



600 WELLNESS POLICY

I. PURPOSE

The purpose of this policy is to assure Spero Academy provides a school environment that promotes and protects students' health, well-being and the ability for optimal learning by supporting healthy eating, physical activity, and healthy student life skill/s development.

II. GENERAL STATEMENT OF POLICY

Spero Academy is committed to providing a healthy school environment because:

- A. Spero Academy governing Board of Directors recognize that good nutrition, health education and physical education are essential components to the educational process and that the promotion of good health practices will have a positive impact on student attendance, optimal learning and healthy student life skill/s development.
- B. The school environment should promote and protect students' health, well-being, and ability for optimal learning by encouraging healthy eating and physical activity.
- C. Spero Academy encourages the involvement of students, parents, teachers, health service personnel, paraprofessionals (K-12 specialists in health, physical education and science), food and nutrition services staff, school board directors, school administrators and other interested persons (such as public health and nutrition specialists) in implementing, monitoring and reviewing the school's nutrition and physical activity policies. A Wellness Committee shall be formed to plan, implement and improve the school's nutrition and physical activity in the school; environment.
- D. All children need access to healthy foods and opportunities to be physically active in order to grow, learn effectively, and thrive in order to achieve academic success.
- E. All students will have opportunities, support and encouragement to be physically active on a regular basis.
- F. Qualified food and nutrition services personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and

nutrition needs of students; make reasonable accommodations of student medical, religious, ethnic and cultural diversity of the student body in meal planning; and will provide a clean, safe and pleasant environment.

III. GENERAL GUIDELINES

Foods and Beverages Served or Sold During the School Day

- A. All foods and beverages made available at school (including concessions, vending, beverage contracts and a la carte cafeteria items if applicable) will be consistent with the current USDA Dietary Guidelines for Americans.
- B. Food and beverages offered over the course of a school week will be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choice to maintain a balanced diet.
- C. Foods and beverages available during the school day will include a variety of healthy choices that are excellent quality, appealing to students and served at the proper temperatures.
- D. Foods and beverages available during the school day minimize the use of Trans and saturated fats, sodium and sugars as defined by the USDA Dietary Guidelines for Americans.
- E. Elementary: The Food and Nutrition Services Department will approve and provide all food and beverages sales to students elementary aged. Given young children's limited nutrition skills, food to elementary aged students will be sold as balanced meals. Foods and beverages will not be sold individually to students except low-fat milk, fruits and non-fried vegetables. (when applicable)
- F. Beverages
 - i. Permitted: Water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk.
 - ii. Not Permitted: Carbonated beverages; sport drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweetener; beverages containing caffeine, excluding low-fat or fat free chocolate milk (contains trivial amounts of caffeine).
- G. Foods
 - i. Foods and vegetables available during the school day will minimize the use of Trans and saturated fats, sodium, and sugar as defined by the USDA Dietary Guidelines for Americans.

- ii. A choice of at least fruits and/or non-fried vegetables will be offered at all lunch school sites where meals and food is served/sold. Such items will include, but not limited to, fresh fruits, and vegetables; 100% fruit and vegetable juice; cooked, dried and/or canned fruits (canned in fruit juice or light syrup); and cooked, frozen and canned vegetables. (when applicable)
 - i. Portion Sizes
 - iii. Food and beverages will be offered in modest portion sizes, age appropriate for elementary students. (when applicable)
- H. Food and nutrition services personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, and state guidelines.
- I. Food and nutrition services personnel shall adhere to all federal, state and local food safety and security guidelines.
- J. Spero Academy 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. * Food and nutrition services will utilize electronic identification and payment systems; provide breakfast meals for K-6 students at no charge, regardless of income; promote the availability of school meals to all students; and/or nontraditional methods for serving school meals, such as “grab-and-go: or classroom breakfast.
- K. Spero Academy will provide student access to hand washing or hand sanitizing (as an alternative only when access to soap and water is not permissible) before they eat meals or snacks.
- L. Spero Academy will make every effort to provide students with sufficient time to eat after sitting down or school meals and will schedule meal periods at appropriate times during the school day.

