



Toledo Islamic Academy

Wellness Plan

Toledo Islamic Academy Wellness Policy

Setting Nutrition Education Goals

Grades

Impacted: K-12

Summary: Provide health and nutrition education at all grade levels and integrate it across the curriculum.

1. TIA will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. TIA will offer nutrition education not only in health education, but will integrate it across the curriculum;
3. The district will require a minimum of one semester of health education at middle school and high school;
4. The district will require teacher to student ratio in health education classes that is consistent with core content areas.

Exact

Language:

Setting Physical Activity Goals

Impacted: K-12

Summary: Establish minimum requirements for physical activity. Physical activity will not be used as punishment.

1. Students in elementary school including those with disabilities, special healthcare needs and alternative educational settings will receive 150 minutes of physical activity per week. A minimum of 60 minutes of that time will be spent on physical education instruction.
2. Students will receive a minimum of one semester of physical education instruction per year.
3. Students will receive a minimum of two semesters of physical education. The District will provide activity and instruction options for students in grades 11 and 12 as electives.
4. Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) and will not withhold opportunities for physical activity (e.g. recess, physical education) as punishment.
5. Interscholastic sports will be exempt from this provision.
6. Children who compromise the safety of themselves and others will be removed from that class period.

Exact

Language:

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Grades Impacted: K-12

Summary: Extensive guidelines described in the policy around all foods and beverages available on campus. Certain policies apply are specific to grade levels.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

Standards for Food and Beverages Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, salat-ul-Jumu'ah etc.):

Elementary School: The school food service program will provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and nonfat milk, fruits, and non-fried vegetables.

Middle and High School:

In middle and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following standards:

Beverages:

Exact Language:

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages (to be defined by USDA);

Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine. Foods: A food item 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 and trans fat combined; will have no more than 35% of its weight from added sugars; will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes. Grains: Grain-based foods should contain at least 2 grams of fiber per 1 ounce serving. One half of all grains served should be whole grain. Portion sizes should be limited to 1.25 ounces - 2 ounces with most being 1.25 ounces. Limit total calories from fat to no more than 30%. Limit total calories from saturated fat to no more than 10%. Limit sugar content to no more than 35% of calories by weight, or less than 6 grams from sugar per serving. Limit the amount of trans fats. 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. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and

cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines). Low-fat dips and sauces on the side may be served in small portions to make foods more appealing. Offer 1/2 cup serving sizes of fruits and vegetables. Offer additional fruits and vegetables to help students reach the recommended 5-9 servings per day. Offer a variety of fruits and vegetables, especially colorful ones.

Portion sizes of foods and beverages sold individually will be limited to: One and ¼ ounces for chips, crackers, popcorn, cereal trail mix, nuts, seeds, dried fruit or jerky; One ounce for cookies; Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items; Four ounces for ice cream and frozen desserts with no more than 5 grams of fat. Sugar should not be the first ingredient on the label; Twelve fluid ounces for beverages, excluding water and milk; 2-4 tablespoons (tbsp.) for nut butters; 1-2 ounces for cheese; Meat and meat substitutes: no greater than 3 ounces with 5 grams of fat per ounce or less; Salad dressings containing no more than 6-12 grams of fat per ounce; The portion size of "ala carte" entrées and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limitations.

Vending machines with food and beverages will not be available in elementary schools.

Summary: Foods offered during parties/celebrations will comply with the USDA Dietary Guidelines for Americans. Classroom snacks feature healthy choices.

Exact Language:

All foods made available on campus during the school day will comply with the USDA Dietary Guidelines for Americans, including Vending machines, A la carte, Beverage contracts, Fundraisers, Student stores, School parties/celebrations. Fruit drinks must contain a minimum of 10% fruit juice; a minimum of 30% fruit juice by the year 2009; and a minimum of 50% fruit juice by the year 2010. Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools. Classroom snacks feature healthy choices.

Summary:

Foods as rewards are discouraged, but if used, teachers are encouraged to adhere to USDA standards.

Exact Language:

Food is not used as a punishment for student behaviors. Foods used as a reward will fit within USDA Nutrition guidelines. Strong consideration should be given to nonfood items as part of any student incentive program. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to USDA Standards.

Setting Goals in the School Meals Program

Grades Impacted: K-12

Summary: Schools will schedule meal periods at appropriate times, after recess periods and will allot sufficient time for student meals.

Exact Language: Schools:
• will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
• should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.
• should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
• will schedule lunch periods to precede recess periods (in elementary schools).

Grades Impacted: K-12

Summary: Students have access to meals that accommodate religious and cultural needs and modified diets; Schools participate in school meal programs and avoid identification and stigmatization of students receiving free or reduced lunch.

