

**Scholar Academy
Wellness Policy
Date: July 15, 2014**

The Child Nutrition and WIC Reauthorization Act of 2004, together with the Healthy, Hunger-Free Kids Act of 2010 require schools participating in the federally funded school meal program to develop and implement a wellness policy. Congress, concerned about the growing problem of childhood obesity and health problems associated with poor nutrition and a lack of physical activity, enacted the legislation because they identified schools as playing a critical role in promoting health, preventing childhood obesity and preventing diet-related chronic diseases.

Scholar Academy recognizes our obligation to provide an environment that promotes healthy foods and physical activity. Scholar Academy is committed to providing an environment that promotes children's health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the belief of the school that parents are given the opportunity to regulate the amount of unhealthy foods that their children consume; as such, unhealthy foods will not be provided during school unless otherwise stated in this policy.

Implementation and Review of the Policy

The School's Director will have primary responsibility to ensure that this policy is effectively implemented. Additionally, the Director may establish a Nutrition and Fitness Advisory Committee to review wellness efforts and goals in order to ensure that the policy is being implemented as mandated by law and in the best interest of the School and students. The Advisory Committee may consist of, but is not limited to, physical education teachers, school health professionals, School administrators, parents, students, food service staff, Board members, and teachers.

The implementation of the policy will be evaluated at least annually. Based on the results of this evaluation, the School will consider changes to the policy and steps that can be taken to improve the effectiveness of the policy's implementation.

This policy will be made available to the public, including parents, students, and the community. The policy will be posted on the School's website, and notice will be sent to parents electronically and possibly with notices sent home with students. The public will be notified of changes to the policy. The School will also provide notice to the public regarding the results of the evaluations of the policy's implementation, including the extent to which the School complies with the policy and the School's progress in achieving the goals in the policy. This information will be posted on the School's website.

Nutrition Education and Promotion

The primary purpose of nutritional education and promotion is to build knowledge and skills that will help children make healthy eating and physical activity choices now and throughout their lives as well as to provide opportunities and incentives for students to make positive, healthy choices. The School will seek to accomplish this by the following steps:

- a. Healthy eating habits will be taught, promoted and supported for students and staff by encouraging teachers, whenever possible, to use healthy nutrition facts in learning skills such as reading, writing and math.
- b. Food may not be used as punishment and healthy food rewards must be approved by the principal for limited use as a reward for PTO or class –wide events.
- c. Nutrition and physical awareness and healthy lifestyles will be promoted through assemblies that may include gymnastics, dance or other physical activities.
- d. Promote awareness of healthy lifestyles by encouraging, for example, regular medical and dental check ups.
- e. Encourage nutrition education not only in health class but also in subjects such as math, science, language arts, social sciences, and elective subjects.
- f. Encourage and educate parents in ways to provide healthy and affordance sack lunches.
- g. Promoting healthy living through activities, contests, promotions, taste tests, and school gardens.

Physical Activity

Scholar Academy will provide students with opportunities for physical activity beyond physical education class and will encourage regular physical activity as a personal behavior by:

- a. Providing and introducing students to a variety of physical activities through PE, assemblies, extra-curricular activities, or in the classroom.
- b. Providing daily recess for all elementary students for at least 30 minutes per day and 30 minutes of fitness education per week.
- c. Using lesson activities to increase physical movement in the classroom or providing short physical activity breaks between lessons or classes, as appropriate.
- d. Encouraging parent volunteers to form after-school sports teams or clubs for students.
- e. Encouraging fundraising activities that promote physical activity and not unhealthy foods.
- f. Promoting a healthy lifestyle among its faculty, administration, and staff.

Healthy and Safe School Environment

Scholar Academy will promote a healthy and safe environment by:

- a. Providing a clean and safe lunchroom for students.
- b. Offering lunch periods after recess periods, when scheduling allows.
- c. Discouraging students from sharing their food or beverage with one another during meal or snack times, given parents right to know and concerns about allergies and other diet restrictions of some children.
- d. Providing students access to restroom use for washing hands and making available hand sanitizers.
- e. Making drinking fountains available for water throughout the day.
- f. Making every effort to accommodate children with food allergies.

Food Guidelines

Scholar Academy will implement the following guidelines to support its wellness policy and promote a healthy environment in the School and within the classroom:

- a. Food will only be allowed in the classroom as part of a lesson plan or at the approval of the Director (for example, using oranges to teach fractions).
- b. No soda will be provided at any time during school for students except as otherwise provided in this policy.
- c. Two school-wide class parties per year are allowed (Halloween and Valentine's Day).
 - Some healthy snack choices must be offered to students and faculty as part of these class parties.
 - It is the teacher's discretion if they allow the treats from the parties to be consumed in class or have the students take them home.
 - Teachers are responsible to be aware of any food allergies his/her students may have to ensure the safety of the children with allergies.
 - Individual class parties of any kind must be approved by the Director.
- d. Healthy treat and snack choices will be encouraged.
- e. Food provided at after-school functions will be under the discretion of the Director.
- f. There will be no student vending machines available at Scholar Academy

School Lunch Program

Guidelines for meals served as part of the School's school lunch program will not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. § 1758(f)(1), 1766(a)).