



Pinnacle Charter School Wellness Policy

The Mission of the Pinnacle Wellness Committee is to establish and maintain a school community focused on developing the knowledge, skills, and ability to actively pursue healthy lifestyles, proper nutrition, and lifelong physical activities.

I. School Wellness Committee

Wellness Committee. The Pinnacle Charter School Wellness Committee will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as a resource for grade level departments for implementing those policies. The committee will consist of a group of individuals representing the school and community, and will include parents, students, representatives of the school food authority, school administrators, teachers, and health professionals.

Monitoring. The Wellness Committee will ensure compliance with established wellness policies using regularly scheduled observations, surveys, and other tools. If an area is found to be out of compliance, the Committee will issue a memo to the department or individual. If the non-compliance is not resolved, the Committee will then send a memo to the appropriate manager or grade level administrator. Persistent non-compliance issues will be researched and included in the annual summary report.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Wellness Committee. The food service director will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

The School Wellness Committee will develop a summary report every year on compliance with the school's established nutrition and physical activity wellness policies. That report will be provided to the Executive Director, school board, parent/teacher organizations, the school accountability committee, and school principals.

Policy Review. Review and assessment will be conducted annually to determine policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Wellness Committee will review the school's nutrition and physical activity practices; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The Wellness Committee will, as necessary, submit revisions of the policy to the school Board for approval and develop work plans to facilitate their implementation.

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II. Nutrition Education

Goals:

1. Provide nutrition education curricula that is skills-based and incorporates nutrition concepts from the most current Dietary Guidelines for Americans
2. Make nutrition education part of a comprehensive health education curriculum in every grade level
3. Have classrooms participate in one or more events that are either centered on nutrition or include nutrition as a main component
4. Provide teachers with opportunities for professional development
5. Provide nutrition education to parents, community, and school board
6. Conduct staff wellness activities related to healthy eating habits and nutrition
7. Include nutrition education in before and after school programming

Education Curricula: Each school Physical Education department will submit a curriculum outline to the school principal and to the Wellness Committee each February detailing resources to be used and how the nutrition guidelines will be covered for the next academic year.

Each grade level will submit the curriculum outline of the nutrition component scheduled for their grade level each February for the next academic year to the school principal and the Wellness Committee.

The Wellness Committee will review plans to ensure compliance with stated goals and make recommendations as necessary.

Events: Students will have the opportunity to participate in annually scheduled events such as the annual jump rope for heart program for Elementary; Field day activities for Elementary and Middle School; 5K race for Middle and High School students, and others. Sponsors of each of these events will submit an outline of the nutrition component to be included in the event to the Wellness Committee for approval prior to the event.

Professional Development: Fundraising provided through the annual 5K and other events will be used to provide physical education and health teachers to attend either the annual state or national conference that provides classes related to topics of nutrition, physical education, and health. These teachers will then provide annual training to the Pinnacle teaching staff during the September in-service. The Wellness Committee will also provide annual training to staff on wellness goals, policy, classroom activities, and available resources.

Communications with Parents. The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the school nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

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The school 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. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Staff Wellness. The Wellness Committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. Review of prior year activities, results, and participation will be used in updating the plan each year. The Wellness Committee will review its plan annually with the Pinnacle Administration Team no later than the first Tuesday of October.

Before and After School. The director of the Before and After School program will submit a detailed program and curriculum outline to the school principal and to the Wellness Committee each February detailing how the nutrition guidelines will be covered for the next academic year.

III. Physical Education/Physical Activity

Goals:

1. Classroom health education will include the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television
2. Incorporate physical activity into other subject areas (e.g. math, language arts, social studies, science), or between lessons
3. Withholding of physical activity (e.g., recess, physical education) as punishment will not be standard practice in Pinnacle education or discipline programs
4. Provide information and resources to help families incorporate physical activity into their lives

Daily Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities and special health-care needs will receive physical education. In elementary school each student will rotate through PE during their yearly specials rotation. Middle school students will have PE for one semester each year, while high school students are required to take 2 years of PE. All physical education will be taught by a certified physical education teacher. Students will spend at least 75 percent of physical education class time participating in moderate to vigorous physical activity.

Integrating Physical Activity into the Classroom Setting. The Pinnacle will promote the practice of providing students the opportunity to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior. To promote opportunities for students to receive physical activity beyond physical education class, various classroom activities and programs will be reviewed by the committee each year and provided to teachers for their daily use.

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

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physical activity verbally and through the provision of space and equipment. Elementary and Middle School physical education classes will teach and encourage students to use recess time in organized play that will promote Wellness goals.

Pinnacle will discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. The Pinnacle will offer extracurricular physical activity programs to all students, such as physical activity clubs or intramural programs, or interscholastic sports programs. The school 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.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment. Teachers will not withhold opportunities for physical activity (*e.g.*, recess, physical education) as a standard for punishment or discipline. This policy will be reviewed in annual teacher training and be included as part of the school’s discipline policy.

Safe Routes to School. The school will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts

Use of School Facilities Outside of School Hours. School spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations for scheduled use. These spaces can also be scheduled for use by community agencies and organizations offering physical activity and nutrition programs.

IV. Nutrition Guidelines

Goals:

1. Ensure that all foods and beverages comply with USDA regulations and state policies
2. Pinnacle teachers are discouraged from using food as a discipline or reward for individual students.
3. Require that healthy food choices are made available to students at every school function that includes food
4. Ensure that at least 50 percent of fundraising activities will NOT involve the sale of food or beverages
5. Put restrictions in place for student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value

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6. Provide at least 50% of foods and beverages in vending machines that meet Federal nutritional standards

V. USDA Meal Guidelines and Regulations

Goals:

1. Provide healthy breakfast and lunch opportunities
2. Promote and protect privacy of Free and Reduced recipients
3. Provide students adequate time to eat breakfast and lunch
4. Address portion size in the food goals
5. Make information available to students and their parents/guardians concerning USDA school meal requirements and the nutrition content of food and beverages provided/sold
6. Have students participate in taste tests and/or surveys to obtain their input on school meals

Breakfast. The Pinnacle will operate a School Breakfast Program and, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.

The Pinnacle Food Service Program will notify parents and students of the availability of the School Breakfast Program and will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Healthy Meals: The Pinnacle will ensure the USDA Nutrition Standards of the National Lunch and Breakfast Programs are met by offering fruits, vegetables, whole grain-rich foods, and only fat-free or low-fat milk varieties every day of the week. Meal menus will limit calories based on the age of the student being served to ensure proper portion size, with low amounts of saturated fat, trans fat, and sodium.

Summer Food Service Program. The Pinnacle will sponsor the Summer Food Service Program between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation. This program will be advertised to the community, will be incorporated into the Pinnacle summer school schedule and made available to the Pinnacle Before and After School program.

Meal Times and Scheduling. The Pinnacle will strive to provide students with adequate time to eat after sitting down for breakfast and lunch and will follow the following guidelines:

- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

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Free and Reduced-priced Meals. The Pinnacle 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. Toward this end, the Pinnacle will require information release form to be signed by a parent before any information may be released. A disclosure agreement will be signed by employees that may have access to this information.