

# ACCLAIM Academy

## Wellness Policy

Friday, May 11, 2018



*A disturbing number of children are inactive and do not eat well. The result is an alarming 17 percent of children and adolescents (20% of six to eleven-year olds) are overweight – a three-fold increase since 1980.<sup>1</sup> Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004.<sup>2</sup> Recognizing the role schools can play in health promotion, this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a wellness policy with the objectives of improving the school nutrition environment, promoting student health and reducing childhood obesity (PL 108-265, Sec. 204.*

### **BELIEF STATEMENT**

The Governing Board of ACCLAIM Academy is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life. ***(Revised 5-10-18)***

### **INTENT**

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, and helps to reduce childhood obesity and meets the requirements of the Arizona Department of Education Nutrition Standards. It includes goals for nutrition education, physical activity and other school-based activities designed to promote student wellness, nutrition guidelines for all foods available during the school day, a plan for measuring results, and involvement of parents, students, school food service providers, the governing board, school administrators and staff implementation.

### **RATIONALE**

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children's health.

Schools also have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of heart disease, high blood pressure, colon cancer, and diabetes.

### **GOALS FOR NUTRITION EDUCATION**

- Students in kindergarten through grade 8 shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive health education curriculum. The program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge, attitudes and eating habits. Special emphasis shall be

placed on nutrition education in kindergarten through grade two as eating habits are established at a young age. The curriculum shall incorporate relevant Arizona Nutrition Standards.

- To achieve positive changes in students' eating behaviors, nutrition education shall be integrated into the lesson plans of school subjects such as math, science, language arts, fitness, and social sciences.
- To achieve positive changes in students' eating behaviors, it is recommended that a minimum of thirty contact hours of nutrition education opportunities be provided to students each year. Contact hours may include a combination of classroom instruction; nutrition education provided in the cafeteria; or health fairs, field trips and assemblies providing nutrition education.
- The nutrition education program shall include enjoyable interactive activities such as contests, promotions, taste testing, field trips and school gardens.

### **GOALS FOR PHYSICAL ACTIVITY**

- Students in kindergarten through 8th grade shall participate in daily physical education that teaches them how to achieve and maintain a high level of personal fitness; is consistent with state standards; and is coordinated within a comprehensive health education curriculum. The curriculum shall be consistent with and incorporate relevant Arizona Physical Education Standards.
- All students shall participate in fitness class for 120 minutes per week. Emphasis shall be placed on promoting an active lifestyle in the primary grades as health habits are established at a young age. Accommodations shall be made for students with disabilities, 504 plans, and other limitations.
- Kindergarten through 5<sup>th</sup> grade students shall have a daily supervised lunch recess.
- Students shall be provided opportunities for physical activity through a range of activities including Head to Toe fitness at the beginning of each class, physical education competitions, field days and sports time during field trips.
- Because students should engage in a minimum of 60 minutes of physical activity a day, the school shall encourage families as partners in providing physical activity beyond the school day.

### **GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS**

#### ***Parent Partnerships***

- Schools shall support parents' efforts to provide a healthy diet and daily physical activity for their children. This support shall begin in kindergarten and continue through 8<sup>th</sup> grade.
- Parents shall be provided information to help them incorporate healthy eating and physical activity into their children's lives. This information may be provided in handouts, postings on the school website, school newsletters, and presentations that focus on nutrition and healthy lifestyles.

#### ***Consistent School Activities and Environment – Healthy Eating***

- School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.<sup>4</sup>
- Food providers shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state and local laws and guidelines.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options (Attachment B).

- School staff shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products.<sup>3, 5</sup>
- Nutrition education shall be provided by trained staff. Staff involved in nutrition education shall complete a pre-service course in nutrition and a minimum of one hour of nutrition education in-service training per school year. Preparation and professional development shall provide basic knowledge of nutrition along with activities, instructional techniques and strategies designed to change students' attitudes and behavior (including videos such as Supersize Me, Food Inc., Raw for 30 Days).
- All foods and beverages made available on campus shall comply with the federal, state and local food safety and sanitation regulations.

***Consistent School Activities and Environment –Physical Activity***

- The physical education program shall be coordinated with other components of the overall school health program. Physical education topics shall be integrated within other curricular areas. In particular, the benefits of being physically active shall be linked with instruction about human growth, development, and physiology in science classes and with personal health behaviors in health education class.
- Extended periods of inactivity (over 60 minutes), will be limited. During such activities, teachers will give students periodic breaks during which they are encouraged to stand and be moderately active.
- Physical activity facilities and equipment on school grounds shall be safe.
- At the beginning of each class period that does not follow fitness or recess, teachers will engage students in a two to three minute movement to music activity.

***Food or Physical Activity as a Reward or Punishment***

- Staff that choose to use incentives will use nonfood incentives or rewards with students (Attachment C) and shall not withhold food from students as punishment.
- School personnel shall not use physical activity as a punishment or withhold participation in recess or physical education class as a punishment.

