

# Healthy Start Academy

## Local Wellness Policy

**2016-2017**



### **Committee Members:**

The following committee members are involved in the development of this Policy and its implementation throughout the school year:

- Parents: Ms. Claudine Thompson and Ms. Nicole Covington
- Regular Education: Ms. Tara Bellamy
- Students: Elementary and MS Student Representatives
- School food service: Mary Stancil
- School administrators: Marc Willis
- Physical education: Magun Lacson
- Health Education: Paul Johnson
- SN Administrator: Aronda Hill

### **Physical Activity and Nutrition**

#### **Setting Nutrition Education Goals**

**Nutrition.** Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

(a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the school's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

(b) Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

#### **Health Education and Life Skills.**

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(a) Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

(b) Students shall have access to valid and useful health information and

health promotion products and services.

(c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

(d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

### **Nutrition Education:**

a) School: Nutrition education resources will be used in the cafeteria and classroom.

b) Students: Nutrition education is offered in the classroom as well as in the cafeteria. Students are required to participate in Physical Education courses offered by credentialed teachers.

c) Staff: School staff will attend in-services and/or nutrition trainings.

d) Parent: The school will support parents' effort to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information & will encourage parents to pack healthy lunches and snacks.

Such support will also include sharing information about physical activity and physical education through the website, newsletter, take-home materials or physical education homework.

### **Setting Physical Activity Goals**

#### **A. Elementary Students – Grades K-5**

1. Participation in physical activity on a regular basis. Students shall participate in moderate to vigorous physical activity (MVPA) on a daily basis for a minimum of 30 minutes. Twice a week the students will receive formal physical education courses taught by a state-certified instructor. The student to teacher ratio is comparable to other curricular areas, and State developed standards are used.

2. Participation in several physical activity programs throughout the school year for all students in K-5 grades. Program Activities:

- Jump Rope For Heart
- Exercise programs
- School Sports Programs
- School Field Day (Spring Fling Day)

#### **B. Middle School – Grades 6-8**

1. Participation in an after school sport is highly recommended and encouraged.

Sports offered are:

- Basketball
- Volleyball
- Track
- Cheerleading

2. School Field Days/Spring Fling

### **Establishing Nutrition Standards for All Foods Available on School Campus During the School Day**

Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

**School Meals:** Meals served through the National School Lunch and Breakfast Program will:

- a) Be appealing and attractive to children.
- b) Be served in clean and pleasant setting.
- c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- d) Offer a variety of milk including 1% milk fat (unflavored) and Skim Fat Free (chocolate).
- e) Be baked, not fried.
- f) Include fresh fruits and vegetables.
- g) Include whole grain products.

### **Vending Machines.**

1. No vending machines shall be made available to students during school hours.

### **Other Foods Items served or sold on campus**

- 1. Healthy foods at school events and non-food items for fundraisers will be encouraged. No food will be sold during the breakfast or lunch serving times. **No fast food will be permitted on campus or supplied to any student during breakfast/lunch serving times.**
- 2. The use of food as a punishment or reward is prohibited.
- 3. Foods supplied by parents for special events during school hours must have nutritious value. Cakes, cupcakes and food containing excessive trans-fats and calories will be discouraged.

## **Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

The School promotes increased participation in school based nutrition programs by making the participation and the return of the application a high priority. The school 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 meals. The school will:

- (a) Promote the availability of meals to all students;
- (b) Establish meal times consistent with Federal Regulations;
- (c) Prohibit the withholding of food as punishment;
- (d) Be in compliance with drug, alcohol and tobacco free policies;
- (e) Provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules; and
- (f) Encourage employees to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours.

Teachers will not use identifiable brand names in their instruction unless they are found to be necessary to the lesson being taught and any commercial advertising on the school campus will comply with the developed Nutrition Standards. School personnel serve as nutrition educators and role models for healthy lifestyles. School staff is encouraged to model healthy eating by offering healthier choices at school meetings and events.

School staff will:

- (a) Encourage students to interact with family members on assignments & projects
- (b) Create an environment where students, parents/guardian and staff members are accepted, respected and valued for their personal integrity.

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 will be provided with different opportunities for physical activity. Toward this end, the school will:

- (a) Discourage sedentary activities, such as watching television; playing computer games, etc;
- (b) Provide opportunities for physical activity to be incorporated into other subject lessons;

(c) Promote school-based health & wellness activities for students; and,

(d) Provide information about wellness resources and services to assist in identifying and supporting the health and well being of students and staff.

### **Goals for 2016-2017 School Year**

**Goal One:** Increase physical activity for students on a monthly basis.

**Goal Two:** Nutrition Education will be provided to all households enrolled at the Academy on a monthly basis.

**Goal Three:** Three parent meetings/workshops will be held specifically to share information about child nutrition and how to make nutritious, healthy choices at home.

### **Assessment and Public Information**

Healthy Start Academy will use the University of Connecticut's online Wellness Policy assessment tool (WellSat) to yearly monitor its local wellness policy. A copy of the completed assessment will be presented to the Academy's Board of Directors and made available to the public on the school's website. The assessment, which will be completed by June 30 of each school year, will be presented to the Board of Directors at their next regularly scheduled meeting (after June 30). The assessment will be posted for the prior school year by July 31 on the school's website.

## **Healthy Start Academy**

# Local Wellness Policy

## SCHOOL NUTRITION PROGRAM

The Wellness Policy contained on the previous pages was implemented on June 28, 2006 and will be implemented from that date forward until amended.

\_\_\_On File\_\_\_\_\_

\_\_\_12/15/2016\_\_\_\_\_

Chairman, Board of Education

Date

\_\_\_On File\_\_\_\_\_

\_\_\_12/15/2016\_\_\_\_\_

Principal/Superintendent

Date

*Amended: June 14, 2012*  
*Adopted: June 26, 2012*  
*Revised: July 15, 2013*  
*Revised: July 22, 2014*  
*Revised: September 12, 2015*  
*Revised: February 4, 2016*  
*Revised: February 11, 2016*  
*Revised: December 15, 2016*