

## **WISSAHICKON CHARTER SCHOOL WELLNESS POLICY**

Wissahickon Charter School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the Board establishes that the Wissahickon Charter School shall provide to students:

A comprehensive nutrition program consistent with federal and state requirements.

Qualified child nutrition professionals to provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutritional needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.

Opportunities, support, and encouragement to be physically active on a regular basis during the school day.

Curriculum and programs for grades K-8 that are designed to educate students and to foster lifelong habits of healthy eating and physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

The Chief Operating Officer or designee shall be responsible for the implementation and oversight of this policy to ensure each of the district's schools, programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

Staff members responsible for programs related to school wellness will report to the Chief Operating Officer or designee regarding the status of such programs.

The Chief Operating Officer or designee and the Wellness Committee will conduct an assessment at least once every three (3) years to review, monitor, develop, implement, revise school nutrition and physical activity within the wellness policy.

Wissahickon Charter School will 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 school website, newsletters, posted notices and/or other efficient communication methods.

### Recordkeeping

Wissahickon Charter School will retain all records documenting compliance with the requirements of the School Wellness policy, which will include:

The written School Wellness policy.

Documentation demonstrating that the Wissahickon Charter School has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.

Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

### Wellness Committee

Wissahickon Charter School will establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.

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

The Wellness Committee will review and consider evidence-based strategies and techniques in establishing goals for nutrition education, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

## Nutrition Education and Promotion

Nutrition education and promotion will be provided to all students at Wissahickon Charter School to teach, encourage, and support healthy eating and living.

Eatiquette in the classroom is a 30-45 minute hands-on cooking and nutrition education lesson that teaches students how to prepare the meals they encounter in the lunchroom and why those recipes are good for their bodies. These lessons use evidence-based curricula and include take home recipes and supplemental materials. There will be three lessons throughout the school year.

Eatiquette in the Community is a supplemental program for adults, parents, and caregivers that will lead the participants through hands on cooking lessons focusing on preparation techniques, food safety and storage.

Nutrition education and promotion will be integrated into classroom instruction in subjects such as math, science, language arts, social science, and elective subjects.

Nutrition education and promotion includes, developmentally and age appropriate activities, taste testing of local products, farm visits to local farms to learn about agriculture and nutrition, school garden planting and maintenance, and composting and recycling during lunch.

The staff responsible for providing nutrition education will be properly trained and prepared and will participate in appropriate professional development.

Wissahickon Charter School food service personnel will join students in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

## Physical Activity

For students to receive the nationally recommended amount of daily physical activity of at least 60 minutes per day, and for students to fully embrace regular activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Students will participate daily in a variety of age-appropriate physical activities during morning meeting.

Students will participate in age-appropriate physical activity during outdoor and indoor recess, after school program, clubs, and intramural athletics.

Physical activity breaks will be provided for students during classroom hours when appropriate.

Wissahickon Charter school will promote physical activity through encouragement of walking and biking as a means of transportation to and from school.

Students and their families will be invited and encouraged to attend school wide physical activities inside/outside school hours throughout the school year.

### Physical Education

All students in grades K-8, including students with disabilities, special health care needs, and in alternative education setting, will receive the recommended physical education consistent with curriculum regulations.

Physical education will be taught by certified health and physical education teachers that will promote lifelong physical activity, as well as a comprehensive curriculum that promotes both team and individual activities.

Physical activity will not be used or withheld solely as a form of punishment

Safe and adequate equipment, facilities and resources will be provided for physical education classes.

The Presidential Fitness Test will be completed twice a year to assess and track student progress on the Health, Safety and Physical Education academic standards.

### Other School Based Activities

Drinking water is available to students at all times and at no cost, during meal times and throughout the school day.

Meal periods shall be scheduled at appropriate hours, as required by federal regulations, and will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

Wissahickon Charter School will not scheduled tutoring, clubs, or organized meetings/activities during mealtimes, unless students may eat lunch during such activity.

Wissahickon Charter School will provide a clean and pleasant setting for eating and serving school meals with adequate space.

Students will have access to hand sanitizing before meals and snacks.

Wissahickon Charter School will discourage students from sharing their foods or beverages with one another during meal or snack times, due to concerns with allergies and other restrictions on some students diets.

To increase breakfast participation and to feed as many students as possible, Wissahickon Charter School will extend breakfast hours to reinforce the positive educational, behavioral and health impacts of eating a healthy breakfast.

Nutrition content of school meals will be available to students and parents/guardians via newsletter and website.

Goals of the School Wellness policy will be considered in planning all school based activities including fundraising projects to support healthy eating and student wellness.

Administrators, teachers, staff and food service personnel, will be encouraged to serve as positive role models for all students through their own healthy lifestyles.

#### Nutrition Guidelines for School Meals

Foods and beverages provided through the National School Lunch or School Breakfast Programs will comply with established federal nutrition standards.

#### Nutrition Guidelines for Sold Smart Snacks

Competitive foods available for sale will meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards will apply in all locations and through all services where foods and beverages are sold to students.

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch. School day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

Foods and beverages sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved by the Chief Operating Officer or designee.

Wissahickon Charter School may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings. Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards. Exempt fundraisers are not allowed to be held in areas whilst meals are being served, fundraisers cannot exceed 5 consecutive school days, and can raise money for only one fund per fundraiser.

### Nutrition Guidelines for Non-Sold Smart Snacks

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by Wissahickon Charter School.

Foods and beverages will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

Classroom parties/celebrations with food/beverages will be limited to no more than one (1) per month in each classroom. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies, donuts). Parents/Guardians will be informed through newsletters or other efficient communication methods what foods/beverages should be brought in when requested for scheduled parties (e.g., fresh fruits, vegetables, water, 100 percent juice, low-fat or nonfat milk).

Wissahickon Charter School will provide a list of suggested ideas for healthy food and beverage alternatives to parents/guardians and staff, which will be available via classroom newsletters, posted notices and/or other efficient communication methods.

### Management of Food Allergies

School health professional along with food health representative will establish regulations to address food allergy management to reduce and/or eliminate the possibility of a severe or potentially life threatening allergic reaction. Also, to ensure fast and effective response in case of a potentially life-threatening allergic reaction.

### Marketing/Advertising

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School).

### Safe Routes to School

Wissahickon Charter School will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.