

# LOCAL WELLNESS POLICY



CONCORDIA CHARTER SCHOOL, INC.

SY 2018

## Nutrition Promotion & Education

Concordia aims to provide students with the knowledge and skills necessary to promote and protect their lifelong health. 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;

### Specific strategies:

- Strong student participation in Child Nutrition Programs (School Breakfast, National School Lunch Program) will be encouraged through multi-platform promotional information
- 100% of foods and beverages promoted to students will meet the USDA's Smart Snacks in Schools standards
- Monthly menus will be distributed to each student, will be posted in the main hallway and cafeteria, and will be shared on the school's website
- A minimum of ten Smarter Lunchroom Techniques will be implemented throughout the school year
  1. A variety of whole fruits will be displayed in attractive bowls or dishes
  2. At least two types of vegetables will be offered daily
  3. White milk will be offered in all beverage coolers
  4. A self-serve "flavor station" will be available to students as appropriate
  5. Creative, descriptive names will be used on the menu
  6. A sample tray or photo of the daily reimbursable meal will be displayed
  7. A menu board, readable from 5 feet away, will feature meal options with creative names
  8. Menu choices will be included in daily announcements by teachers and/or administrators
  9. Students will be involved in creating artwork and marketing materials to promote menu items

10. Recess will be provided before lunch
- Monthly health education lessons will be provided in each grade level that cover topics that may include the following:
    1. Food guidance from MyPlate
    2. Reading and using the FDA's nutrition fact labels
    3. Balancing food/caloric intake and physical activity/energy expenditure
    4. Eating more fruits and vegetables, and whole-grain products
    5. Choosing foods and beverages with little added sugar
    6. Preparing healthy meals and snacks
    7. Food safety
    8. Importance of water consumption
    9. Importance of eating breakfast
    10. Reducing sodium intake

### **Physical Education & Physical Activity**

- Physical activity during the day (including, but limited to recess, classroom activity breaks, or physical education) will NOT be used or withheld as punishment for any reason.
- Inventories of physical activity supplies and equipment will be accessible to staff and students and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible

### **Recess**

- All students will receive at least 20 minutes of recess daily, independent of physical education classes
- Recess will be offered outdoors when weather is feasible
- Recess monitors will encourage student to be active and will serve as role models by being physically active along with students, when feasible
- To the extent practicable, the district will ensure that its grounds and facilities are safe and that equipment is available for all students to be active

### **Activity Breaks**

- Students will be offered periodic opportunities to be physically active or to stretch throughout the day on all or most days during a typical school week
- Instructional staff will be provided resources, tools, and technology with ideas for classroom physical activity breaks

### **Physical Education (PE)**

- All students in each grade will receive PE for 25 minutes per week
- PE will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool)

- Students will be moderately to vigorously active for at least 50% of PE class time during most or all sessions
- PE instructional staff will participate in at least one professional development opportunity annually

### **Other School-Based Activities that Promote Student Wellness**

- All school-sponsored events will adhere to the wellness policy guidelines
- All school-sponsored wellness events will include physical activity and healthy eating opportunities
- The district will develop relationship with community partners as appropriate, including hospitals, colleges/universities, local businesses, and SNAP-Ed providers
- Both digital and non-electronic platforms will be used to inform families of school-sponsored activities and deliver health & wellness resources and promotions
- The school will implement the following strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors:
  1. Instructional staff will lead and model positive FFVP distribution, consumption, and education
  2. All staff will eliminate the consumption of unhealthy food and drinks (soda, chips, candy, fast food) in the presence of students
  3. Staff will be encouraged to participate in employer-sponsored programs that provide mutual accountability and recognition for specific health goals (i.e. step-counting, weight loss, smoking cessation, workout participation) throughout the year

