

		
	SCHOOL WELLNESS POLICY	Adopted 8/2017 Reviewed Revised

Policy Preamble

King's Academy (hereto referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health by promoting learning environments throughout our school which will give students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating and proper physical activity behaviors throughout the school day.

Research shows that two components, good nutrition and physical activity, before, during, and after the school day are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and higher standardized test scores, lower absenteeism, and better cognitive performance. Conversely, less/than/adequate consumption of specific foods such as fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes the following goals and procedure:

- ☐ Ensure students in the District have access to healthy foods through reimbursable school meals
- ☐ Promote physical activity through healthy competition and non-food rewards while encouraging family involvement
- ☐ Ensure students receive quality nutrition education that helps them develop lifelong healthy eating behaviors
- ☐ Ensure students have opportunities to be physically active while at school
- ☐ Engage students in nutrition and physical activity promotion and other activities that promote student wellness
- ☐ Provide 20 minutes for breakfast and 30 minutes for lunch
- ☐ Provide milk and water option for students
- ☐ Coordinate all of the above through the school's Wellness Committee which consist of various staff, parents, and community members.

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Policy Leadership

To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet one time during the school year to implement, assess, review, and make recommendations for changes to the Wellness Policy. The designated official for oversight of the District's Wellness Policy is the school's principal. The principal shall convene the Wellness Committee, lead the review, update, and evaluate the policy. The committee will consist of representation from parents, administration, school board, teachers, health care professionals and food service staff and members of the community.

Nutrition Standards for All Foods

The District is committed to serving healthy meals to our students. The District will provide all meals in compliance with the National School Lunch and School Breakfast Programs. The meals will include whole grains, fruits, vegetables, and low-fat dairy. The school meal programs aim to improve the diet and health of school children by modeling healthy eating patterns and support healthy choices while accommodating special dietary needs.

Breakfast

- ☐ The District will notify parents of the free School Breakfast and School Lunch Program, and give monthly calendar of meals.
- ☐ The District will encourage parents to provide healthy lunch for their children who bring a bag lunch. This will be communicated through Parent/Student Handbook, weekly school newsletters, take-home materials, or other means.

Meal Times and Scheduling

- ☐ The District will provide students with 20 minutes for breakfast and 30 minutes for lunch.
- ☐ The District meal periods are appropriate times- 10:45-11:15 a.m., 11:20-11:50 a.m., and 12:35-1:05 p.m..
- ☐ The District will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Sharing of Foods and Beverages

- ☐ Students will be discouraged from sharing their foods or beverages with one another.
- ☐ The District will not allow soda and candy during the school day.

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- ☐ The District will not allow vending machines in the lunchroom.
- ☐ Snacks sold after school by groups and clubs can be done at the outside of the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

Food/Snacks provided but Not Sold

- ☐ Every effort is made to encourage parents to provide healthy snacks to classes. This is communicated through the Parent/Student Handbook and the school's weekly newsletter.
- ☐ Every effort is made to limit the number of celebrations that involve food during the school day. The school has special celebrations during the last 20 minutes of the school day. Celebrations that involve food will be limited to two per month per classroom.

Nutrition Education

The District will provide nutrition education that helps students develop lifelong healthy eating behaviors. The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students will receive consistent nutrition messages that promote healthy eating throughout the school, classrooms, cafeteria, and school media.

Physical Activity

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. Throughout the school day students will be allowed to bring and carry water in their water bottles. The District will inform and invite parents to participate in school-sponsored activities throughout the school year.

- ☐ All students take physical education twice a week for 30 minutes, taught by a certified physical education teacher.
- ☐ All elementary students (K4-5th grades) will have 20 minutes a day of supervised recess, preferably outdoors, during which staff will encourage moderate or vigorous exercise.
- ☐ Opportunities for physical activity are incorporated into other subjects.
- ☐ Classroom teachers will provide short physical activity breaks between lessons, as appropriate. During school-wide testing, the school will make it necessary for students to have periodic breaks which they are encouraged to stand and stretch.
- ☐ The District will offer extracurricular activities, such as basketball, cheerleading, soccer and other clubs. Opportunities will be made to meet the needs, interest,

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- and abilities of all students, including students with disabilities.
- ☐ The District will provide information about physical activities and opportunities available during and after school for students.

Staff Wellness

- ☐ The District highly values the health and well-being of its staff.. To promote a healthy lifestyle, staff is offered free access to the fitness center on the school campus. Staff are made aware of community offerings of fitness class.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Monitoring and Evaluation

The school principal or designee will ensure compliance of the District's Wellness Policy. School food service staff will report to the food nutrition director and will ensure that compliance with the nutrition policies are followed. The Wellness Committee shall monitor goals and objectives for the District. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

This wellness policy and the progress reports can be found at: <https://www.kacsmilw.org/>