Spero Academy will:

- i. Provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch. (Pending)
- ii. Schedule meal periods at the recommended “appropriate” time periods, i.e. Lunch will be scheduled no earlier than 11:00 AM and no later than 1:00 PM.
- iii. Work to schedule lunch periods to follow recess periods (elementary-aged students) to increase student nutrient intake and reduce food waste.
- iv. Make dining areas attractive and provide enough space for seating all

children.

- M. Spero Academy will discourage tutoring, club, organizational meetings or activities during mealtimes, unless students may eat during such activities. (Applicable in the future)
- N. Sharing of foods or beverages between students will be discouraged during snack or meal times, given concerns about food allergies and other restrictions of some children's diets.
- O. In response to the increase number of students with severe peanut/nut food allergies. Spero Academy will make reasonable efforts to promote and advocate making the school environment a "Peanut/Nut Safe" environment when necessary due to student/s sensitivities.
- P. In an effort to meet nutritional needs and enhance the ability of students to learn; Spero Academy will ensure that all children have breakfast, either at home or at school.

Spero Academy will (when feasible):

- i. To the extent possible or by regulation, operate the School Breakfast Program.
 - ii. Will notify parents and students of the availability of the School Breakfast Program when made available.
 - iii. To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom or cafeteria, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Q. Foods and beverages made available during the school day through the following sources:
- i. **Snacks:** Snacks served (including breakfast and/or enrichment programs) will make a positive contribution to children's diets and health, will emphasize serving whole grains, fruits, vegetables, and dairy as the primary snack items. The school will disseminate a list of healthful and peanut/nut safe snack items* (*when applicable)
 - ii. **Field Trips:** When planning a field trip which will occur during the scheduled lunch periods, the classroom teacher will, assure that all students have a lunch provided from home.
 - iii. **Rewards:** Spero Academy will not use food or beverages as rewards for academic performances or good behavior (unless this practice is indicated within a student's individual education plan or behavior

intervention plan), and will not withhold food and beverages (including food served through the school meals) as a punishment. Rewards and incentives will be used that do not undermine the health of the students and/or reinforce unhealthful eating habits.

Non-food rewards and incentives will be used as the first choice to encourage positive behavior. The school will disseminate a list of positive, non-food rewards.

- iv. **Celebrations:** Spero Academy will limit celebrations that involve food during the school day to no more than **one party per class per month**. Classroom celebrations, especially with elementary-aged students, should encourage healthy choices and portion control. The celebration should take place during the last hour of the school day, so as not to interfere with school meals. Spero Academy will disseminate a list of healthy and peanut/nut safe ideas to parents and teachers. (when applicable)
- v. **Fundraising:** In an effort to support the School's Wellness policy Spero Academy will encourage fundraising activities that promote the sale of non-food and nutritious food items and also be mindful of food allergy safety issues. Spero Academy will encourage activities that will promote physical activity. The School will make available a list of ideas for acceptable fundraising activities.
- vi. **School Sponsored Events:** (i.e. athletic events, performances and/or dances) Concession sales can be a great opportunity to provide and promote healthy choices. These sales can be profitable and still provide non-traditional healthy alternative options for students and their families. Research results have shown that students will buy and consume healthy foods and beverages when the options are accessible, tasty and affordable. As a result, Spero Academy, to the extent possible, will make healthy choice options available.
- vii. **Promotional Activities:** These activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement and/or positive youth development.
- viii. **Advertising:** These forms of messages will be consistent with and will reinforce the objectives of the education and nutrition environment goals of the school. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with standards established for the school environment through this Wellness Policy.

