

Northwood Academy Charter School's Wellness Policies on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order 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 major 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 ability to learn 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 on a regular basis.
- Foods and beverages 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 of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- If there are students who 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.

NACS shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.

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 of 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 milk¹ and nutritionally equivalent lactate dairy alternatives (to be defined by USDA); and ensure that all of the served grains are whole grain.²
- Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Management of Food Allergies in District Schools

NACS shall establish Board policy and administrative regulations to address food allergy management in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Mealtimes and Scheduling.

¹ As recommended by the *Dietary Guidelines for Americans 2005*.

² 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.

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:

Time	Grade
11:00 a.m. – 11:30 a.m.	Fifth, Sixth, 2 K classes
11:40 a.m. – 12:10 p.m.	Third, Fourth, 2 K classes
12:20 p.m. – 12:50 p.m.	Seventh, Eighth
1:00 p.m. – 1:30 p.m.	First, Second

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 as required by federal regulations.

Sharing of Foods and Beverages.

All foods and beverages available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing obesity. Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods –

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers. The policy allows marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

(Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch. For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.)

Fundraiser Exemptions –

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations. NACS does not hold fundraising during the school day. NACS may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary school. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

Non-Sold Competitive Foods –

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by NACS. No birthday celebrations are allowed at NACS.

- **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. Northwood Academy Charter School aims to teach, encourage, and support healthy eating by students. Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

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.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. NACS students must participate in physical education.

Physical education classes shall be the means through which all students learn, practice

and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical activity shall not be used or withheld solely as a form of punishment.

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 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.

Communications with Parents. The Northwood Academy Charter School will support parents' efforts to provide a healthy diet and daily physical activity for their children. Northwood Academy Charter School 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. 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.

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 through the provision of 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, such as 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 health-care 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/Record Keeping and Policy Review

Monitoring/Assessment. The CEO or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. In Northwood Academy Charter School, the principal or designee will ensure compliance with those policies in his/her school, compare to model wellness policies, and will report on the school's compliance progress every year to the Board. The policy will be reviewed and updated every three years. The Wellness Policy and assessment shall be made available to the public in an accessible and easily understood manner and include: NACS compliance with laws and policy related to school wellness, compare to model wellness policies, description of the progress made by NACS attaining goals.

Recordkeeping.

The district shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.
2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.

Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

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

References:

School Code – 24 P.S. Sec. 504.1, 701, 742, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220