### **School Meal Standards**

- Meals will be accessible to all students
- Meals will be appealing and attractive to children;
- Meals will be served in clean and pleasant settings;
- Meals will be in compliance with all federal and state nutrition guidelines, specifically as defined in the Healthy, Hunger-Free Kids Act of 2010, and AZ Nutrition Standards as applicable;
- Students will be given a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch
- Students will special dietary needs will be accommodated as directed by appropriate medical professional guidance, within reason
- Meals will be served at reasonable and appropriate times of the day
- Lunch will follow recess to better support learning and healthy eating
- Free, potable water will be made available to all students during the meal period
- Water sources/containers will be maintained on a regular basis to ensure good hygiene and health safety standards

### **Competitive Foods and Beverages**

- Food and beverages served outside the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at minimum, or not be provided at all

## **Celebrations and Rewards**

- Foods served to students will meet/exceed the Smart Snacks in School nutrition standards, per the Arizona nutrition Standards (ARS 15-242)
- Celebrations that involve food during the school day will be limited to no more than two parties per class per school year
- 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)
- Food and beverages will not be used as rewards for academic performance or good behavior, and withholding food or beverages (including food served through school meals) will not be used as a punishment

## **Food and Beverage Marketing**

- All food and beverages sold as fundraisers during school hours will meet USDA's Smart Snacks in Schools standards
- Exempt fundraisers outside of school hours may be allowed with approval
- Healthy food, non-food items, and physical activity based school fundraising activities will be encouraged
- Vending machines, a la carte items, concession stands, etc. are not used on campus

## **Wellness Advisory Board (WAB)**

- A representative wellness board will be convened four times per year
- Representation will include the following:
  - Teachers
  - Parents/Caregivers
  - School Nutrition staff
  - PE instructional staff
  - Administration
  - Community partners, when feasible
- The public will be notified of its ability to participate in the LWP process
- The designated WAB leadership will convene and facilitate development of and updates to the wellness policy, and ensure compliance
- The designee is Mrs. Acosta, Nutrition Services Director, [rgomezacosta@concordiacharter.org](mailto:rgomezacosta@concordiacharter.org)
- Other committee members include the following:
  - Ms. Roush-Meier, Director, [mroushmeier@concordiacharter.org](mailto:mroushmeier@concordiacharter.org)
  - Mrs. Buck, Teacher, [pbuck@concordiacharter.org](mailto:pbuck@concordiacharter.org)
  - Ms. "B", PE instructor, [baleman@concordiacharter.org](mailto:baleman@concordiacharter.org)
  - Mrs. Bermudez, Parent/Nutrition Services staff, [tbermudez@concordiacharter.org](mailto:tbermudez@concordiacharter.org)
  - Mrs. Colmenero, Nutrition Services staff, [rcolmenero@concordiacharter.org](mailto:rcolmenero@concordiacharter.org)

## **Implementation Plan**

- ADE’s assessment tool will be used to complete a policy review prior to the development of an implementation plan
- The plan will outline specific steps for execution of the wellness policy, including roles, responsibilities, actions, and timelines

### **Communication & Outreach**

- Families and the public will be informed of the policy, its contents, updates, and implementation status on an annual basis through the school’s website and parent handbook
- Additional communication platforms include email, announcements on monthly menus, bulletin board notices, social media, and printed information sent home with students
- Parents will be informed of the following:
  - Improvements to school meals standards
  - How to apply for meal benefits
  - Smart Snacks in Schools nutrition standards information
  - Policy updates and assessments
- Communications will include the following:
  - As much information as possible about the school nutrition environment
  - Information about events and activities related to wellness policy implementation
  - Names and contact information of wellness committee members
  - Information about how the public can get involved

### **Assessment & Updates**

- Updates and modifications of the policy, based on assessment tools, will be made at least once a year and as-needed
- A Triennial assessment will assess the following:
  - Site-specific compliance
  - The extent to which the policy compares to the Alliance for a Healthier Generation’s model policy
  - A description of the progress made in attaining specific goals
- Mrs. Acosta, Nutrition Services Director, will manage the assessment process
- Parents will be notified of the availability of the report

### **Recordkeeping**

- Documentation kept in the front office will include the following:
  - Written wellness policy
  - Documentation of efforts to review and update the policy
  - The most recent assessment on implementation of the policy
  - Documentation demonstrating the policy and the most recent assessment of implementation have been made available to the public, and in compliance with annual public notification requirement