



## **Wellness Policies on Physical Activity and Nutrition**

### **Preamble**

Whereas children need access to healthful foods and opportunities to be physically active to grow, learn, and thrive;

Whereas good health fosters student attendance and education;

Whereas obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and significant risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

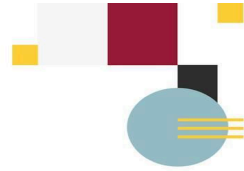
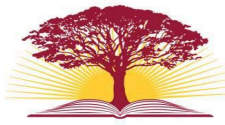
Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Northwood Academy Charter School is committed to providing school environments that promote and protect children's health, well-being, and learning ability by supporting healthy eating and physical activity. Therefore, it is the policy of the Northwood Academy Charter School that:

- All students in grades K-8 will have opportunities, support, and encouragement to be physically active regularly.
- Foods and beverages sold or served at school will meet the nutrition guidelines of the Healthy Hunger-Free Kids Act.



- Certified food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs; and will provide clean, safe, and pleasant settings and adequate time for students to eat. If students have a life-threatening allergy, they must provide Northwood Academy with a note from a medical professional stating the allergy and dietary restrictions. This record will be kept in the nurse's office, and our food management company will make the necessary options available for the student.
- Schools 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:**

### **I. School Health Committee**

The Northwood Academy Charter School will create, strengthen, or work within existing school health committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

The policy outlines the formation of a wellness committee or alternative arrangements to allow community involvement (which includes parents, students, members of the school food authority, physical education teachers, school health experts, school board members, school administrators, and the general public) in crafting, executing, periodically evaluating, and updating the wellness policy.

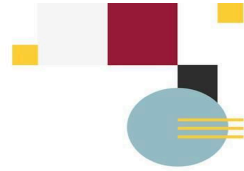
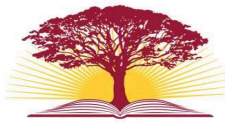
### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. Northwood addressed and established standards for all foods and beverages sold or served to students, including those available outside of the school meals programs.

#### **School Meals**

Meals served through the School Breakfast and Lunch Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;



- meet, at a minimum, nutrition requirements established by federal statutes and regulations;
- offer fruits and vegetables daily;
- serve only low-fat (1%) and fat-free milk<sup>1</sup> and nutritionally-equivalent lactate dairy alternatives (to be defined by USDA); and ensure that all of the served grains are whole grain.<sup>2</sup>

**Meal Times and Scheduling.**

**Northwood’s K-8 Breakfast Schedule:**

Our Breakfast Program is delivered to the classrooms by our Food Service Company in insulated bags by 7:30am. Teachers handout the food at 7:45 am. The bags are picked up and washed for the next day by our Food Service Company.

**Northwood’s K-8 Lunch Schedule:**

<b>Time</b>	<b>Grade</b>
10:30 a.m. – 11:00 a.m.	Third, Second
11:00 a.m. – 11:30 a.m.	First, Kindergarten
11:45 a.m. – 12:15 p.m.	Fourth, Fifth
12:20 p.m. – 12:45 p.m.	Sixth, Seventh
12:55 p.m - 1:18 p.m.	Eighth

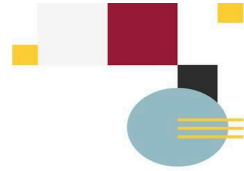
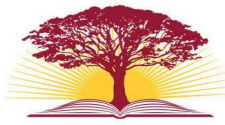
Northwood Academy Charter School:

- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- upon request will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will provide all Grade School students with time for breakfast and lunch and time for supervised, socialized recess during lunch
- will have water accessible during all mealtimes

**Qualifications of School Food Service Staff.** Certified food service professionals will administer the school meal programs. As part of the school’s responsibility to operate a food service program, we will provide training for all certified food service professionals.

<sup>1</sup> As recommended by the *Dietary Guidelines for Americans 2005*.

<sup>2</sup> A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.



**Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

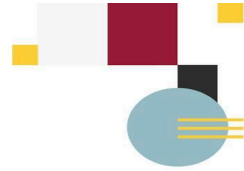
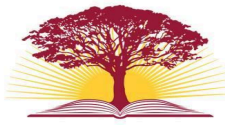
**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in Northwood Academy Charter School. Given young children's limited nutrition skills, food in Northwood Academy Charter School should be served as balanced meals. If available, foods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

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving low calorie snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will provide a list of healthful snack items to teachers, after-school program personnel, and parents on our website.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Northwood Academy Charter School aims to teach, encourage, and support healthy eating by students. Northwood Academy Charter School should 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;
- 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 nutrition 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; and
- includes training for teachers and other staff.



- create a school environment that provides consistent wellness messages and is conducive to overall health.

