

Wellness Policies on Physical Activity and Nutrition

Purpose: To establish and implement the basic structure for the promotion of health and wellness at York Preparatory Academy.

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, thrive, and good health fosters student attendance and education. York Preparatory Academy is committed to providing school environments that promote and protect children's health, well-being, and their ability to learn by supporting healthy eating and physical activity, while minimizing commercial distractions. Therefore, it is the policy of the York preparatory Academy that:

- York Preparatory Academy will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- Students will have opportunities, support, and encouragement to be physically active on a regular basis (through physical education classes, recess, physical activity breaks, or physical activity integrated into the academic curriculum).
- Foods and beverages sold or served at school will meet the nutrition guidelines of the Healthy, Hunger-Free Kids Act, and recommendations of the U.S. Dietary Guidelines for Americans.
- Our qualified Food Services Director will provide students with access to affordable foods that meet the health and nutrition needs of students; and will provide clean, safe settings and adequate time for students to eat.
- The school's nutrition program will comply with federal, state, and local requirements and will be accessible to all children (including breakfast, lunch, and after school snacks)
- The school 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.

Water

To promote hydration; free, safe, unflavored drinking water will be available to all students throughout the school day.

TO ACHIEVE THESE POLICY GOALS:

Nutritional Quality of Foods and Beverages Sold and Served

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be served in clean and safe settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent nondairy alternatives (to be defined by USDA); and
- ensure that all of the served creditable grains are whole grain.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- York Preparatory Academy will, to the extent possible, operate the School Breakfast Program.
- The school will, to the extent possible, utilize methods to serve school breakfasts that encourage participation.
- The school will notify parents and students of the availability of the School Breakfast Program.

Free and Reduced-priced Meals

York Preparatory 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.

Meal Times and Scheduling

York Preparatory Academy:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 am and 1 pm;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods followed by recess periods (in elementary schools);
- will provide students the ability to wash or sanitize their hands before they eat meals or snacks; and
- will take reasonable steps to accommodate 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. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and food service workers, according to their levels of responsibility.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, school stores, etc.)

Elementary Schools

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. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle/Junior High and High Schools

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the guidelines for the USDA Smart Snacks In Schools.

The Smart Snacks rule (established July 1, 2014) does not affect food sold, on the weekend, after school, and off campus. Examples include concessions, food and snacks students bring from home, classroom events, and teacher lounges.

Fundraisers

The Smart Snacks rule standards provides a special exemption for infrequent fundraisers that do not meet the nutrition standards. The state of South Carolina limits these fundraisers, which must be applied for in advance, to 30 per year, lasting no more than 2 days.

York Preparatory Academy's Wellness Policy goals will be considered in planning all school-based activities.

Classroom Parties (Birthdays/Holidays)

In an effort to reduce the prevalence of childhood obesity, the school food environment can play a significant role in helping children consume healthy food. At this time York Preparatory Academy will follow the guidelines listed below in regards to Classroom Parties:

- Each party will include no more than two food or beverages that do not meet nutrition standards for foods and beverages sold individually
- Celebrations that involve food during the school day, will be at the discretion and approval of each classroom teacher
- **Examples of beverages that are deemed as acceptable include** – water, 100% fruit juice, and Milk (1% and fat-free, unflavored and flavored (chocolate))
- **Examples of snacks that are deemed as acceptable include** – fruit, vegetables, pretzels, baked chips, Chex Mix, low fat yogurt, cheese

The items mentioned above represent a suggested list of items. Please speak directly to a classroom teacher, instructional assistant, staff member, or administrator for clarification on food and beverage items that can be included as part of a classroom party/celebration.

In addition, feel free to speak to your child's Classroom Teacher or Instructional Assistant to gather ideas on classroom parties that don't involve food.

Physical Activity

York preparatory Academy aims to teach and support healthy eating by students, and to encourage students to be physically active on a regular basis. Children and adolescents should participate in at least 60 minutes of physical activity every day. Opportunities for moderate to vigorous physical activity shall be provided through quality physical education, recess, school athletic programs, extracurricular programs and other activities.

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities.
- The school will encourage the use of physical activity as a reward when feasible, as well as encourage breaks that incorporate physical activity while teaching. For example: stretches, yoga, dance breaks, and any activity that gets students out of their chair.
- Students in the elementary school will have at least 15 minutes a day of supervised recess, outdoors whenever possible, during which they will be encouraged to participate in moderate to vigorous physical activity.

