WELLNESS POLICY

2020--2023

ACADEMY OF EDUCATIONAL EXCELLENCE

Approved by Governing Board—February 15th, 2020



**ACADEMY OF EDUCATIONAL EXCELLENCE**

**WELLNESS POLICY
Approved by Governing Board 2020**

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, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

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 Academy of Educational Excellence School District is committed to providing a school environment that promotes and protects children’s health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Academy of Educational Excellence School District that:

• The school district will engage students, parents, teachers, food service and health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

• All students in grades K-6th will have opportunities, support, and encouragement to be physically active on a regular basis.

 • Foods and beverages 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, the Academy of Educational Excellence will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including After-school snacks], Summer food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).

• The school 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.

**Module 1**

**NUTRITIONAL STANDARDS FOR FOODS PROVIDED ON SCHOOL MEALS**

Meals served through the Academy of Educational Excellence National School Lunch and Breakfast Programs will:

• Be appealing and attractive to children

• Be served in clean and pleasant surroundings

• Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations

• Offer a variety of fruits and vegetables

• Serve reduced-fat (2%), low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)

• Ensure that half of the served grains are whole grain (Appendix A)

The Academy of Educational Excellence will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

In addition, AEE will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

 **FOODS OF MINIMAL NUTRITIONAL VALUE** (FMNV)

 AEE may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until the end of the last scheduled class.

**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:

• AEE will arrange bus schedules and utilize methods to serve school breakfasts that promote participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.

• AEE will serve breakfast to students and will notify parents and students of the availability of the School Breakfast Program.

• AEE will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**FREE MEALS**

 AEE will work to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

**MEAL TIMES & SCHEDULING**

 • AEE will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

 • AEE will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.

 • AEE will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

• AEE will schedule lunch periods to follow recess periods (in elementary AEE).

• AEE will provide students access to hand washing or hand sanitizing before they eat meals or snacks and

• AEE will take reasonable steps to accommodate the tooth-brushing regiments of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**QUALIFICATIONS OF FOOD SERVICE STAFF**

* Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, AEE will provide continuing professional development for all nutrition professionals in AEE.
* Staff development programs should 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**

* AEE should 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.
* AEE will NOT operate any vending machines on school premises.
* The school food service program will approve and provide all food and beverage provided to students in elementary AEE.
* Given young children’s limited nutrition skills, food in elementary AEE should be provided as balanced meals. If available, foods and beverages provided individually should be limited to reduced fat, low-fat and non-fat milk, fruits, and non-fried vegetables.
* AEE will encourage fundraising activities that promote physical activity. The school district 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.
* AEE will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other consideration. AEE will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.
* if eligible, AEE shall provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.
* AEE will not withhold food or beverages (including food served through school meals) as a punishment for student misbehavior.

**Accommodating Students with Special Needs**:

Special Needs Students whose Individualized Education Program (IEP) plan indicates the use of Foods of Minimal Nutritional Value (FMNV) or candy for behavior modification (or other suitable needs) may be given FMNV or candy items.

AEE encourages to use foods from Appendix B.

**Celebrations**

 AEE 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 provided individually (review Appendix B.).

AEE 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 at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages provided individually.

**Module 2**

**NUTRITION EDUCATION AND PROMOTION GOALS**

AEE aims to teach, encourage, and support healthy eating by students.

**NUTRITION PROMOTION**

* AEE includes enjoyable, developmentally appropriate, culturally-relevant, participatory activities such as contests, promotion and taste testing;
* AEE promotes the consumption of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
* AEE district emphasizes caloric balance between food intake and energy expenditure, and encourages eating a healthy breakfast every day;
* AEE district links with school meal programs, other school foods, and nutrition-related community service.
* AEE teaches media literacy with an emphasis on food marketing;
* AEE provides information to families that encourage them to teach their children about health and nutrition; Administration and Food Service will partner to promote healthy eating habits through education and advertisements.

 **NUTRITION EDUCATION IN THE CLASSROOM**

* AEE will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
* AEE will ensure that nutrition education taught by qualified staff who are adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program;
* AEE will offer nutrition education not only in health education, but will integrate it across the curriculum.
* AEE will make training in nutrition education available for teachers and other staff.

**Module 3**

**PHYSICAL EDUCATION AND ACTIVITY DAILY PHYSICAL EDUCATION AND ACTIVITY**

 Elementary Students in AEE including those with disabilities, special healthcare needs and alternative educational settings will receive **150 minutes of physical activity per week.**

 A minimum of 60 minutes of that time will be spent on physical education instruction.

