

### 3A.06.002 Wellness and Food Sales

#### **Board Policy:**

It is the policy of Excelsior Academy to adhere to the federal wellness policy regulations.

1. Nutrition education will be provided and promoted.
2. Adequate physical education and activities will be provided and patterns of meaningful physical activity connected to scholars' lives outside of physical education classes will be promoted.
3. School based activities will promote student wellness.
4. All food and beverages sold to scholars on campus will be consistent with the current USDA Dietary Guidelines, as outlined in the HHFKA of 2010, and adhere to food safety and security guidelines.
5. The academy environment will allow for nutrition promotion.

#### **School Policy:**

1. Nutrition Education will be provided and promoted.
  - a. Excelsior Academy will ensure the health core is taught in grades K-8.
2. Adequate physical education will be provided and patterns of meaningful physical activity connected to scholars' lives outside of physical education will be promoted as follows:
  - a. The Academy will ensure the physical education core is taught in grades K-8.
  - b. Physical education instructors will be USOE certified and endorsed and have a current First Aid / CPR Certification.
  - c. Enrollment in physical education courses will not exceed the number of scholars that space and equipment can safely accommodate.
  - d. Adequate equipment and supplies will be available for all scholars to safely and fully participate in structured physical education activities.
  - e. Time allotted for physical education instruction will be consistent with state standards, which are 90 minutes per week for grades 1-6 and 225 minutes per week for grades 7-8.
  - f. All elementary scholars will be allowed a minimum of 15 minutes of recess each school day, not to include scheduled lunch time.
3. School based activities will promote student wellness.
  - a. After school programs will encourage physical activity and the formation of healthy habits.
  - b. The Local Wellness Policy will be considered when planning all academy-based activities (such as academy events, field trips, dances, assemblies, etc.)
  - c. Hosting wellness clinics and health screenings, will be pursued at the academy site to support the health of all scholars.
  - d. No academy activities, events or parties will interfere with students' access to the National School Lunch program.

4. All foods and beverages sold to scholars on campus will be consistent with the current USDA Dietary Guidelines as outlined in the HHSFKA of 2010, and adhere to food safety and security guidelines.

a. Only lunch and a la carte milk will be sold on campus. In the future, if other food and/or beverages are offered for sale to scholars outside of the National School Lunch program, they must be pre-approved by the Food Programs Director in order to ensure that they meet the standards set forth in the “Smart Snacks for Schools” regulations.

b. All foods made available on campus by Child Nutrition Department will adhere to food safety and security guidelines including compliance with federal, state and local food safety and sanitation regulations.

c. Food provided outside of Child Nutrition Services becomes the responsibility of the director with oversight by the Board of trustees.

d. Access to the food service facility is to be limited to Child Nutrition staff and authorized personnel only.

5. The academy environment will allow for nutrition promotion.

a. The academy environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals; and food and/or physical activity will not be used as a reward or punishment.

b. Scholars will be encouraged to start each day with a healthy breakfast.

c. Scholars will be provided adequate time to eat lunch at academy, 20 minutes from the time the scholar is seated.

d. Lunch periods will be scheduled as near the middle of the academy day as possible.

e. The Academy cafeteria will provide enough serving lines to ensure that scholars spend no more than 7 minutes waiting in line for an academy meal.

f. Scholars will be responsible for cleaning up after themselves. Scholars will put away trays and dispose of garbage properly to keep the school environment clean.

6. Implementation and Evaluation. The director will appoint a wellness committee to regularly monitor the overall effectiveness of the wellness policy and recommend policy and/or procedural modifications that will positively impact scholar health. The Board of Trustees will be designated to oversee the implementation and evaluation of the Academy Wellness Policy as follows:

a. The academy wellness committee will include, at a minimum: a parent, a student, the PE/Health teacher, the food service director, a board member, a health professional, the public, and a member of the administrative team, as appointed by the school director.

b. The purpose of the academy wellness committee is as follows:

1. Regularly monitor the overall effectiveness of the wellness policy.

2. Highlight areas in need of future change.

3. Recommend policy and/or administrative procedure modifications that will positively impact scholar health.

4. Notify the public of updates and the annual assessment through a posting on the school website and in the school newsletter.

c. The director with oversight of the Board of Trustees will ensure that the wellness policy guidelines are enforced as follows:

1. One or more persons at the academy will be designated and charged with the operational responsibility for ensuring that the academy follows the wellness policy.
2. The compliance of the wellness policy will be evaluated annually by the Director and a written record of compliance will be provided to the Board of Trustees for evaluation and approval.