

# Highland Academy Charter School

## Wellness Policy

Due to children's need to access healthy foods and opportunities to be physically active in order to grow, learn, and thrive, Highland Academy and its members are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Highland Academy that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing Highland Academy's school-wide nutrition and physical activity policies.
- All students in grades TK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans and the CDE NSD*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. It will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, and safe settings and adequate time for students to eat.
- To the maximum extent practicable, Highland Academy will participate in available federal school meal programs (including the National School Lunch Program).
- Highland Academy will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related community services.

TO ACHIEVE THESE POLICY GOALS:

### Creation of Wellness Committee

Highland Academy will create, strengthen, or work within existing school advisory councils in developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity policies. The committee will serve as a resource to Highland Academy for implementing those policies.

# Nutrition and Physical Activity Promotion and Food Marketing

Meals served through the National School Lunch Program will:

- be appealing and attractive to children;
  - be served in clean and pleasant settings;
  - meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
  - offer a variety of fruits and vegetables;<sup>2</sup>
  - calories and sodium will be specific for grade levels
  - no more than 10% of total calories from saturated fat, averaged over a week;
  - serve only low-fat (1%) and fat-free milk<sup>3</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
  - ensure that grains are whole grain
- 
- serve items that contain 0 grams of trans fats

Schools should engage students and parents through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information can be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

## Free and Reduced-priced Meals.

Highland Academy 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-price school meals<sup>4</sup>.

## Meal Times and Scheduling.

- Highland Academy will provide students with enough time to consume their meal after it has been served.
- Highland Academy will schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- Highland Academy will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Highland Academy will schedule lunch periods to follow recess periods (in elementary schools); when reasonable.
- Highland Academy will encourage students to wash or hand sanitize hands before they eat meals or snacks; and
- Highland Academy will take reasonable steps to encourage the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

## Qualifications of School Food Service Staff.

Qualified nutrition professionals will administer the school meal programs. At Highland Academy, it is our responsibility to operate a food service program; we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include

appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.<sup>6</sup>

### Elementary School.

The school food service program will approve and 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.

### Middle School.

In middle 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 nutrition and portion size standards:

- Beverages

- Allowed Beverages:

- Fruit or Vegetable juice:
      - o 100% juice (can be diluted with water, no dilution limit)
      - o No added sweeteners
      - o 12 fl. oz. serving size or less
    - Milk:
      - o 1 % (unflavored), nonfat (flavored, unflavored),
      - o 12 ounces or less
    - Water:
      - o No added sweeteners, flavors etc.
      - o No serving size
    - Other flavored beverages ("no calorie")

- Allowed 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;<sup>8</sup>
      - 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; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
      - It is encouraged to offer a choice of two fruits and/or non-fried vegetables 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 (cooked or dried), canned fruits (light syrup), juice, canned vegetables (that meet the above fat and sodium guidelines).<sup>9</sup>

## Snacks.

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Highland Academy will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Highland Academy will disseminate the guidelines for compliant snacks.

## Celebrations.

Schools should limit celebrations that involve food during the school day to no more than one party per class per month.

# Nutrition and Physical Activity Promotion and Food Marketing

## Nutrition Education and Promotion.

Highland Academy aims to teach, encourage, and support healthy eating by students. It's encouraged that schools provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutritional practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

## Integrating Physical Activity into the Classroom Setting.

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as

appropriate.

### Communication with Parents.

Highland Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. Highland Academy will, upon request only, send home nutrition information and provide nutrient analyses of school menus when available. Highland Academy should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

Highland Academy will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

### Staff Wellness.

Highland Academy highly values the health and well-being of every staff member and will encourage and support personal efforts by staff to maintain a healthy lifestyle.

## Physical Education and Physical Activity Opportunities

### Physical Education (P.E.) TK-8.

All students in grades TK-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive weekly physical education for the entire school year. All physical education will be taught by a physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

- A minimum of 200 minutes for every 10 school days for students in grades 1-6
- A minimum of 400 minutes for every 10 school days for students in grades 7-12
- Schools shall be encouraged to annually administer the physical fitness test designated by the State Board of Education to students in grades 5 and 7.

### Daily Recess.

All elementary school students will attempt to have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### Physical Activity Opportunities Before and After School.

Highland Academy will offer when appropriate extracurricular physical activity programs, such as physical activity clubs or intramural programs. Middle school, when appropriate, will offer, interscholastic sports programs. Highland Academy will offer, when feasible, a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities,

and students with special health-care needs.

After-school child care and enrichment programs, when appropriate, will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

### Monitoring.

The Wellness Committee will ensure compliance with established Highland Academy school-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Highland Academy Wellness Committee.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Wellness Committee (or if done at the school level, to the school principal). In addition, Highland Academy will report on the most recent USDA Administrative Review findings and any resulting changes.

The Wellness Committee will develop a summary report periodically on Highland Academy school-wide compliance with Highland Academy's established nutrition and physical activity wellness policies, based on input from Highland Academy. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in Highland Academy.

## Monitor and Policy Review

### Policy Review.

To help with the initial development of the Highland Academy wellness policies, Highland Academy will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.<sup>13</sup> The results of those school-by-school assessments will be compiled by the Wellness Committee level to identify and prioritize needs.

Assessments will be repeated periodically to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, Highland Academy will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Highland Academy will, as necessary, suggest revisions to the wellness policies and develop work plans to facilitate their implementation.

Legal Reference:

EDUCATION CODE

- 49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001
    - 49500-49505 School meals
      - 49510-49520 Nutrition
        - 49530-49536 Child Nutrition Act
          - 49540-49546 Child care food program
    - 49547-49548.3 Comprehensive nutrition services
      - 49550-49560 Meals for needy students
    - 49565-49565.8 California Fresh Start pilot program
      - 49570 National School Lunch Act
        - 51222 Physical education
    - 51223 Physical education, elementary schools
  - CODE OF REGULATIONS, TITLE 5
    - 10060- Criteria for Physical Education Program
  - 15500-15501 Food sales by student organizations
    - 15510 Mandatory meals for needy students
      - 15530-15535 Nutrition education
  - 15550-15565 School lunch and breakfast programs
- UNITED STATES CODE, TITLE 42
  - 1751-1769 National School Lunch Program, especially:
    - 1751 Note Local wellness policy
  - 1771-1791 Child Nutrition Act, including:
    - 1773 School Breakfast Program