**Global Leadership Academy Charter School**

**Wellness Policies on Nutrition and Physical Activity**

*Updated October 2017*

# 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, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the USDA’s MyPlate;

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 Global Leadership 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 Global Leadership Academy Charter School that:

* The CEO or designee shall be responsible for the implementation and oversight of this policy to ensure that, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.
* The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
* All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
* Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
* Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
* To the maximum extent practicable, our school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], and Summer Food Service Program).
* 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:

1. **School Health Councils**

The School Health Council is comprised of our school administrator, a board member, food service manager, student, parent/guardians, school nurse, school community coordinator, physical education teacher and community member.

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

The School Health Council 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.

# Nutritional Quality of Foods and Beverages Sold and Served on Campus

## School Meals

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

* + be appealing and attractive to children;
  + be served in clean and pleasant settings;
  + meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
  + offer a variety of fruits and vegetables;

**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:

* + The school will, to the extent possible, operate the School Breakfast Program.
  + The school will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
  + The school will notify parents and students of the availability of the School Breakfast Program.
  + The school will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals**. 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 school meals. Toward this end, the school may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

**Summer Food Service Program**. If the school has more than 50% of students eligible for free or reduced-price school meals, the school will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

### Meal Times and Scheduling.

* + will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
  + will schedule meal periods at appropriate times, *e.g.,* lunch should be scheduled between 11 a.m. and 1 p.m.;
  + will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
  + will schedule recess to follow lunch periods (in elementary schools);
  + will provide students access to hand washing or hand sanitizing 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 the school. Staff development programs will include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Sharing of Foods and Beverages**. The school will 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.

**Management of Food Allergies**

The school has established Board policy and administrative regulations to address food allergy management in order to:

* Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
* Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.

## 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, fundraisers, school stores, etc.) shall meet federal competitive food/beverage monitor standards (Smart Snacks in School).

**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 will be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Middle/Junior High and High Schools.** All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards

### Beverages

* Allowed**:** Plain water (with or without carbonation); unflavored low fat milk; unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP; 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

### Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

**Foods**

A food item sold individually will have:

* Be a “whole grain-rich” grain product; or
* Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
* Be a combination food that contains at least 1⁄4 cup of fruit and/or vegetable.
* Calorie limits: ≤ 200 calories Entrée items: ≤ 350 calories
* Sodium limits: Snack items: ≤ 200 mg Entrée items: ≤ 480 mg
* Fat limits: Total fat: ≤35% of calories Saturated fat: < 10% of calories Trans-fat: zero grams
* Sugar limit: ≤ 35% of weight from total sugars in foods
  + A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and fresh, frozen, or canned vegetables (that meet the above fat and sodium guidelines).

### Snack Accompaniments

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

* This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

**Fundraising Activities**. To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school will encourage fundraising activities that promote physical activity. The school will make available a list of ideas for acceptable fundraising activities.

**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 fruits and vegetables as the primary snacks and water as the primary beverage. The school 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 disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

* + If eligible, the school will provide snacks through after-school programs and will pursue receiving reimbursements through the National School Lunch Program.

**Rewards**. The school will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations**. The school will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The school will disseminate a list of healthy party ideas to parents and teachers.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

# Nutrition and Physical Activity Promotion and Food Marketing

**Nutrition Education and Promotion**. Global Leadership Academy Charter School aims to teach, encourage, and support healthy eating by students. The school will 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;
  + is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
  + 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;
  + teaches media literacy with an emphasis on food marketing; and
  + Includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting**. For students to receive the nationally-recommended amount of daily physical activity (*i.e.,* at least 60 minutes per day) 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 school will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. The school 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. The school will provide parents a list of foods that meet the school’s snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

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. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools**. School-based marketing will be consistent with nutrition education and health promotion. As such, the school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

**Staff Wellness**. Global Leadership Academy Charter School highly values the health and well- being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school will establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, and employee benefits specialist.

# Physical Activity Opportunities and Physical Education

**Daily Physical Education (P.E.) K-8**. All students in grades K-8, including students with disabilities, special health-care needs, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity

**Daily Recess**. All elementary school students will have at least 20 minutes a day of supervised

recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

**Physical Activity Opportunities Before and After School**. All elementary, middle school students will be offered extracurricular physical activity programs, such as physical activity clubs or intramural programs. Middle school students will be offered interscholastic sports programs. The school will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**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.

**Safe Routes to School**. The school will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk to school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts. The school will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The school will encourage students to use public transportation when available and appropriate for travel to school, and will work with the school district to provide transit passes for students.

**Use of School Facilities Outside of School Hours**. School spaces and facilities will be made available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities will also be available to community agencies and organizations offering physical activity and nutrition programs. The school’s policies concerning safety will apply at all times.

# Monitoring and Policy Review

**Monitoring.** The CEO or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies.

The school’s food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the CEO and Director of School Operations. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The CEO or designee will develop a summary report every three years on school-wide compliance with the school’s established nutrition and physical activity wellness policies.

**Policy Review**. To help with the initial development of the school’s wellness policies, the school will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies. The results of those assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

This triennial assessment will include:

* Description of compliance of the school with policy;
* Comparison of the local policy to a model school wellness policy; and
* Progress made in attaining the goals of the policy.

The school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting the School Health Council leadership.