**NUTRITION GUIDELINES FOR ALL FOODS AND BEVERAGES AVAILABLE ON SCHOOL CAMPUSES DURING THE SCHOOL DAY**

- Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans (e.g. provide a variety of fruits and vegetable choices; serve low-fat and fat-free dairy products; ensure that whole grain products are served).
- Nutritious and appealing foods and beverages, such as fruits, vegetables, low-fat dairy foods and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.

**GUIDELINES FOR SCHOOL MEALS**

- School meals served shall meet the nutrition requirements and regulations for the National School Lunch Program, School Breakfast Program all applicable state and local laws and regulations.<sup>6, 7</sup>

**MEASURING IMPLEMENTATION & COMMUNITY INVOLVEMENT**

- The administration shall be charged responsible for ensuring implementation of the wellness policy.
- The director shall appoint a wellness team that includes parents, school staff and the governing board to oversee implementation and evaluation of the wellness policy.
- The wellness team shall be responsible for

- ~implementing an annual evaluation
- ~recommending a plan of action for improvement or revision of the policy, as necessary
- ~reporting their findings to the Governing Board

## Attachment A

<b>Food or Beverage</b>	<b><i>Healthier US School Challenge Nutrition Standards</i></b> These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.
<b>Fruits and Non-fried Vegetables</b>	Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs. Examples of products that <i>cannot</i> be sold/served as a fruit or vegetable include: <ul style="list-style-type: none"> <li>• Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips;</li> <li>• Pickle relish, jam, jelly; and</li> <li>• Tomato catsup and chili sauce</li> </ul>
<b>Approved Beverages</b>	<ul style="list-style-type: none"> <li>• Plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages<sup>4</sup>;</li> <li>• 100% full-strength fruit and vegetable juices; and</li> <li>• Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)</li> </ul>
<b>Any Other Individual Food</b>	<ul style="list-style-type: none"> <li>• <b>Calories from total fat</b> must be at or below 35%*, <i>excluding nuts, seeds, and nut butters</i>. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat.</li> <li>• <b>Calories from saturated fat</b> must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal calories from saturated fat.</li> <li>• <b>Total sugar</b> must be at or below 35% by weight. This is determined by dividing the grams of total sugar by the gram weight of the product and multiplying by 100. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables.</li> <li>• <b>Foods with trans fats</b> will not be served.</li> <li>• <b>MSG and food coloring</b> will be monitored and use will be discouraged.</li> <li>• <b>Foods with High Fructose Corn Syrup</b> will be monitored and use will be discouraged.</li> </ul>

\*The *Dietary Guidelines for Americans 2005* recommend a total fat intake of 20 to 35% for school-age children.



## Attachment B

### Healthful Food and Beverage Options for School Functions\*

At any school function (parties, celebrations, meetings, etc.) healthful food options shall be made available to promote student, staff and community wellness. Examples of nutritious food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

*\*This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

## Attachment C

### Classroom Rewards

- Verbal praise
- Sit by friends
- Helping the teacher
- Enjoy class/eat lunch outdoors
- Going first; choose class activity
- Extra credit or class participation points
- Have lunch or breakfast in the classroom
- Eat lunch with a teacher or staff member
- A photo recognition board in a prominent location in the school
- A note from the teacher to the student commending his or her achievement
- A phone call, email, or letter sent to parents or guardians commending a child's accomplishment
- Recognition of a child's achievement on the bulletin board or school website
- Ribbon, certificate in recognition of achievement or a sticker with a message (e.g. "Great job")

### References

1. Prevalence of Overweight among Children and Adolescents: United States, National Center for Health Statistics. <http://www.cdc.gov/nchs/products/hestats.htm>
2. Child Nutrition and WIC Reauthorization Act of 2004 [Public Law 108-265, Sec. 204]. <http://thomas.loc.gov/bss/>
3. Dietary Guidelines for Americans 2005, Department of Health and Human Services and Department of Agriculture, 2005. <http://www.health.gov/dietaryguidelines/>
4. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, 2000.
5. MyPyramid.org, United States Department of Agriculture. [https://www.cnpp.usda.gov/sites/default/files/dietary\\_guidelines\\_for\\_americans/Mtg2-Britten.pdf](https://www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/Mtg2-Britten.pdf)
6. Minimum School Meals Requirements – section 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0
7. Minimum School Meals Requirements - subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779)

### RESOURCES FOR POLICY DEVELOPMENT

- Fit, Healthy and Ready to Learn, National Association of State Boards of Education. 2000. <http://nasbe.org/>
- Healthier US School Challenge, United States Department of Agriculture. <http://www.fns.usda.gov/tn/HealthierUS/>
- Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005. <http://www.schoolwellnesspolicies.org/WellnessPolicies.html>
- School Nutrition Association Local Wellness Policy Guidelines, School Nutrition Association. 2005. <https://schoolnutrition.org/home.aspx>
- Arizona Nutrition and Physical Education Standards, Arizona Department of Education
- Action for Healthy Kids. <http://www.actionforhealthykids.org/>
- Alliance for Healthier Generation. <https://www.healthiergeneration.org/>

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