

Wellness Policy On Physical Activity and Nutrition

Providence Creek Academy Charter School is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The School Wellness Policy is a collaborative effort of the Administrative Team, the School Health Committee, the Nutrition Manager, the Physical Education Instructors, the Health Instructors, parents, and the school staff.

Policy Overview:

- Child nutrition programs comply with federal, state, and local requirements. Child nutrition programs are accessible to all children.
- Program development is underway to provide nutrition education that is age appropriate to the student body.
- Instructional physical activity is connected to students' lives outside of physical education.
- New policies are being developed to insure that all food and beverages available on campus align with Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is amicable for students in reference to eating environments and ample time is allotted for physical activities.

Nutrition Education

- Nutrition Education will be integrated across the curriculum.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. (1)
- The school cafeteria provides opportunities to apply critical thinking skills to real life choices in regard to food selection.
- Nutrition education will involve sharing information with families to increase the awareness for the need of proper nutrition. (6)
- Students will be encouraged to start each day with a healthy breakfast.
- To increase metabolism recess will schedule to take place before lunch whenever possible.

Physical Activity

- Throughout the school Physical Activity will be emphasized across the curriculum.

- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. (1)
- Policies ensure that state- certified physical education instructors teach all physical education classes. (1)
- Policies ensure that state physical education classes have a student teacher ratio similar to other classes. (1)
- Time allotted for physical activity will be achieved through physical education, recess period, extra curricular activities and classroom integration. (2)
- Provide a daily recess to all students, not using it as a reward or punishment.
- Food intake will be taken into consideration when addressing physical activity.

SNA Local Wellness Policy Guidelines

- Physical education includes the instruction of individual activities as well competitive and non-competitive team sports to encourage life long physical activities. (8)
- Equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- Information will be provided to families to encourage physical activity in their student's lives.
- The school will provide physical and social environment that encourages safe and enjoyable activity for all students including those who are not athletically gifted. (1)
- Community access is given to the facilities and the land. (8)
- Implement programs that support physical activities, such as walking, LEAP programs, and American Heart Association sponsored activities. (1)

Nutrition Guidelines for All Foods on Campus

- Food providers will take every measure to ensure that student access to food and beverages meet federal, state, and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for all students.
- Nutrition information for products offered as snacks, a la carte, vending and school stores will be readily available near the point of purchase.
- Families, teachers, students, and school officials will participate in choosing food selections offered to students.
- Classroom snacks will feature healthy choices. (5)

Eating Environment

- Students will be allotted an adequate amount of time for consuming meals. At least 10 minutes will be given for breakfast consumption and 20 minutes for lunch consumption. (3)
- Lunch periods are scheduled as close to the middle of the day as possible. Whenever possible, students will be given recess before lunch periods. (7)
- Cafeterias include enough serving space so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students. (8)
- Drinking water is available to all students throughout the day and during meals.
- Using food as a punishment or reward for good behavior is not encouraged unless stated in the student's Individualized Education Plan. (IEP)

Child Nutrition Operations

- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. (1)
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after school snack and summer foodservice programs).
- We will employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements. (1)
- All food service personal will have adequate pre-service training in food service operations. (1)
- Students are encouraged to start each day with a healthy breakfast.
- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - – Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - – Sliced or cut fruit is available daily
 - – Daily fruit options are displayed in a location in the line of sight and reach of students
 - – All available vegetable options have been given creative or descriptive names
 - – Daily vegetable options are bundled into all grab and go meals available to students
 - – All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - – White milk is placed in front of other beverages in all coolers

- – Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
- – A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
- – Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
- – Student artwork is displayed in the service and/or dining areas
- – Daily announcements are used to promote and market menu options

Food Safety/Food Security

- All foods made available on Campus will comply with the state and local food safety and sanitation regulations, Hazard Analysis and Critical Points (HACCP) plans and guidelines will be implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations will be limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines. (4)

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District’s wellness policy compares to the Alliance for a Healthier Generation’s model wellness policy; and
- A description of the progress made in attaining the goals of the District’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Kevin Curry School Nutrition Supervisor Kevin.curry@pca.k12.de.us. The WC, in collaboration with individual schools, will monitor schools’ compliance with this wellness policy. Providence Creek Academy will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The WC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

References

- (1) Action for Healthy Kids, Arizona State Team. Arizona healthy school environment model policy. Available at: www.asu.edu/edcu/eps1/CERU-0401-210-RCC.pdf. Accessed March 7, 2005.
- (2) National Association for Sport and Physical Education. Physical activity for children: a statement of guidelines for children ages 5-12. Available at: http://www.aahperd.org/naspe/template.cfm?template=or_123103.html. Accessed March 7, 2005.
- (3) National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: <http://www.nasbe.org/HealthySchools/fitthehealthy.html>. Accessed March 7, 2005.
- (4) United States Department of Agriculture, Food Safety and Inspection Service. Food safety and emergency preparedness. Available at: [http://www.fsis.usda.gov/Food Security & Emergency Preparedness/index.asp](http://www.fsis.usda.gov/Food_Security_%26_Emergency_Preparedness/index.asp). Accessed March 7, 2005.
- (5) Alabama Action for Healthy Kids. Guide to Healthy school parties. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL. Accessed March 7, 2005.
- (6) Texas Agriculture Commission. Creating a course for change. Available at: http://www.squaremeals.org/fn/home/page/0,1248_0_0_0,00.html Accessed March 7, 2005.
- (7) Seattle Public Schools. Breakfast and lunch program. Available at: <http://www.seattleschools.org/area.news/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.
- (8) Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at: <http://www.wasb.org/policy/focusoct03.html> Accessed March 7, 2005.