**Physical Education Instruction**

* All physical education will be taught by certified physical education teachers that are hired by AEE, and the curriculum will be aligned with state/national standards for physical education and dance.
* Student involvement in other activities involving physical activity (e.g., interscholastic, intramurals, marching band) will not be substituted for meeting the physical education requirement.
* The teacher/student ratio in physical education classes will be consistent with that of other core content areas.
* Class space and size in physical education will be suitable for safe and appropriate instruction.

**RECESS**

* AEE will provide at least 15 minutes per day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity is encouraged.
* **This time will be included in the over all 150 minutes of activity per week. If at all possible, it is recommended that students have recess prior to lunch.**
* This can be done in the classroom. AEE should discourage extended periods (i.e. period of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, AEE should give students periodic breaks during which they are encouraged to stand and be moderately active.

**PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL**

* AEE will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
* AEE will offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After school child care programs should offer physical activities that are moderate to vigorous in nature.

 **PHYSICAL ACTIVITY AND PUNISHMENT**

* Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) and will not withhold opportunities for physical activity (e.g. recess, physical education) as punishment. Interscholastic sports will be exempt from this provision.
* Children who compromise the safety of themselves and others will be removed from that class period.

**USE OF SCHOOL FACILITIES OUTSIDE OF SCHOOL HOURS**

* To the extent possible, school spaces and facilities should be available to students, staff, and community members before and after the school day.
* These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs.
* School policies concerning safety and use of equipment will apply at all times.

**Module 4**

**OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT AND STAFF WELLNESS**

The policies established under this category create a school environment that provide consistent wellness messages and includes goals for other school-based activities that are designed to promote student and staff wellness.

**COORDINATED SCHOOL HEALTH APPROACH**:

A model to guide school decision-making related to physical activity and nutrition that encompasses all aspects of the school from education to staff wellness. The coordinated school health program model involves and coordinates the efforts of eight interactive components to maintain well-being. These components are:

 (1) health education,

 (2) physical education,

(3) health services,

(4) nutrition services,

(5) counseling, psychological and social services,

(6) health school environment,

(7) health promotion for staff, and

(8) family and community involvement.

The model utilizes community partnerships and school resources to coordinate services, encourage collaboration, and avoid duplication of services. The individual school health advisory councils and AEE school health advisory board are the vehicles through which AEE will coordinate the efforts of these components.

**School Health Advisory Councils**

* AEE will create school health advisory councils to develop, implement, monitor, review, and revise when necessary school nutrition and physical activity policies.
* School health advisory councils consists of groups of individuals representing the AEE and the community and should include parents, students, administrators, teachers, food service personnel, school nurses, and other community members.

**District Health Advisory Board**

AEE will create a district school health advisory board to monitor individual school health advisory councils, create policies, and define and interpret AEE policies regarding school nutrition and physical activity.

AEE health advisory board consists of school board members, the health services director, food services director, teachers, school nurses, physicians, and community health agency representatives, and parents.

**Community/Family Involvement**

* AEE will support parents' efforts to provide a healthy diet and daily physical activity for their children.
* AEE/school will offer healthy eating information to parents, post nutrition tips on school websites, and provide nutrient analyses of school menus.
* AEE should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards.
* AEE/school will provide parents a list of foods that meet AEE's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
* AEE/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.

**STAFF WELLNESS**

AEE 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.

AEE will establish and maintain a staff wellness committee. (The staff wellness committee could be a subcommittee of the school health advisory council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health advisory council annually.

A staff wellness plan could include the components listed below. AEE should not be expected to implement all these elements at once. Starting with just a few of the elements listed below can provide the foundation for evolution to a more comprehensive program.

• Educational activities for school staff members on healthy lifestyle behaviors, eating, physical activity, and injury prevention.

• Application of nutritional standards for foods and beverages in vending machines available to staff members.

• Policies to prohibit all tobacco use on school grounds by students, staff members, and school visitors.

• Establishment of peer support groups for weight management, stress management, tobacco-use cessation, family guidance, and other identified issues.

• Time during the school day, such as “release time,” during which teachers and other staff members can participate in health-promoting activities.

• Administration of flu shots at school.

• Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.

• Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases. • Linkages to established Employee Assistance Programs.

