

FOLK ARTS-CULTURAL TREASURES CHARTER SCHOOL

POLICY: Wellness Policy

Adopted 2006

Amended Apr 8, 2009

Amended Aug 19, 2009

Amended Jun 15, 2011

Amended Jan 20, 2016

Amended June 2017

The Folk Arts – Cultural Treasures Charter School will work to provide 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 Folk Arts – Cultural Treasures Charter School that, to the extent practicable, FACTS will:

- Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- Ensure that all students in grades K-8 will have physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Serve or sell only foods and beverages which meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and will meet the Nutritional Guidelines for Competitive Foods in Pennsylvania.
- Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, with assistance from qualified child nutrition professionals; accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and provide clean, safe, and pleasant settings and adequate time for students to eat.
- Participate in available federal school meal programs.

Provide curriculum and programs for grades K-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Monitoring and Policy Review

Monitoring

The Executive Director or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the ED or his/her designee.

The ED or designee shall annually report to the Board on FACTS' compliance with law and policies related to school wellness. The report may include:

- Assessment of school environment regarding wellness issues.

- Evaluation of food services program.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendation for policy and/or program revisions.
- Feedback received from staff, students, parents/guardians, community members and the Wellness Committee.

Policy Review

The ED or designee and the established Wellness Committee shall conduct an assessment every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, FACTS will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. FACTS will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

- The extent to which FACTS is in compliance with law and policies related to school wellness.
- The extent to which this policy compares to model wellness policies.
A description of the progress made by FACTS in attaining the goals of this policy.

FACTS shall annually inform and update the public about the contents, updates, and implementation of this policy via the school's website and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness Policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness Policy; and a means of contacting Wellness Committee leadership.

TO ACHIEVE THESE POLICY GOALS:

School Wellness Committee

FACTS will create, strengthen, or work within an existing school wellness committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

Nutrition Education and Promotion

The Folk Arts – Cultural Treasures Charter School shall model, teach, encourage, and support healthy eating by students. We aspire to provide age-appropriate nutrition education and engage in nutrition promotion amongst students, staff, and families. We also understand that 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. We strive to create nutrition education opportunities both within content area classes, in afterschool activities, and with movement-based folk arts programming.

Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive weekly physical education for the entire school year. Students shall be moderately to vigorously active as much time as possible during physical education class. All physical education will be taught or co-taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic, or intramural sports) will not be substituted for meeting the physical education requirement. Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge for lifelong, health-enhancing physical activity. A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Other Physical Activity Opportunities

FACTS will offer extracurricular physical activity programs, such as physical activity clubs, electives or ensembles. . FACTS will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment

Teachers and other school and community personnel will not use or withhold physical activity (e.g., running laps, pushups) as punishment.

Extended periods of inactivity, two (2) hours or more, shall be discouraged. Physical activity breaks shall be provided for students during classroom hours.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. FACTS will provide continuing professional development for all nutrition professionals and will meet all health and safety regulations. Food Service personnel shall encourage consumption of more whole grains, fruits, vegetables, and legumes, and attempt to decrease plate waste.

Staff Wellness

The Folk Arts – Cultural Treasures Charter School 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. The FACTS Wellness Committee will also 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. FACTS shall provide training to all staff on the components of the School Wellness Policy.

Other School Based Activities and Nutritional Quality of Foods and Beverages Served

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings and students shall have access to hand washing or sanitizing before meals and snacks;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations including the Nutritional Guidelines for Competitive Foods in Pennsylvania Federal Smart Snacks in School Nutrition Standards.
- Drinking water shall be available and assessible to students, without restriction and at no cost to the student, at all meal periods and throughout the day.
- Students shall be provided adequate time to eat: a minimum of 10 minutes sit down time for breakfast and 20 minutes sit down time for lunch.
- Meal periods shall be scheduled at appropriate hours, as required by federal regulations.

To the extent possible, FACTS will share information about the nutritional content of meals with parents and students. FACTS 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.

Competitive foods are defined as foods and beverages offered or sold to students on the school campus during the school day, which are not part of the reimbursable school breakfast or lunch. Competitive foods available for sale shall meet or exceed the established federal nutrition standards. This may include, but are not limited to: a la cart options in cafeterias, vending machines, school stores, snack carts and fundraisers. Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by FACTS.

Sharing of Foods and Beverages

FACTS will 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.

Fundraising Activities

To support children's health and school nutrition-education efforts, FACTS school fundraising activities will use only foods that meet nutrition and portion size standards for foods and beverages as outlined in the Nutritional Guidelines for Competitive Foods in Pennsylvania. There may be up to 5 exemptions to this rule permitted each year. All fundraisers and exemptions must be approved by the FACTS Administrative Council in advance.

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.

Rewards

FACTS will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and prohibit withholding food or beverages (including food served through school meals) as a punishment.

Celebrations

FACTS will limit the number of classroom parties/celebrations that involve food during the school day, to no more than 1 per month, as well as the amount of food or beverage served during those celebrations, in particular food or beverages that do not meet nutrition standards. FACTS will disseminate a list of healthy party ideas to parents and teachers via the Take Home Tuesday folder, school website, or other efficient communication method.

Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (ex. Cupcakes, cookies) and will provide the following alternatives at each party:

- Fresh fruits/vegetables
- Water, 100 percent juice, or low-fat/non-fat milk

School sponsored Events

(such as, but not limited to, athletic events, dances, or performances)

FACTS will discourage the sale or distribution of foods and beverages at school-sponsored events outside the school day which do not meet the nutrition standards for meals or for foods and beverages outlined in the Nutritional Guidelines for Competitive Foods in Pennsylvania. FACTS shall offer healthy alternatives in addition to more traditional fare.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for Competitive Foods in Pennsylvania. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited.

The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Communications with Parents

FACTS will support parents' efforts to provide a healthy diet and daily physical activity for their children. We will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. FACTS will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, FACTS will provide opportunities for parents to share their healthy food practices with others in the school community.

FACTS 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.