

Valor Classical Academy Wellness Policy

PREAMBLE

Valor Classical Academy, (hereafter referred to as the School) is committed to the optimal development of every student. The School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create virtuous, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students have access to healthy foods throughout the school day in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School establishes and maintains an infrastructure for management, oversight, implementation, communication, and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff in the School.

SCHOOL WELLNESS COMMITTEE

COMMITTEE ROLE AND MEMBERSHIP

The School will convene a school wellness committee (hereafter referred to as the SWC) that meets at least twice per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and

periodic review and update of this wellness policy (hereafter referred to as “wellness policy”).

The SWC membership should include, but not be limited to: parents, students, representatives of the school nutrition program, faculty members, school leadership, school board members, available health professionals (e.g. dietitians, doctors, nurses, dentists), and community members.

LEADERSHIP

The Principal or designee(s) will convene the SWC and facilitate development of and updates to the wellness policy and will ensure the School’s compliance with the policy.

Wellness Coordinator: Assistant Principal

Food Service Director: Assistant Principal

IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT

IMPLEMENTATION PLAN

The School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the School campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found on the School’s website.

RECORD KEEPING

The School will retain records to document compliance with the requirements of the wellness policy at the School office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) efforts to actively solicit SWC membership from the

required stakeholder groups; and (2) these groups' participation in the development, implementation, and periodic review and update of the wellness policy;

- Documentation of the triennial assessment of the policy;
- Documentation demonstrating compliance with public notification requirements, including: (1) methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) efforts to actively notify families about the availability of the wellness policy.

TRIENNIAL PROGRESS ASSESSMENTS

At least once every three years, the School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the School is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the SFA's wellness policy.

The SWC will monitor compliance with this wellness policy.

REVISIONS AND UPDATING THE POLICY

The SWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

COMMUNITY INVOLVEMENT, OUTREACH, AND COMMUNICATIONS

The School is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which representatives of SWC and others can participate in the development, implementation, and periodic review and update of the wellness policy. The School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The School will use electronic mechanisms, such as email or displaying notices on the School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all

families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

SCHOOL MEALS

The School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and milk options; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The School meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating special dietary needs.

The School participates in the National School Lunch Program (NSLP) and is committed to offering school meals that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;
4. Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The School offers reimbursable school meals that meet USDA nutrition standards.)

The School will provide adequate time to eat during meal periods. Students will have at least 20 minutes to eat lunch. To the extent possible, school, recess, and transportation schedules will be designed to encourage participation in school meal programs. Teachers are discouraged from scheduling tutoring, club or organizational meetings, or activities during mealtimes, unless the student(s) may eat during such activities.

The Food Service Director will utilize a full Hazard Analysis and Critical Control Points (HACCP) Plan to ensure food safety practices are implemented and followed

The School does not allow food-based celebrations (e.g., cupcakes sent to class for a student's birthday). In lieu of food-based celebrations, parents are encouraged to read a book to their child's class or have lunch with their child in the lunchroom.

STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

WATER

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The School will make drinking water available where school meals are served during mealtimes.

COMPETITIVE FOODS AND BEVERAGES

The School is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the School meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

FUNDRAISING

All foods sold to students must be tracked and compared to Smart Snacks. If foods and beverages do not follow the Smart Snacks regulations, the fundraising organization must request an exemption from the School Leader. Per Idaho policy, a school may have ten (10) exempted fundraisers per school year. Fundraisers requiring an exemption may not be longer than four (4) consecutive days in duration and exempt food and beverage items may not be sold in food service areas during meal service. The School will make available to parents and teachers a list of healthy fundraising ideas.

The Smart Snacks regulations do not apply to items sold during non-school hours, weekends, off-campus fundraising events, or foods intended to be consumed or prepared outside of school.

NUTRITION PROMOTION

The School will promote healthy food and beverage items that meet Smart Snack requirements, as well as encourage participation in school meal programs. The School’s goal will be to achieve a NSLP participation rate of 30%.

Specific measures to be implemented:

- Place fruits/vegetables where they are easy to access
- Ensure students have access to handwashing facilities prior to meals

- Share nutrition information with students and families
- Promote nutritious foods and beverages
- When feasible, offer fruits and/or vegetables on the salad bar
- When realistic, participate in Farm to School activities and/or implement a school gardening club
- Incorporate student and family feedback to improve the school lunch program
- Prohibit food-based incentive/reward programs

NUTRITION EDUCATION

The School aims to teach, model, encourage, and support healthy eating by students. The School will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate and participatory activities;
- Promote fruits, vegetables, whole-grain products, dairy products, and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Includes nutrition education training for teachers and other staff.

Nutrition education will be conducted as part of the physical education curriculum.

FOOD AND BEVERAGE MARKETING

The School will permit marketing of only those foods/beverages that meet the competitive food requirements. All marketing will meet Smart Snack standards, including: signage, cups, scoreboards, school stores, vending machines, and food service equipment.

PHYSICAL ACTIVITY

The Principal will establish the minimum frequency and duration of physical activity during the school day (recess, physical education, etc.); however, faculty are encouraged to coordinate additional physical activity when schedule, weather, and curriculum allow. Physical activity will not normally be withheld as punishment.

To the extent practicable, the School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The School will conduct necessary inspections and repairs.

PHYSICAL EDUCATION

The School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.

All students will be provided an opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the School must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and physical fitness.

The School will have faculty and/or staff members trained in CPR, first aid, AED usage, and Epi-Pen administration. The School will also contract with a service provider to meet students' needs, including psychological, mental health, and emotional well-being services.

The School will maintain and cultivate the community partnership with the local community. This partnership will allow development of additional projects, events, and/or activities that are beneficial for both entities.