

## HOPE Community Academy Wellness Policy

2006-07

The following recommendations were arrived at through consensus during a community school process meeting with committee members comprised of a school administrator, teacher, school board representative, parent, community representative, school health assistant, and two students.

Note: Not later than the first day of the school year beginning after June 30, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 (“the Act”) to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, and physical activity to promote student wellness.

**Committee Members:** John Hopkins (HOPE Assistant Director), Barbara Bates (HOPE teacher/Board member, Nancy Close (CKC Catering), Barbra McFarland (HOPE Nursing Asst), Kowoire Lee (HOPE Parent) Lee Vang (HOPE Student) Wendy Moua (HOPE Student),Leng Xiong (Community Rep)

### PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students’ health, well-being, and their ability to learn by supporting healthy eating and physical activity.

### GENERAL STATEMENT OF POLICY

1. The HOPE Community Academy school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
2. The school encourages the involvement of students, parents, teachers, food service staff and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
3. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
4. All students in grades K- 8 will have opportunities, support, and encouragement to be physically active on a regular basis.
5. Qualified food service personnel will:
  - provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
  - try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
  - provide clean, safe, an and adequate time for students to eat and pleasant settings.

**Note:** The Act requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school district determines is appropriate.

## **I. Nutrition Education and Promotion**

1. The school will encourage and support healthy eating by students and engage in nutrition promotion that is:

- Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, elective subjects, where appropriate.
- Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.

2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte lines, vending machines, fundraising events, concession stands, and student stores.

3. Schools will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

### **A. Foods and Beverages**

The Act requires that school districts have nutrition guidelines, selected by the school district, for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity .

### **GUIDELINES**

1. All foods and beverages made available on school property will be consistent with the current USDA Dietary Guidelines for Americans.

2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.

3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.

4. The school district 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.

5. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

6. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.

7. The school district will discourage tutoring, club, organizational meetings, or activities during mealtimes, unless students may eat during such activities.

**Classrooms**

1. Food served in classrooms and/or in after school enrichment activities, must meet the nutritional guidelines of this policy unless otherwise approved by the Director or designee and shall not compete with federal meal programs.

2. Food used as awards, rewards or incentives is strongly discouraged.

3. During the school day, adult staff is strongly encouraged to model the Wellness Guidelines for students.

4. Development of food service sales to provide snacks, birthday treats and other food items for special occasions is highly encouraged. Special occasion's food shall be infrequent.

**B. Nutrition Education**

1. Every child K- 8th grade will receive age appropriate nutrition education during the school year.

Nutrition education will include one or more of the following:

Elementary	Intermediate	Middle School
Accepting body size difference	Dietary Guidelines for Americans	Dietary Guidelines for Americans
Balancing food intake and activity	Eating disorders	Eating disorders
Benefits of healthy eating	Healthy weight control	Healthy weight control
Eating more fruits, vegetables, whole grains and calcium rich dairy foods	Understanding influences on food choices	Understanding influences on food choices
Following food safety practices		
Food guide pyramid		
Making healthy food choices for meals and snacks		
Using food labels		

2. HOPE Academy will work toward implementing an 8<sup>th</sup> grade assessment program regarding items such as:

- Nutritional knowledge, including the benefits of healthy eating, essential nutrients, the benefits of healthy weight management, the use and misuse of dietary supplements and safe food preparation.

- Nutrition related skills, including planning a healthy meal, understanding/using food labels, and critically evaluating nutrition information, misinformation and commercial food advertising.
- Assessment of one's personal eating habit and setting goals for improvement and achievement of those goals.

3. The food service program will model the Dietary Guidelines for Americans and coincide with nutrition instruction.

4. Food service staff will also work closely with those responsible for the other components of the school health program to achieve common goals.

**Note: The Act requires** that the school district's wellness policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S. C 1771 et seq.) and sections 9W( and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S. C. I 758 (1), 1766(a), as those regulations apply to schools.

## **II. School Food Service Program/Personnel**

1. The school will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.

2. The school shall designate an appropriate person to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.

3. As part of the school's responsibility to operate a food service program, certified food personnel will be used to provide all food service.

### **Food Service**

1. If vending is acquired in the future, healthy choices will be promoted; soda and candy will be excluded.

2. During the school day, sales of food items that meet the nutritional guidelines as stated in this policy are only allowed in locations other than the area where federal meal programs operate. Vending machines will be unavailable to students during the academic day.

3. Current contracts will be brought to compliance upon renewal.

### **III. Physical Activity**

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.
4. The physical education curriculum may include:
  - Exposure to a wide range of physical activity that teach skills to help maintain lifelong health and fitness;
  - Curriculum components will include instruction of individual activities and competitive and non-competitive group activities;
5. Curriculum will include a Physical Education course for students consistent with national standards for Physical Education and focus on students' development of motor skills, movement forms, and health-related fitness.
6. Developmentally appropriate physical fitness assessments will be given in grades K-8 annually.
7. Students in grades K-5 will be provided with opportunities for physical movement during recess and/or physical education class.
8. A cumulative health report may be developed and implemented for each student in grades K -8 which may include the following information:
  - Physical fitness assessment scores
  - Individual student's goal achievement results will be included where appropriate.

### **IV. Communication with Parent(s)**

1. The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school will provide information about physical education and other school-based physical activity opportunities outside the school curriculum.

## **V. IMPLEMENTATION AND MONITORING**

The Act requires that the wellness policy establish a plan for measuring implementation of the policy, including designation of at least one or more persons within the school district or at each school as appropriate, charged with operational responsibility for ensuring that the school meets the requirements of the policy.

- 1. The wellness policy will be implemented at HOPE upon approval by the HOPE Community Academy School Board of Directors.**
- 2. Food service staff at HOPE will ensure compliance within the school's food service areas and will report to the appropriate designee as named.**
- 3. The food service provider will prepare food production reports to establish nutritional guidelines for all reimbursable breakfast and lunch meals.**
- 4. The Director or designee will ensure compliance with the wellness policy and will provide year-end information regarding the school's compliance with the policy.**

**Legal References: 42 U.S.C. § 1751 et seq. (Richard B. Russell National School Lunch Act)**

**42 U.S.C. § 1771 etseq. (Child Nutrition Act of 1966)**

**P .L. 108-265 (2004) § 204 (Local Wellness Policy)**

**7 U.S.C. § 5341 (Establishment of Dietary Guidelines)**

**7 C.F.R. § 210.10 (School Lunch Program Regulations)**

**7 C.F.R. § 220.8 (School Breakfast Program Regulations)**

**Local Resources: Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)**

**Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us)**

**County Health Departments**

**Adopted:\_\_\_\_\_ Revised:\_\_\_\_\_**

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**Signature HOPE Board of Directors or Designee**