The school will not use food or beverages as a reward for academic performance or good behavior, nor will it withhold food or beverages as a punishment.

Physical Activity Opportunities and Physical Education

Safe Routes to School

York Preparatory Academy will assess and, if necessary and possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Communications with Parents

York Preparatory Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. York Preparatory Academy will 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. In addition, we will provide opportunities for parents to share their healthy food practices with others in the school community. York Preparatory 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.

Physical Education

York Preparatory Academy will provide students with with physical education using age appropriate standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle, support the essential components of physical education, help students develop skills to engage in lifelong healthy habits, and incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes, with appropriate accommodations as necessary, within its means.

Staff Wellness

York Preparatory Academy highly values the health and well-being of every staff member and encourages all staff to maintain a healthy lifestyle, and model a healthy lifestyle for its students.

Food and Beverage Marketing

York Preparatory Academy strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be of little value if students are subjected to advertising on school property. It is the intent of York Preparatory Academy to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the wellness policy.

Food and beverage marketing is defined as advertising and promotions in schools. This term includes but is not limited to the following:

- displays, such as on vending machines
- brand names, trademarks, and logos on school equipment that is displayed during the school day, such as scoreboards, marquees, and message boards
- advertisement in school publications or school mailings
- free product samples, coupons, or taste testing displaying advertising of a product

Policy Review

York preparatory Academy will periodically review and revise the Student Wellness Policy to ensure that it supports healthy eating, physical activity, and student wellness. The Foods Director will encourage school-wide nutrition and physical activity wellness policies.

To ensure that nutrition goals are addressed and healthy nutrition is encouraged the following data will be reviewed:

- Nutritional content of meals served.
- Student participation in the school meals programs.
- Snack and beverages sales outside of the meals programs.
- Food sales such as fundraisers, or activities, outside of the school meals program.

To ensure that physical activity goals are addressed the following data will be reviewed:

- Scheduled physical education classes.
- Assessment results for grades K-12.
- School and classroom discipline programs.

York preparatory Academy will put into place a school health committee comprised of physical education, health education and classroom teachers; school food services managers; health services personnel; guidance personnel; families; administrators and community members to plan, implement and improve nutrition and physical activity in the school environment in accordance with the district wellness policy.

Annually, York Preparatory Academy will notify the public of the content and implementation of wellness policy and share any updates to the policy.

Every three years, York Preparatory Academy will assess its compliance with the policy. Following the assessment, York Preparatory Academy will update or modify the policy as necessary and share these changes with the public.

Recordkeeping

York Preparatory Academy will retain records of compliance with the requirements of the wellness policy, this will include but will not be limited to:

- written wellness policy
- documentation that the policy has been made available to the public
- documentation of the efforts to review and update the policy
- the most recent assessment on the implementation of the wellness policy

Legal references:

A. Federal Legislation:

1. The Child Nutrition and WIC Reauthorization Act of 2004.
2. Healthy, Hunger-Free Kids Act of 2010

B. S.C Code of Laws, 1976, as amended:

1. Students Health and Fitness Act of 2005 (Chapter 10 of Title 59: Physical Education, School Health Services and Nutritional Standards - Sections 1, 2 and 3).
2. Section 59-29-80 - Courses in physical education; ROTC programs.
3. Section 59-29-100 - Supervision of administration of physical education program by state superintendent of education.
4. Section 59-32-30 (A)(1)-(3) - Local school boards to implement comprehensive health education program; guidelines and restrictions.

C. State Board of Education Regulations:

1. R-43-168 - Nutrition standards for elementary (K-5) school food service meals and competitive foods.
2. R-43-231 - Defined program, grades K-5.
3. R-43-323 - Defined program, grades 6-8.
4. R-43-234 - Defined program, grades 9 - 12.
5. R-43-238 - Health education requirements.

D. State Board of Education Academic Standards:

1. 2009 SC Health and Safety Education Academic Standards.
2. 2008 SC Physical Education Academic Standards.

E. Other references:

1. National Standards for Physical Education, NASPE (National Association for Sport and Physical Education).
2. National Health Education Standards, Joint Committee on National Health Education Standards.
3. Dietary Guidelines for Americans.