IV. SCHOOL FOOD AND NUTRITION

A. Program and Personnel

- i. Spero Academy will promote healthy and safe school meals brought from home to comply with all federal, state, and local statutes and regulations recommendations through their policies.
- ii. The Director of Food and Nutrition Services, the School Nurse, shall be responsible for the recommended “home school’s lunch/meal” programs, whose duties shall include the creation of nutrition guidelines and procedures for the selection for foods and beverages recommended in the school policies for “home lunches” for the school day to be reflective of food and beverage choices which are consistent with current USDA Dietary Guidelines for Americans.
- iii. Food and Nutrition Services programs will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. Food and Nutrition Services will ensure that all students have affordable access to the varied and nutritious foods they need.
- iv. Spero Academy shall designate an appropriate person, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available at school, outside of the School Meals Program to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
- v. Spero Academy will provide continuing professional development for all food and nutrition service personnel in school, as part of the school’s responsibility to operate a food and nutrition service program. Staff development programs will include appropriate certification and/or training programs for the Director, Head Cook and Food and Nutrition Services Staff, according to their level of responsibility. (When appropriate)

V. NUTRITION EDUCATION AND PROMOTION

- A. Spero Academy will encourage and support healthy eating by students and engage in healthy nutrition promotion that is:

- i. Offered as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote good health practices and maintain individual optimal wellness.
 - ii. Integrated into other areas of the curriculum such as math, science, Language arts, social sciences and other elective subjects, where appropriate; and
 - iii. Be enjoyable, developmentally appropriate, culturally relevant and includes student participatory activities (i.e. contests, promotions, taste tasting and/or field trips).
- B. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific, evidence-based activities and instructional techniques and strategies designed to promote healthy eating habits.
- C. The Director of Food and Nutrition Services or a Registered Dietician (R.D.), the School Nurse will provide nutrition education information, upon request.
- D. The school home lunch policies and lunch time environment will serve as a “learning laboratory” to allow students to apply nutrition skills taught in the classroom. The promotion of healthy foods, including fruits, vegetables, whole grains and low fat dairy products will be encouraged.
- E. Spero Academy will provide information to families that encourage them to teach their children about health, nutrition and the importance of daily physical activity.
- F. Staff Wellness: Spero Academy values highly the health and well being of every staff personnel and is committed to the development of activities and policies which support personal efforts of staff to practice healthy lifestyle habits in order to achieve individual optimal wellness.

School staff should act as role models for both good nutrition and physical activity. As part of the School Wellness Committee, there will be a “Staff Wellness” sub group, which will work with staff to identify staff needs and develop strategies to enlist staff to implement healthy lifestyle habits.

VI. PHYSICAL ACTIVITY

- A. Physical Education (P.E.) K-12: All students will receive regular physical education (or its equivalent of 150 minutes/week for elementary-aged students for the entire school year).

B. Spero Academy will assure that:

- i. A certified physical education teacher will teach all P.E..
- ii. The P.E. curriculum will be coordinated with the health education curriculum.
- iii. The P.E. courses will be in an environment where students can learn, practice and can be assessed by developmentally appropriate motor, social and knowledge assessment tools.

C. A student involved in other physical sport activities, (interscholastic and/or intramural sports) may not substitute these activities for meeting the physical education requirement.

D. Students will spent at least **50%** of P.E. class time participating in moderate to vigorous physical activity.

E. Any student identified with special health care support needs, (such as asthma, diabetes, seizure disorder, etc.) must have an “Individual Health Care plan” developed, signed by the student’s health care provider and made available to the P.E. teacher prior to the student engaging in physical activities. Staff development training will be made available to all P.E. staff to assure care plan directives are understood and will be met appropriately.

F. Integrating Physical Activity into the Classroom Setting

In order for students to fully embrace the concept of “physical activity” as a life skill behavior, students need opportunities for physical activities beyond the P.E. environment setting. At least 60 minutes/day is the national recommended amount of daily physical activity recommended for the student-age group.

In order to implement these recommendations, Spero Academy will:

- i. Provide classroom health education time to reinforce the development of student self-management skills necessary for the development of healthy lifestyle behavior skills and reduce sedentary lifestyle habits, such as watching television and playing video games for prolong periods of time.
- ii. Provide opportunities for physical activity to be incorporated into other subject lessons (i.e. science, math and social studies), where appropriate.
- iii. Encourage classroom teachers to provide short physical activity breaks between lessons, when appropriate.