**Competitive Foods.** All competitive foods offered for sale must adhere to or surpass the federal nutritional guidelines (USDA Smart Snacks in School). These nutritional standards will be enforced across all venues and through all services that sell food and beverages to students. This encompasses a variety of sources, including, but not limited to, cafeteria a la carte options, vending machines, school stores, snack carts, and fundraising events.

Competitive foods refer to any foods and beverages that are made available or sold to students on the school premises during the school day, and are not included in the school's breakfast or lunch programs that qualify for reimbursement.

**Non-Sold Competitive Foods.** Competitive foods provided to students at no cost, such as those given as rewards, incentives, or served during classroom events and shared snacks, must adhere to or surpass the standards set by the district.

If the competitive foods provided do not meet or exceed the nutritional standards outlined in Smart Snacks in School, then the following criteria will be enforced:

**Rewards and Incentives:**

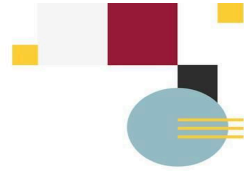
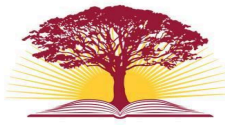
Food and drinks will not be utilized as rewards or incentives within Northwood.

**Classroom Parties and Celebrations:**

- Each classroom may host no more than one (1) party or celebration involving food and beverages per month.
- Parents/Guardians will receive notifications via newsletters or other effective communication channels, reminding them to only bring in food and beverages when requested for planned parties.
- Classroom celebrations will limit the selection of foods to a small quantity (maximum of 2-3 items) with added sugar as the primary ingredient (e.g., cupcakes, cookies). Additionally, the following will be provided:
  - Fresh fruits/vegetables
  - Water, 100% juice, 100% juice diluted with water, low-fat milk, or nonfat milk
- Whenever feasible, the food service department will supply foods and beverages for parties and celebrations to mitigate potential issues related to food safety and allergies.
- Food-related celebrations will be postponed until thirty (30) minutes after the conclusion of the final lunch period.

**Marketing/Contracting:** All food and drinks advertised or endorsed to students on campus during school hours must meet or surpass the federal nutrition standards (USDA Smart Snacks in School) and adhere to the established policies and regulations set by the Board.

**Integrating Physical Activity into the Classroom Setting:** For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical



activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needs 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.

**Communications with Parents:** The Northwood Academy Charter School will support parents' efforts to provide their children a healthy diet and daily physical activity. Nutritional facts for all food served to students are available on our website.

The school 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.

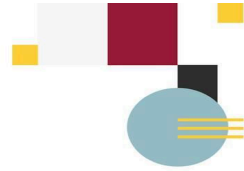
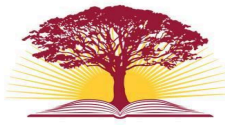
On a yearly basis, the district will ensure that the public, including parents/guardians, students, and community members, are kept informed and updated about this policy. This will be done through various communication channels such as the district website, student handbooks, newsletters, posted notices, or other effective means. The annual notification will include details on accessing the School Wellness policy, information about the latest triennial assessment, ways to participate in shaping and reviewing the policy, and contact information for Wellness Committee leaders.

## **IV. Physical Activity Opportunities and Physical Education**

**Physical Education (P.E.) K-8:** All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education one time per week for a 45-minute period. 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.

**Daily Recess:** Northwood Academy, Charter School students, will have supervised, socialized recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and by providing space and equipment.

Northwood Academy Charter School 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 After School:** Northwood Academy Charter School will offer extracurricular physical activity programs like physical activity clubs or intramural programs. Northwood Academy Charter School will offer a range of activities that meet the needs, interests, and abilities of students, including boys, girls, students with disabilities, and students with special healthcare needs. Northwood has implemented a Family Fitness Night 5 times during the school year as an organized group exercise program, which includes aerobics, boot camp, Zumba and skating.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

## **V. Monitoring and Policy Review**

**Monitoring:** The Superintendent or their appointed representative, along with the established Wellness Committee, will conduct a review every three years to evaluate the effectiveness and execution of this policy. This assessment aims to enhance the policy through ongoing improvements and ensure its successful implementation. The findings of this triennial assessment will be shared with the public in a clear and accessible format, fostering transparency and understanding and include:

- The degree to which every school within the district adheres to legal and policy requirements concerning school wellness.
- How closely this policy aligns with exemplary wellness policies used as models.
- An overview of the advancements the district has achieved in reaching the objectives outlined in this policy

Every three years, at a minimum, the district is required to revise or adjust this policy as necessary. This will be in response to the findings from the latest three-year evaluation, changes in the needs and priorities of the district and its community, the achievement of wellness objectives, the introduction of new health science, information, and technologies, and the issuance of new federal or state regulations or standards.

**Policy Review.** As part of the National School Lunch Program, our sites will be monitored to help review policy compliance, assess progress, and determine areas in need of improvement. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

### **Appendix:**

Smart Snacks in Schools Document