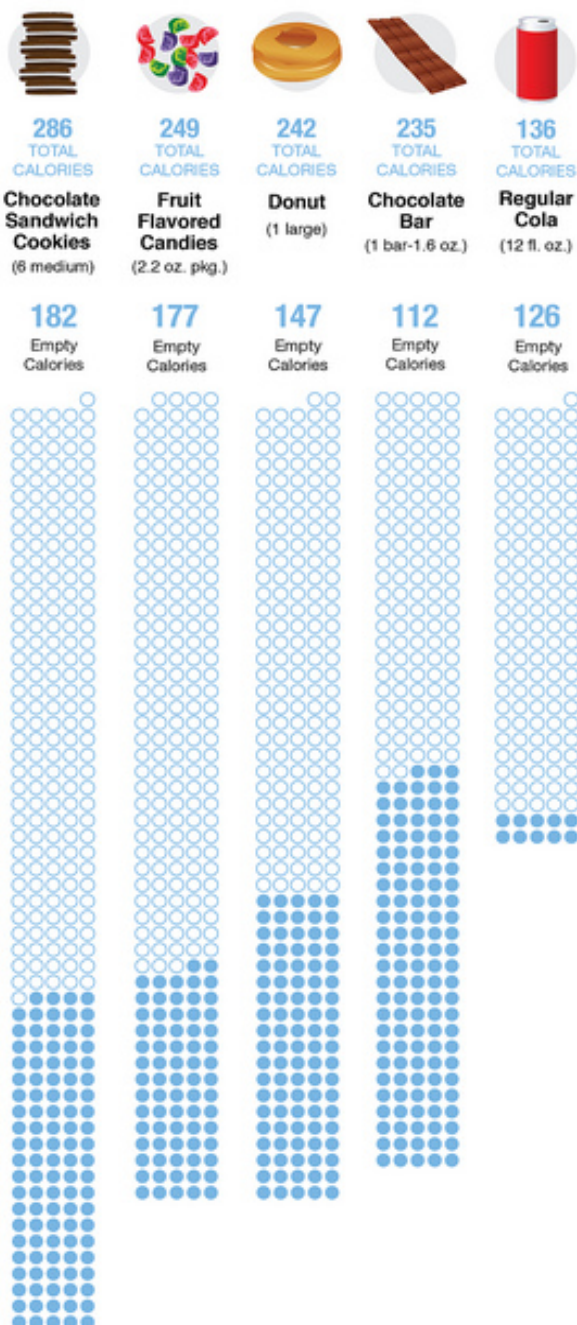
United States Department of Agriculture

## SMART SNACKS IN SCHOOL

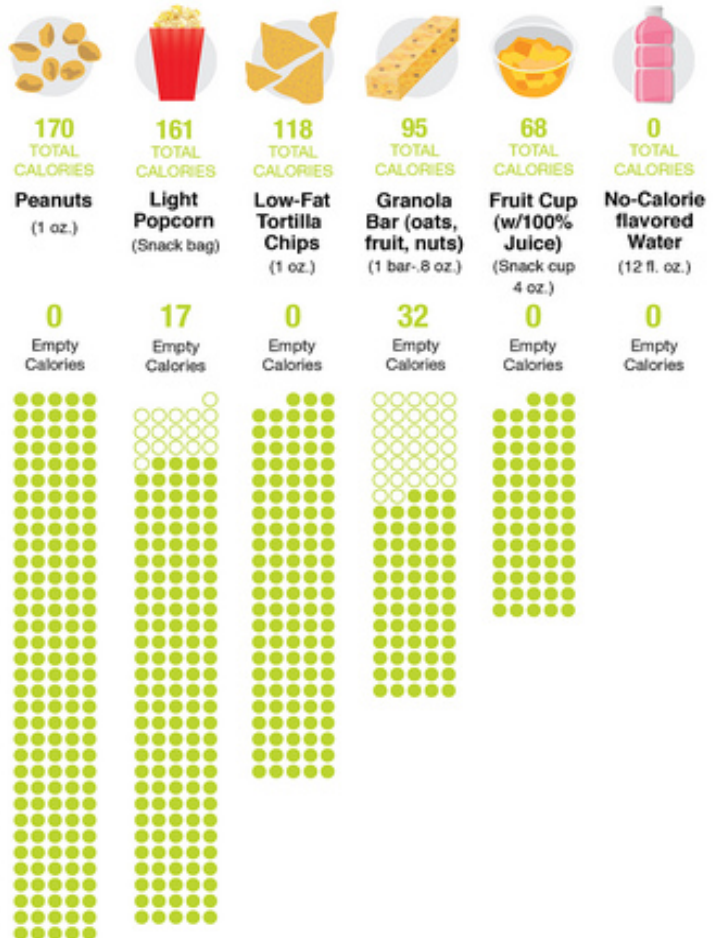
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories\*

### Before the New Standards



### After the New Standards



\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

USDA is an equal opportunity provider and employer.