• An ongoing assessment process to update and improve the effectiveness of the staff wellness plan.

**SERVICES FOR NUTRITION-RELATED HEALTH PROBLEMS**

AEE School Counselors and school health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.

**INDIVIDUAL SCHOOL IMPROVEMENT PLANS AND INCLUSION OF PHYSICAL ACTIVITY**

**AND NUTRITION-RELATED COMPONENTS FOR STAFF AND STUDENT WELLNESS**

AEE Wellness Policy recommendations will be incorporated into each individual school’s overall school improvement plan.

**Module 5**

**MONITORING THE AEE WELLNESS POLICY RESPONSIBILITIES FOR MENTORING AND IMPLEMENTATION**

Under the direction of the AEE Governing Board, the superintendent and School Leader will ensure that the directives of AEE’s wellness policy are fulfilled.

The school food service director will ensure compliance with the nutrition standards within AEE.

 Each School Advisory Council will submit a report annually to AEE Advisory Council describing their school’s progress in fulfilling the aims of the wellness policy.

**PROCEDURES FOR MONITORING AND IMPLEMENTATION**

 Determination of AEE’s Adherence to its Policy will Include:

* An assessment of each school’s compliance with the categories that are outlined in the wellness policy.
* Compliance will be based on fulfilling a continuous quality improvement plan that outlines one year and three-year goals as well as action plans that have been drafted to achieve them.
* Outcome measures for success will be based on:
* Documented observations Student interviews and focus groups Surveys and questionnaires within the school.

**DISTRICT HEALTH ADVISORY COUNCIL**

• A revised continuous improvement plan will be drafted by the AEE District School Health Advisory Council and submitted for the Governing Board’s approval annually.

• Every three years, a formal reassessment of the wellness policy will be undertaken.

• AEE Health Advisory Council will publish a summary report on AEE’s progress toward its school wellness policy,

• Hold open discussions about the direction of health and wellness in AEE, and submit a new draft wellness policy for the Board’s review.

• The use of outside consultation may be utilized to benchmark AEE against state and national standards and best practices.

**IMPLEMENTATION**

|  |  |  |
| --- | --- | --- |
| **GOALS** | **School year designated for implementation** | **Person(s) responsible for implementation** |
| 2020 | 2021 | 2022 |
| ***MODULE I**** Insures that all items provided and served in the Lunch Room meets the USA guidelines.
* Increase promotion of nutritional eating.
* Inform staff members, parents and school groups on guidelines for fundraising and celebrations involving food and beverages in school premises and/or school events.
 | XX | X |  | School administratorsFood Service CoordinatorCatering StaffLunch Room StaffTeachersHealth Advisory CouncilAEE Governing Board |

|  |  |  |
| --- | --- | --- |
| **GOALS** | **School year designated for implementation** | **Person(s) responsible for implementation** |
| 2020 | 2021 | 2022 |
| ***MODULE II**** AEE will ensure that nutrition education taught by qualified staff who are adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program.
* AEE will offer nutrition education not only in health education, but will integrate it across the curriculum.
* Provide Health Education Professional Development opportunities for ALL TEACHERS in grades K-6th.
* AEE will offer nutrition education at EACH grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
 | X | XX | XX | School administratorsFood Service CoordinatorCatering StaffTeachers |

|  |  |  |
| --- | --- | --- |
| **GOALS** | **School year designated for implementation** | **Person(s) responsible for implementation** |
| 2020 | 2021 | 2022 |
| ***MODULE III**** Provide 15 minutes of daily recess in elementary school.
* Provide professional development for physical education teachers.
* Provide 150 minutes of physical activity weekly in elementary school.
* Encourage activity outside of the classroom.
* Teachers provide opportunities for student activity within the classroom.
* Develop Health Advisory Council.
* Provide professional development opportunities for lunch room staff.
 | XXX | XXXX |  | School administratorsFood Service CoordinatorCatering StaffTeachers |

|  |  |  |
| --- | --- | --- |
| **GOALS** | **School year designated for implementation** | **Person(s) responsible for implementation** |
| 2020 | 2021 | 2022 |
| ***MODULE IV***Provide educational information and opportunities to students, staff, and the community on a variety of health related topics (i.e.- asthma, nutrition, physical activity).Provide staff awareness on community and local fitness and wellness programs.Collaborate with county health department, local hospitals, and other community agencies to sponsor/host health screenings/awareness opportunities for staff.Provide parents and community members with more health/wellness related information to promote an overall healthy school district environment. |  |  | XXXX | School administratorsFood Service CoordinatorCatering Staff |

|  |  |  |
| --- | --- | --- |
| **GOALS** | **School year designated for implementation** | **Person(s) responsible for implementation** |
| 2020 | 2021 | 2022 |
| **MODULE V*** Summary report on the district’s progress toward its school wellness policy.
* Annual report for School Board.
* Individual School assessment and programming.
 | XXX | XXX | XXX | School administratorsFood Service CoordinatorCatering Staff |