G. Daily Recess

All elementary-aged students will have at least 20 minutes a day of supervised recess, preferably outdoors. Recess school staff should verbally encourage students to partake in moderate to vigorous physical activities through the

provision of equipment and space. The school will disseminate a list of recess physical activities.

H. Physical Activity Opportunities in Before/After-School and Intercession Programs

- i. All students enrolled in these programs will be offered extracurricular physical activity opportunities and interscholastic sports program options.
- ii. All programs will offer a range of physical activities that meet the needs, interest, age, and diverse abilities of all students.
- iii. Any student identified with special health care support needs, (such as asthma, diabetes, and/or seizure management, etc.) must have an “Individual Health Care plan” developed, signed by the student’s health care provider and made available to program staff.
- iv. All Program staff will provide and encourage, verbally and through the provision of space, equipment and coordinated activities, daily periods of moderate to vigorous physical activity for all participants, when appropriate.

I. Physical Activity and Punishment

Teacher and other school and community personnel will not use physical activity (i.e. running laps, push-ups) or withhold opportunities for physical activity (i.e. recess, P.E.) as punishment. The school will discourage tutoring, club or organizational meetings or activities during recess or P.E. class time.

J. Use of School Facilities Outside of School Hours

School spaces and facilities will be available to students, staff and community members before, during, and after school hours, on week-ends and during school vacations for physical activities. (Pending), if applicable.

K. Parent Communication

- i. Spero Academy recognizes that parents and guardians have a primary fundamental role in promoting and protecting their children’s health and well-being.
- ii. The school will support parents’ efforts to provide a healthy diet and daily physical activity for their children.

L. Food Safety and Security

All foods made available during school comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illnesses in school.

Access to the Food and Nutrition Services operations are limited to food and nutrition staff and authorized personnel. (When applicable)

VII. IMPLEMENTATION AND MONITORING

- A. The Center for Disease Control (CDC)'s School Index will be used to assess the nutrition and physical activity needs of students. Assessments will be repeated every **three years** to help review policy compliance, assess progress, and determine area in need of improvement.
- B. To meet compliance requirements of the Child Nutrition and WIC Act of 2004, the Wellness Committee will monitor and evaluate the school's implementation of this Wellness Policy.
- C. The Wellness Policy working draft will be presented to the School Board of Directors for review and comments after approval by the Wellness Committee.
- D. Staff responsible for the areas outlined within this policy will ensure compliance Effort/s and report results to the Wellness Committee, as appropriate.

Legal References: 42 U.S.C. 1751 *et seq.* (Richard B. Russell National School Lunch Act)
42 U.S.C. 1771 *et seq.* (Child Nutrition Act of 1966)
P.L. 108-265 (2004) __ 204 (Local Wellness Policy)
7 U.S.C. 5341 (Establishment of Dietary Guidelines)
7 C.F.R. 210.10 (School Lunch Program Regulations)
7 C.F.R. 220.8 (School Breakfast Program Regulations)

Cross References: Minnesota Department of Education, www.education.state.mn.us
Minnesota Department of Health, www.health.state.mn.us
Action for Healthy Kids Minnesota www.actionforhealthykids.org
www.actionforhealthykids.org/filelib/toolsforteam/recom/MN-Healthy%20Foods%20for%20Kids%208-2004.pdf

Additional Resources:

Wilmer Public Schools Wellness Policy adapted with Permission (2006)
American Alliance for Healthy, Physical Education, Recreation and Dance
American Association of School Administrators (AASA)
Council of Chief State School Officers (CCSSO)
National Association of Elementary School Principals (NAESP)
National Association of Secondary School Principals (NASSP)
National Association of State Boards of Education (NASBE)

National PTA
National School Board Association (NSBA)
School Nutrition Association (SNA)
Center for Disease Control and Prevention (CDC)
National Food Service Management Institute (NFSNI) Eating at School Summary United States
Department of Agriculture (USDA)
United States Department of Health and Human Services