



## **Vision Charter School Wellness Policy Recommendations:**

### **School Health Advisory Committee:**

A School Health Advisory Committee will be formed, including representatives from administration, school food service, school board, teachers, and parents. This committee shall meet to address nutrition and physical activity issues with the objectives of promoting student health. This committee shall offer revisions to these guidelines at least annually or more often if necessary.

#### **A. Nutritional Quality of Foods and Beverages Served in Clean Facilities on Campus:**

School Meals: Meals served through the National School Lunch program will:

1. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
2. Offer a variety of fruits and vegetables
3. Serve only low-fat milk and nutritionally-equivalent non-dairy alternatives
4. Offer a variety of whole grains
5. Be appealing and appetizing to children
6. Be served in a sanitary and pleasant setting

Meal Times and Scheduling: The school shall:

1. Provide adequate time for students to eat
2. Schedule lunch time as near to the middle of school days as possible
3. Schedule recess for elementary children before lunch when possible so that children will come to lunch less distracted and ready to eat
4. Not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities

Free and Reduced Price 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.

#### **B. Physical Activity**

Daily Physical Education (P.E.) for K-12: All students shall receive a minimum of 30 minutes of exercise within the regular school day. Exercise will consist of one or a combination of:

1. P.E. (Physical Education Class or Fitness Activities)
2. Recess
3. Passing time between classes

School days that are shortened due to weather, conferences or holidays will be exempt from the 30 minutes of exercise.

Daily recess: The school shall offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students K-6. The school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting.

Integrating Physical Activity into Classroom Setting: For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

1. 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
2. Opportunities for physical activity will be incorporated into other subject lessons; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

**C. Wellness Education for Parents, Students, and Staff**

The school will make available information that encourages parents to provide their children with the nutritious foods, regular exercise, and healthy lifestyle choices. This information is to be available on the school's website.

- D. Foods Sold Individually:** The below local policy developed should be followed in at least four (4) event categories. The school event categories are: classroom events, celebrations, meetings, parties, concessions, afterschool events, and extracurricular activities. The events Vision Charter School chooses to implement the policy are: classroom events, celebrations, meetings, and concessions.

Vending Machines: All food sold in vending machines must meet the guidelines set for foods sold individually. The school strongly encourages the consumption of nutrient dense foods. Vending sales of candy will not be permitted on school grounds.

Concessions (including school stores): Nutritious foods, such as fruits, vegetables, lower fat dairy food, and lower fat grain products will be available wherever food is sold or offered at school.

Food and beverages may not be sold within the cafeteria serving area from vending machines, outside vendors, fundraising organizations and school stores thirty (30) minutes before the lunch serving period and thirty (30) minutes after lunch serving period.

- E. Beverages:** 2/3 of all beverage selections sold at school shall be 100% fruit juice, low-fat (1%) or fat-free milk (flavored or unflavored), and unsweetened water. Water is recommended to be sold at a discounted rate. High energy drinks with elevated levels of caffeine shall not be sold at

any time. Beverages listing sugar as the first ingredient shall not be sold. Portion size of beverage (excluding water) shall be limited to 12 oz.

F. **Class Parties and Celebrations:**

Providing healthy options at occasional class parties and activities is strongly encouraged. Healthy options can be published on the school website. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students. See Appendix A for list of suggested healthy treats.

G. **Using Food as a Reward for Performance or Behavior:**

Educators are discouraged from using foods and beverages with low nutritional value as rewards. Staff members will work towards rewarding students with alternative rewards in place of candy and sweets. See Appendix B for suggested alternatives to using food as a reward.

H. **Alcohol, Tobacco, and Drug Education**

Students shall receive education regarding the use of alcohol, tobacco, and drugs. The Administrator, or her designee, shall develop curriculum for use in health education that provides instruction to students in the areas of prevention, education, treatment, rehabilitation, and legal consequences of alcohol, tobacco, and drug use.

I. **Monitoring and Compliance**

The administrator shall be responsible for monitoring the compliance of this policy. Monitoring of compliance shall include:

1. Within the first 12 weeks of each school year, this committee shall:
  - a. Audit food services and practices related to this policy for compliance.
  - b. Audit day time competitive sales such as PFA Snack Shack for compliance.
2. The School Health Advisory Committee will review food service menus and food practices related to this policy for compliance and audit day time competitive sales for compliance.
3. At the end of the school year the School Health Advisory Committee will review and revise the Wellness policy, as needed.

## Appendix A

### Healthy School Party Snack Suggestions

Students are taught in the classrooms about good nutrition and the value of healthy food choices. However, many times foods served in the classroom, in the case of a class party, are low in nutrients and high in calories. Below are some suggestions for healthier party treats:

- Milk/flavored milk
- 100% juice
- Water/flavored water
- Fresh fruit assortment
- Fruit and cheese kabobs
- 100% fruit snacks
- Vegetable trays
- String cheese/cheese cubes
- Pretzels
- Low-fat popcorn
- Graham crackers
- Vanilla wafers
- Animal crackers
- Angel food cake
- Apples with fat-free caramel dip
- Yogurt parfaits (yogurt, berries, granola, layered)
- Yogurt smoothies
- Yogurt in a tube (go-gurts)
- Quesadillas with salsa
- Low-fat breakfast or granola bars
- Trail mixes
- Crackers with cheese
- Peanut butter with apples or celery

## **Appendix B**

### **Alternatives to using food as a reward**

Kids learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to overweight and obesity. Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school for performance or behavior:

- Sit by friends
- Watch a video
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get “free choice” time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills
- Have a teacher read a special book to the class