



### **AJCES School Wellness Policy**

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here. The Local Wellness Policy will be overseen, reviewed, and updated by Anna Julia Cooper Episcopal School's Administrator, Katie Snipes.

#### **I. Nutrition education and promotion**

Students will receive consistent nutrition messages throughout the school, classrooms, cafeteria, and school media:

- Teachers will integrate nutrition education into core curricula;
- Nutrition promotion will include participatory activities such as farm visits.
- The nutrition education program will be linked to school meal programs, cafeteria nutrition promotion, and after-school programs;
- Nutrition education will be offered in the cafeteria as well as the classroom;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Fourth grade students have Class-a-Roll once a week to learn cooking skills and proper nutrition.
- Seventh grade have Kids in the Kitchen through Junior League where they learn about nutrition and cooking skills.
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them);
- Nutrition education will be provided to families via handouts, newsletters, postings on the web-site and presentations.
- Staff is strongly encouraged to model healthful eating habits;
- We do not allow outside advertising of food or drink within the school building.
- The opening of a new local grocery store (The Market at 25th Street) opens opportunities for more healthy eating education, cross-curricular experiences related to healthy eating habits and math, economics, and community engagement.

- Community service projects cleaning trash out of the neighborhood have encouraged students to improve their surrounding as well as promote an active lifestyle.

Specifically, the goals of the nutrition curriculum are:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.
- The goals will be examined annually to assure that they are being met and to allow for updates and changes.

## **II. Nutrition Standards for All Food and Beverages Served on School Grounds**

### **A. USDA School Meals:**

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. The school shall participate in the USDA school breakfast, school lunch and summer (through CVFB) food programs.

#### **In addition:**

- All reimbursable meals will meet nutrition standards mandated by the USDA;
- All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
- Students will have access to handwashing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
- All students eat breakfast, snack, lunch, after-school snack and summer meals for free. Parents will be notified of the availability of the breakfast, lunch and summer food programs.

### **Access to Drinking Water**

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.
  - Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)
  - School staff will be encouraged to model drinking water consumption.
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- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water are maintained.

### **III. Physical Activity**

#### **Physical Education**

All sixth-eighth grade students will receive physical education (360 minutes per week in athletics) for the entire school year. Fourth and fifth grade will receive one 75 minute Physical Education class weekly and receive two recess periods daily. Physical Education will be standards-based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

- Teacher to student ratio will be no greater than 1:25;
- The school will provide adequate space/equipment and conform to all safety standards;
- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;
- Physical education staff will receive professional development on a yearly basis.

#### **Physical Activity**

All students will have opportunities for physical activity beyond physical education class on a daily basis at break (20 minutes each day). Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around.

Teachers will be expected to incorporate opportunities for physical activity in the classroom

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whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

### **Recess**

Students in sixth-eighth grade will have 20 minutes a day of supervised recess before the lunch period, during which moderate to vigorous physical activity will be encouraged. Fourth and fifth grade have two recess periods daily, where vigorous physical activity is encouraged.

Outdoor recess will only be withheld in the event of extreme weather or unsafe situations, as defined by the administration.

### **Safe Routes to School**

The school will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. For example, teachers may be stationed around the school to facilitate safe walking and biking school commutes, and bike racks will be available. The school will work together with local public works, public safety, and/or police departments in those efforts.