



SCHOOL WELLNESS POLICY

Updated August 18th, 2018

A. Food and Beverages In Schools

Equitas Academy shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices.

Equitas Academy shall monitor food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

Daily Snacks. Single-serving size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet the following three criteria: Contain 300 or fewer calories one or more grams of fiber, or at least 10% of Calcium, Iron, Vitamin A or Vitamin C

The lists below will help identify healthy food and beverages that are available from food-service distributors and snack vendors for service at Equitas Academy:

- Fresh fruit and vegetables
- Yogurt
- Bagels with low fat cream cheese
- Baby carrots and other vegetable and low fat dip
- Trail mix
- Nuts and seeds
- Fig cookies
- Animal crackers
- Baked chips
- Low fat popcorn
- Granola bars
- Soft pretzels and mustard
- Pudding
- String cheese
- Cereal bar
- Bottled water (including flavored water)

B. Nutrition Education

Nutrition education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum and school activities. Nutrition education information shall be offered throughout the school campus.



Positive Promotion. Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school.

Students should receive consistent messages and support for:

- Self respect
- Respect for others
- Healthy eating
- Physical activity

Nutrition Curriculum. Nutrition education, a component of comprehensive health education, shall be offered to the students of the district. Nutrition education topics, including how to read food labels, shall be integrated into the curriculum when appropriate.

Parent Education. Nutrition Education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the school website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

No Candy. Equitas Academy shall strongly discourage using candy and sweets as a reward.

Healthy Celebrations. Equitas Academy shall strongly encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

**Equitas Academy shall grant one exception per quarter for the purposes of School Site Council approved fundraisers that may involve the selling of or awarding of food that would normally be discouraged by the wellness policy.*

Strong Staff Modeling. All employees of Equitas Academy are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules, including non- consumption of pop or candy during the school day outside of the teacher's lounges.

C. Physical Activity

Equitas Academy shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge and skills needed for lifelong physical activity.

All students, K-2 , shall have the opportunity to participate regularly in supervised physical



activities, either organized or unstructured, promoting physical fitness.

Physical Education for All Students. Developmentally appropriate physical education shall be offered every year to students.

Movement Opportunities throughout the Day. Physical education topics shall be integrated into the curriculum when appropriate.

Unstructured Playtime. The district should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for students in Kindergarten through fifth grade. Recess should be in addition to physical education class time and not be a substitute for physical education.

Equipment. Equitas Academy shall provide proper equipment and a safe area designated for supervised recess in the elementary setting.