

No. 246
SECTION: Pupils
TITLE: Student Wellness
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Student Wellness

1 PURPOSE

Renaissance Academy 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 an environment that promotes student wellness, proper nutrition, nutrition education, 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.

Access to this policy will be made public via the school's website. Notice of changes, updates, and annual review will be published to the school community at the start of each school year.

2 AUTHORITY

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

A comprehensive nutrition program consistent with federal and state requirements,

Access at a reasonable cost to foods and beverages that meet established nutritional guidelines,

Physical education courses and opportunities for the developmentally appropriate physical activity during the school day, and

Curriculum and program for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with the State Board of Education curriculum regulations and academic standards.

3 DELEGATION OF RESPONSIBILITY

The Principal or designee shall be responsible to monitor the schools; programs, and curriculum to ensure compliance with this policy, related policies and establish guidelines or administrative regulations.

Each School Principal or designee shall report to the CEO or designee regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the Principal or designee regarding the status of such programs.

The CEO or designee shall *annually* report to the Board on the school's compliance with law and policies related to student wellness. The report may include:

- Evaluation of food services program,
- Assessment of school environment regarding student wellness issues,
- Recommendations for policy and/or program revisions,
- Feedback received from school staff, students, parents/guardians, community members, and Wellness Committee, and
- An assurance that school guidelines for reimbursable meals are not less restrictive than regulation and guidelines issued for school in accordance with federal law shall be provided *annually* by the Food Service Director or Business Manager.

The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

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

This policy will be updated at least every three years and reviewed by the trustees based on the results of the triennial assessment.

4 GUIDELINES

WELLNESS COMMITTEE

The Board shall appoint a Wellness Committee comprised of at least one (1) of the following: School Board member, school administrator, food service representative, student, parent/guardian, member of the public, teachers of physical education, school health professionals, and other individuals chosen by the Board.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with laws to recommend to the Board for adoption.

The Wellness Committee may examine related research and laws, assess student needs and current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Wellness Committee shall provide periodic reports to the Principal or designee regarding the status of its work, as required including matters of **implementation, periodic review, and update of the wellness policy**.

NUTRITION EDUCATION & PROMOTION

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Consistent nutrition messages shall be disseminated throughout the school, classrooms, cafeterias, homes, community, and media.

PHYSICAL ACTIVITY

Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interest of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) or more, shall be discouraged.

PHYSICAL EDUCATION

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

A local assessment system shall be implemented to track student progress on Health, Safety, and Physical Education academic standards.

Students shall be moderate to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

OTHER SCHOOL-BASED ACTIVITIES

Students shall be provided with a clean and safe meal environment.

Students shall be provided adequate time to eat: Twenty (20) minutes sit down time.

Students shall have access to hand washing or sanitizing before meals and snacks.

Goals of the Student Wellness Policy shall be considered in planning all school-based activities.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communication and outreach efforts.

The school shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

NUTRITION GUIDELINES

All foods available in the school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Competitive foods

Are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks, and beverages; vending food, snacks and beverages; school store food, snacks, and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

All competitive foods available to students in the school shall comply with the established nutrition guidelines, as listed in the administrative regulations.

Non-Sold Competitive Foods

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 the district. If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives: Healthy food will be encouraged and offered.
2. Classroom Parties and Celebrations: Healthy foods will be encouraged.

Marketing/Contracting

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

The school shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.