**APPENDIX A**

**DEFINITION OF TERMS**

**Grains:**

* **Enriched Grains:** Grains to which iron, folic acid and other B vitamins, including niacin, thiamin, and riboflavin are added back to the grain mixture after milling. Over the years, enrichment has helped eliminate many nutrition-related diseases.
* **Whole Grains:** Whole grains contain the entire edible part of any grain: wheat, corn, rice, oats, etc. Whole grain foods are important sources of vitamins, minerals and fiber.
* **Juice 100%**: Undiluted liquid fraction of whole vegetable, fruit or fruit blends without added sweeteners.
* **Juice Drinks**: Diluted, sweetened fruit or vegetable juice, or fruit and vegetable juice blend.

**Milk:**

* **Fat free milk**: Pasteurized, homogenized fluid cow’s milk containing less than ½% milk fat by weight.
* **Low fat milk**: Pasteurized, homogenized fluid cow’s milk containing ½% or 1% milk fat by weight.
* **Reduced fat milk**: Pasteurized, homogenized fluid cow’s milk containing 2% milk fat by weight (contains at least 25% less fat compared to whole milk).
* **Whole milk**: Pasteurized, homogenized fluid cow’s milk containing 3.25% milk fat by weight. Nutrient density: Foods or beverages that provide substantial amounts of vitamins and minerals in relation to their calories are nutrient dense.

**Policy**: A course of action to guide and determine present and future decisions.

**Pouring Rights**: A contract with a vendor for the sale of one brand, also known as an exclusive beverage contract.

**Regulation:** Rules that implement laws.

**Water**: Carbonated and non-carbonated water, with no added sweeteners and zero calories.

**APPENDIX B**

**SUGGESTED NUTRITION EATING GUIDELINES**

**FOR AN ELEMENTARY SCHOOL**

**SNACKS**

|  |  |
| --- | --- |
| **BEST CHOICE** | **ACCEPTABLE CHOICE** |
| Crackers –animal, graham, whole grain | Granola Bars, whole grain frui9t bars |
| Bagels | Muffins, fruit or whole grain |
| Pretzels, soft and regular | Baked chips, rice cakes, cereal/nut mix |
| Nuts and seeds | Nuts with light sugar or honey coating |
| Trail mix | Popcorn/nut mix |
| Fresh fruit and vegetables, canned fruit, dried fruit | Fruit flavored snacks |
| Fat free popcorn | Light pop corn |
| Yogurt, low fat or non-fat | Yogurt, reduced fat or less |
| Pudding, low fat or non-fat | Pudding, reduced fat or less |
| Cheeses, low fat or non-fat | Cheese, reduced fat or less |

**BEVERAGES**

|  |  |
| --- | --- |
| **BEST CHOICE** | **ACCEPTABLE CHOICE** |
| Milk; any flavor, low fat or non-fat | Milk; any flavor, reduced fat or less |
| Juice—fruit or vegetable that is 100% juice | Juice—fruit or vegetable that is 50% juice |
| Water |  |

Single serving snacks not listed above should meet three of the following five criteria:

• 6 grams of total fat or fewer per serving (nuts, seeds and cheeses exempt)

• Sugar not the first ingredient

• 300 or fewer calories (except nuts, seed and cheese)

• 1 or more grams of fiber • at least 10% of calcium, iron, vitamin A or vitamin C

**MAXIMUM PORTION SIZES**

|  |  |
| --- | --- |
| **Snacks** **Chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit** | 1.25 ounces |
| **Bakery Items****Cereal bars, granola bars, muffins, bagels, other healthy bakery items** | 3 ounces |
| **Frozen desserts, Ice cream** | 4 ounces |
| **Yogurt** | 6-8 ounces |
| **Cheese** | 1-1.5 ounces |
| **Beverages** **Juice** **Milk** **Water** | 4-6 ounces8-12 ouncesNo limit |