Exact Language: Students will be provided with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of children; be accommodated of religious, ethnic, and cultural diversity of the student body in meal planning; and be provided clean, safe, and pleasant settings with adequate time for eating. The school food service program will comply with USDA's disability requirements for modified diets. The school food service program is strongly encouraged to meet ethnic dietary requests as recommended by USDA. To the maximum extent possible, all schools in the district will participate in available federal school meal programs. Schools will make every effort to eliminate any social stigma attached to prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems, and promote the availability of school meals to all students

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

Grades Impacted: K-12

Summary: Facilities available for use by students, staff, and community members for physical activities

Exact Language: Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangements with community agencies and organizations to keep school- or district-owned facilities open for use by students, staff, and community members during non-school hours and vacations. School policies concerning safety will apply at all times.

Grades Impacted: K- 12

Summary: After school programs encourage physical activity and health habits.

Exact Language: After-school programs will encourage physical activity and healthy habit formation.

Grades Impacted: K-12

Summary: A wellness policy committee will comprise parents and members from parents, students, staff, and community members.

Exact Language: The committee develops guidelines for implementation. TIA will develop a local wellness policy committee comprised of representatives of the board, parents, students, facilities management representative, leaders in food/exercise/health, and employees. The Wellness Committee will develop guidelines as necessary to implement the goals of this policy throughout the district and meet quarterly to assess progress in meeting these goals.

Grades Impacted: K-12

Summary: District provides information to help parents promote physical activity and good nutrition. The district encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events. The district will provide parents and guardians information about good nutrition for children.

Exact Language:

Grades Impacted: K-12

Summary: Staff are encouraged to participate in wellness opportunities.

Exact Language: TIA also recognizes the importance of staff health, individually, and as role models. As such, staff is encouraged to support district staff wellness opportunities.

Grades Impacted: K-12

Summary: Health services and school counselors will actively promote healthy eating and recognize and refer students with nutrition-related health problems.

Exact Language: School counselors and school health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.

Grades Impacted: K-12

Summary: Promotional activities encourage physical activity.

Exact Language: Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines. Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.

Grades Impacted: K-12

Summary: TIA will use the coordinated school health approach. A model to guide school decision-making related to physical activity and nutrition that encompasses all aspects of the school from education to staff wellness. The coordinated school health program model involves and coordinates the efforts of eight interactive components to maintain well-being. These components are (1) health education, (2) physical education, (3) health services, (4) nutrition services, (5) counseling, psychological and social services, (6) health school environment, (7) health promotion for staff, and (8) family and community involvement. The model utilizes community partnerships and school resources to coordinate services, encourage collaboration, and avoid duplication of services. The individual school health advisory councils and the district school health advisory board are the vehicles through which the Toledo Public Schools will coordinate the efforts of these components.

Exact Language:

Setting Goals for Measurement and Evaluation

Grades Impacted: K-12

Summary: CEO reports regularly to school board on progress.

Exact Language: The CEO should regularly report to the school board on the progress toward meeting the objectives of this plan. These reports should be subject to external review by leading school health experts.

Grades Impacted: K-12

Summary: The District Advisory Council will monitor the compliance and implementation of the school wellness policies. Under the direction of the TIA Board of Education, the superintendent will ensure that the directives of the District's wellness policy are fulfilled. The school food service director will ensure compliance with the nutrition standards within the district.

Exact Language: Each School Advisory Council will submit a report annually to the District Advisory Council describing their school's progress in fulfilling the aims of the wellness policy. The TIA Health Advisory Council, working in conjunction with the School Advisory Councils, will assist the superintendent in compiling a district-wide annual report for the Board.

PROCEDURES FOR MONITORING AND IMPLEMENTATION

Determination of TIA' Adherence To its Policy Will Include:

An assessment of each school's compliance with the categories that are outlined in the wellness policy. Compliance will be based on fulfilling a continuous quality improvement plan that outlines one year and three-year goals as well as action plans that have been drafted to achieve them.

Outcome measures for success will be based on: Documented observations, Student interviews and focus groups, Surveys and questionnaires within each school

Grades Impacted: K-12

Summary: Implementation of the policy occurs over three years; evaluation of effectiveness and recommendations for improvement are in place

Exact Language: Steps shall be taken to implement this policy over the next three years with a formal evaluation of its effectiveness and recommendations for improvements presented to the TIA School Board by July, 2010

Grades Impacted: K-12

Summary: The District Health Advisory Council will reassess and revise the wellness policy.

A revised continuous improvement plan will be drafted by the TIA District School Health Advisory Council and submitted for the Board's approval annually.

Exact Language:

- Every three years, a formal reassessment of the wellness policy will be undertaken.
- The District Health Advisory Council will publish a summary report on the district's progress toward its school wellness policy,
- Hold open discussions about the direction of health and wellness in the district, and submit a new draft wellness policy for the Board's review.
- The use of outside consultation may be utilized to benchmark TIA against state and national standards and best practices.

Wellness Plan Members

Amal Abukaram

Aalaa Eldeib

Noura Elnaji

Hanin Kashen

Yolanda Melendez

Khadija Moiz

Figen Ozbakir

MS/HS Students

Salahadin Mustapha

Hanan Ramadan