

# Heritage Community Charter School

## Wellness Policy

**Philosophy:** The Board of School Trustees of Heritage Community Charter School supports the health and well-being of the students by promoting nutrition and physical activity at all grade levels.

Therefore, in accordance with the Child Nutrition and WIC Reauthorization Act and the Healthy, Hunger-Free Kids Act, it is the policy of the Board to:

**Statement of Purpose:** Provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by HCCS meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

### I. Coordinated School Health Advisory Council

Heritage Community Charter School will engage students, parents/guardians, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing nutrition and physical activity policies. A Coordinated School Health Advisory Council will be formed and maintained to oversee the development, implementation and evaluation of the school's wellness policy.

- A.** In accordance with the Healthy, Hunger Free Kids Act of 2010 (HHFKA), the school will form and maintain a district level Coordinated School Health Advisory Council that includes at least the following:
  - Parents/Guardians
  - Food Service Directors and Staff
  - Students
  - Physical Education Teachers
  - School Board Members
  - School Administrators
  - Any Interested Members of the General Public
  - Representatives of Interested Community OrganizationsOther potential members of the Council include teachers, school nurses, teaching assistants, a and community representatives.
- B.** The Advisory Council shall meet to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.
- C.** The Advisory Council shall report annually to the Superintendent and School Board on the implementation of the wellness policy and include any recommended changes or revisions.
- D.** The School Board will adopt or revise nutrition and physical activity policies based on recommendations made by the Advisory Council.

E. The School Wellness Policy shall be made available to students and families by means of the school website.

## **II. Nutrition Education and Promotion**

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-8) according to standards of the Idaho Department of Education.

A. Nutrition education and promotion will be provided as part of a Comprehensive Health Education Program.

1. Health education will be taught by a health education instructor.
2. The school will provide nutrition education training opportunities to teachers and staff for all grade levels.
3. Nutrition education will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
4. Nutrition education resources can be provided to parents/guardians through handouts, website links, school newsletters, or any other appropriate means available to reach them.
5. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

## **III. Standards for USDA Child Nutrition Programs and School Meals**

HCCS will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

A. School Meal Content

1. Meals served through the National School Lunch and Breakfast Programs will:
  - Be appealing and appetizing to children;
  - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
  - Contain 0 percent trans fats;
  - Offer a variety of fruits and vegetables;
  - 100% of the grains offered are whole grain-rich.
2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
3. Special dietary needs of students will be considered when planning meals, according to the document Accommodating Children with Special Dietary Needs in the School Nutrition Programs.
4. The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians.

## **B. School Meal Participation**

1. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
2. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, serving “grab-and-go” breakfasts and arranging transportation schedules to allow for earlier arrival times.
3. Schools will inform families of the availability and location of Summer Food Service Program meals when feasible.

## **C. Mealtimes and Scheduling**

1. Adequate time will be provided to students to eat lunch (at least 15 minutes after being served) and breakfast (at least 10 minutes after being served).
2. School meals will be served in a clean setting.
3. Students will have access to hand-washing stations.
4. Potable (drinking) water must be readily available at all mealtimes.
5. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

## **D. Professional Development**

1. Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

## **IV. Nutrition Standards for Competitive and Other Foods and Beverages**

HCCS will provide and allow foods and beverages that support proper nutrition and promote healthy choices in concession stands, or at school fundraisers and classroom celebrations.

### **A. Concession Stands**

1. The concession items sold at school-sponsored events to participants, fans and visitors shall include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.

### **B. Classroom Celebrations**

1. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
2. Classroom celebrations that include food will be limited to one per month. Store purchased items are to be provided vs. home-made foods.
3. Schools shall inform parents/guardians of the classroom celebration guidelines.

**C. Food as a Reward or Punishment**

1. School staff will not withhold food or drink at mealtimes as punishment.

**D. Fundraisers**

1. Fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards.
2. HCCS is limited to 10 exempted fundraisers a year.

**V. Physical Activity and Physical Education**

HCCS supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before- and after-school activities; and walking and bicycling to school. Additionally, HCCS supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

**A. Physical Education K-8**

1. All students in grades K-8 will participate in physical education in order to meet the Physical Education Standards.
2. Physical education classes will have the same student/teacher ratio used in other classes. The ratio for a single school shall not exceed an average of 30 to 1.
3. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.
4. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

**B. Daily Recess and Physical Activity Breaks**

1. Each elementary school shall provide daily physical activity.
2. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time when appropriate.
4. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

### **C. Physical Activity Opportunities Before and After School**

1. Schools will offer intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.

### **D. Physical Activity and Remedial Activities/Punishment**

1. Students will not be removed or excused from physical education to receive instruction in other content areas.
2. School staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

## **VI. Staff Wellness**

HCCS supports the health and well-being of our staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

### **A. Nutrition and Physical Activity**

1. The school will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
2. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
3. Staff will be encouraged to participate in community walking, bicycling or running events.
4. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk.

## **VII. Evaluation**

HCCS is committed to enforcing the policies and guidelines included in this document. Through implementation of the School Wellness Policy, the school will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the school will evaluate implementation efforts and their impact on students and staff.

### **A. Implementation and Data Collection**

1. The school will determine methods to track the collective health of students over time.
2. The principal shall ensure that their school is in compliance with the wellness policy by assessing wellness implementation strategies. The principal shall then provide a report to the school board.
3. Policy language will be assessed each year and revised as needed