

Concordia Charter School Wellness Policy SY2016

Concordia Charter School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy living, nutrition and adequate physical activity. Concordia Charter School recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. We also know that good health fosters increased student attendance and involvement in education. We recognize that many of our students may be at-risk for a number of diseases later in life because of unhealthy eating habits, physical inactivity and obesity, and environmental circumstances. We also believe that education and modeling are the best methods of changing behavior and recognize the importance of involving all stakeholders, including teachers and staff, students and parents, health professionals and community partners, in this process.

- Concordia will engage students, parents, teachers, food service professionals, health professionals, and other community members in developing, implementing, monitoring, and reviewing healthy living, nutrition and physical activity policies.
- All students in grades K-6 will have opportunities to gain physical and behavioral skills, and build confidence to be physically active.
- Foods and beverages served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans* and as outlined by *MyPlate.gov*.
- Concordia will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Summer Food Service Program and Fresh Fruit and Vegetable Snack Program)
- Concordia 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.
- Concordia will provide nutrition education and promotion, and physical education to foster lifelong habits of healthy eating, physical activity and whole wellness.

TO ACHIEVE THESE POLICY GOALS:

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

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- be in compliance with all federal and state nutrition guidelines, specifically as defined in the Healthy, Hunger-Free Kids Act of 2010;
- offer a variety of fresh fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);

- ensure that all of the served grains are whole grain.
- Follow AZ Nutrition Standards as applicable

Nutrition Education and Promotion. Concordia aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices (i.e. posters/displays, FFVP);
- is part of not only nutrition education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- links with school meal programs, Fresh Fruit and Vegetable Program (FFVP), and nutrition-related community services;

Fundraising Activities. To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food. The school will encourage fundraising activities that promote physical activity. Vending machines, A la carte items, concession stands, etc are not used on campus.

Rewards. The school will avoid using foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. The school will limit celebrations that involve food during the school day to no more than one party per class per month, and they should include healthy food choices. Only store-bought food items are allowable for service. Individual student birthday snacks and/or celebrations are not permitted. Alternative celebration ideas are encouraged (see attachment).

Daily Recess and Physical Education. Students will have at least 20 minutes a day of supervised recess, preferably outdoors, with moderate to vigorous physical activity encouraged verbally and through the provision of space and equipment. Understanding that water is vital to a healthy body and mind, fresh water will be available to all students during recess and throughout the school day. Physical Education classes will be provided, when available, by approved instructors on a weekly basis.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Teachers will incorporate physical activity into lessons whenever possible.

Communication with Parents: The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating information for parents through our Family Night programs. We will send home nutrition information to the families. We will encourage parents to pack healthy lunches and snacks and ask parents not to include beverages and foods that do not meet the nutrition standards.

Staff Wellness: Concordia Charter School values the health and well-being of every staff member. The school will establish a staff wellness committee that will promote health and wellness, specifically healthy eating and physical activity among school staff.

Teachers will support nutrition education by eating FFVP snacks with their students with an appropriate attitude. All staff will model good nutrition habits by eliminating the consumption of unhealthy foods or drinks (soda, chips, candy, fast food) in the presence of students.

Monitoring and Policy Review

Monitoring. The site director or designee will ensure compliance with the nutrition and physical activity wellness policies. They will ensure compliance with the policies in the school and will report on the school's compliance to the school board annually.

School food service staff members will ensure compliance with all nutrition policies and will report to the site director as needed. The school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. The site director will report on the school's compliance to the school board annually.

Policy Review. Assessments by the School Advisory Health Council (made up of staff, parents and community partners) will be repeated every year to assess progress, review compliance and determine areas in need of improvement. Revisions to the wellness and nutrition policies will be made as necessary.

Non-Food Celebrations*

- Games or crafts – ask parents to bring supplies for a game or craft project
- Let's trade! Ask parents to bring small items to trade, such as pencils, stickers or erasers
- Dance party
- Extra recess or play time
- Special book
- Guest readers
- Activity time
- Overnight stuffed animal or item from class or program
- Special show and tell
- Special time with principal, teacher or site staff – take a walk around the school or playground
- Organize a community project
- Have a themed scavenger hunt around the school or site
- Stock a treasure chest – ask parents to bring items such as pencils, stickers and erasers or other small trinkets to fill the chest
- Themed parade around your school- try a vocabulary or food group theme!
- Allow the birthday child to be the class or site assistant for the day to help with special tasks, such as making deliveries around the school or site or lead the line
- Make it an event! Allow the birthday child to wear a special sash and crown or carry a special item

*For birthday celebrations, allow the birthday child to choose the game, activity, music, item, book, etc.

Concordia Charter School, Inc "From-Home" Breakfast/Lunch Policy

Please use icepacks in lunch boxes to keep items cold as necessary. We cannot reheat or keep refrigerated lunches from home.

Bins will be placed in each classroom for lunch boxes. Teachers will bring bins to the lunchroom when students go to recess. Parents dropping off lunches after classes begin should deliver them directly to the office.



Breakfast and Lunch food items from home must fall within the school nutrition guidelines. Please see list below of examples of unacceptable items. If restricted items are brought, they will be respectfully confiscated and held until after school.

- Soda or sugary drinks
- Candy/Chocolate
- Hot Cheetos/Takis
- Chips
- Cookies
- Donuts/Cake, etc
- Gansitos/Pastelitos

Please do not bring "fast food" items for your student (McDonald's, Taco Bell, etc).

We thank our students, parents, and staff in advance for helping to make our school safe and healthy!

Por favor, use hielo en cajas de almuerzo para mantener los alimentos fríos. No podemos calentar o mantener refrigerado almuerzos de casa.



Habr  cajas en las aulas para almacenar cajas de almuerzo. Los maestros traer  cajas de almuerzo a la cafeter a cuando los estudiantes ir a receso. Padres traer almuerzos despu s de que comiencen las clases deben entregarlas a la oficina.

Desayuno y Almuerzo- *La comida de la casa debe seguir las pautas de la nutrici n escolares. Por favor vea la lista de ejemplos de alimentos inaceptable. Si la comida inaceptable se trae a la escuela, se confiscar  y se devolver  despu s de la escuela.*

- **Soda o bebidas con az car**
- **Dulces/Chocolates**
- **Chips/ Hot Cheetos/Takis**
- **Galletas**
- **Gansitos/Pastelitos**
- **Donas, Pan dulce...**

Por favor, no traer almuerzos de "comida r pida" para su hijo/s (McDonald's, Taco Bell, o similar...)

 Agradecemos a nuestros estudiantes, padres y personal para ayudar a que nuestra escuela segura y saludable!