Urban Academy Wellness Policy

Purpose: The purpose of this policy is to assure a school environment that enhances student attendance and academic performance by supporting healthy eating and physical activity. The policy promotes and encourages students to adopt lifelong healthy behaviors that can promote and protect students' health and wellbeing as well as reduce the risk of chronic disease.

I. Nutrition Education and Wellness Promotion is:

A. Recognized as an essential component of the education process and formation of lifelong healthy behaviors.
B. Provided as part of a standards-based, comprehensive program designed to provide students and families with knowledge and skills that facilitate healthy behaviors, and encouragement to promote and protect their health and ability to learn.
C. Integrated into a sequential, interdisciplinary, age-appropriate, comprehensive K-6 health education program in which nutrition education is offered to each grade annually.
D. Integrated into every classroom and physical education (PE), as appropriate.
E. Supported by teachers, staff, and food service personnel through participation in worksite wellness opportunities, and role modeling of healthy behaviors.
F. Linked with school food environment, and nutrition-related community services such as the Boys and Girls Club.
G. Communicated and promoted with consistent messaging throughout the school as well as to parents and the community via posters, website, newsletters, and other means.
H. Offered in the cafeteria and classrooms with coordination between nutrition-trained school foodservice staff and teachers.
I. Consistent with and reinforces the objectives of the educational and nutritional health goals of the school, thus promoting physical activity (PA) and healthy food/beverages. Food/beverages outside of the goals shall not be advised or promoted.
J. Encouraged through school-based agriculture and farm to school education.

II. USDA School Meal Program

School Meals are:

A. The main source of nutrition during the school day.
B. Affordable, nutritious, appealing, and served in a safe, clean, and enjoyable setting.
C. Served in an environment that encourages healthy eating and food habits.
D. In compliance with or exceeding the most updated safety standards and US Department of Agriculture (USDA) school breakfast and lunch guidelines.

E. Smart Snacks in School Nutrition Standards (SMART SNACKS)

The Smart Snacks in the School Nutrition Standards are a set of science-based nutrition standards for all foods and beverages sold to students on the school campus during the school day. These standards, published by the USDA and required by the Health Hunger-Free Kids Act of 2010, went in to effect July 1, 2014. These standards are required for all foods and beverages sold outside the school meals programs, including through vending machines, a la carte, school stores, snack or food carts and in-school fundraising.

Urban Academy requires that all foods and beverages sold outside of the school meal programs during the school day and during the extended school day (including during out-of-school time/and before and after school) will, at a minimum meet Smart Snacks.

Urban Academy:

F. Provides continuing professional development for food service director and employees.
G. Provides calorie, saturated fat, and sodium content of meals, as well as nutrition education for students, parents, and staff, through website and in school cafeteria.
H. Is encouraged to offer nutrient-rich fresh fruit and/or vegetables, whole grains, and other minimally processed foods daily.
I. Incorporates local foods into meals and promotes Farm to School activities in the cafeteria and classroom.
J. Provides access to clean, free drinking water for students during the school day.
K. Provides students access to hand washing or hand sanitizing prior to meals and snacks.
L. Operates the USDA Breakfast Program in school, informing families of the program availability and the link between a healthy breakfast and ability to learn
M. Encourages breakfast participation via methods such as bus arrival time or “grab and go.”
N. Provides students with adequate time to eat meals (after sitting to eat: 20 minutes for lunch and 15 minutes for breakfast).
O. Schedules lunch between 12:00 pm – 1:00 pm, and after recess to increase student nutrient intake and reduce food waste.
P. Utilizes a closed campus in order to encourage healthy eating.
Q. Discourages tutoring, club meetings, or activities during mealtimes unless lunch may be eaten during such activities.
R. Uses no food/beverages as a reward unless healthy choices are allowed by student’s individualized Education Plan(IEP); does not withhold food/beverages as a punishment.

S. Discourages sharing of food/beverages due to concerns about allergies and diet restrictions.
T. Obtains student feedback about menu items through taste testing, survey, or other means.
U. Encourages lunches from home meet guidelines for Nutritious Lunches from Home.
V. Applies USDA guidelines to food brought into the cafeteria from outside food vendors.
W. The School specifies how families are provided information about determining eligibility for free/reduced priced meals and takes steps beyond those required by the federal law/regulation to protect the privacy of students who qualify.

III. Other Foods:

A. School Day Classroom Celebrations, including birthdays, focus on encouraging families to send healthy snacks that enhance their students learning and health.
B. Anytime food is served at school functions, healthy food options shall be available.

IV. Physical Education and Physical Activity

A. Physical Education (PE) is:

1. Standards-based, using national or state-developed standards, such as the National Association for Sport and Physical Education Guidelines, and incorporates adequate PE/PA specific space and equipment that conforms to all applicable safety standards.

2. Recognized as an essential component of the educational process and forming lifelong healthy behavior and lifestyle.

3. Offered daily 150 minutes/week for elementary school students for the entire school year. It is in compliance with specialized IEP or 504 Plans for students with disabilities, special healthcare needs, and in alternative educational settings. Elementary school does not substitute recess for PE.

4. Composed of at least 50% of the time spent in moderate to vigorous PA.

5. Taught with curriculum written for each grade that is sequential, provides an opportunity to learn, practice, and be assessed on content,

developmentally appropriate motor skills, responsible behavior, physical fitness and PA benefits.

6. Consistent with student-teacher ratios of other academic subjects through enrollment caps.

7. Not to be withheld or used as punishment. PA or recess shall not be withheld or used as punishment.

8. To be participated in by all students; students may be temporarily excused from PE but will not receive waivers. Adapted PE is identified through an IEP.

B. **Integration of Physical Activity throughout the School Day**

1. Elementary school students have at least a 20 minutes supervised recess break daily, preferable out doors and before lunch; moderate to vigorous PA is facilitated verbally and via adequate equipment and outdoor/indoor space.

2. Integrating Physical Activity in the Classroom Settings – in order that students are active the recommended amount of at least 60 minutes of PA per day:

a. Classroom health education reinforces knowledge and self-management skills to maintain a physically active lifestyle and reduce sedentary activities, such as watching TV and video games.

b. PA is integrated into classroom lessons and celebrations, and school events.

c. Short PA breaks are offered between lessons and classes, as appropriate.

C. **Daily Physical Activity Opportunities After School**

1. Daily PA programs such as the Boys and Girls Club after-school supervised active play time, and activity clubs or intramurals, are offered and promoted.

2. School shall make outdoor and indoor PA facilities available for community use when not being used for school activities. School safety policies apply at all times.

3. Safe bicycling and walking to and from school is promoted and encouraged.

V. Staff Wellness and Health Promotion

The Wellness Committee has a Sunshine Committee that identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies include a Biggest Loser Contest, and encouraging staff to eat School Breakfast and Lunch meals.

Professional Learning

When feasible, the School 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 lesson into math class). Professional learning will help school staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school reform or academic improvement plans/efforts.

VI. Implementation and Monitoring of Wellness Policy

A. The School engages students, parents, teachers, food service staff, school health professionals, school board, school administrators, and the public in developing, implementing, annual monitoring, periodic review, and revising of Wellness Policy through its wellness committee that meets regularly.
B. The Superintendent shall execute administrative procedures that designate school staff responsible for policy implementation and compliance of the wellness policy.
C. Monitoring will be repeated annually to help review Wellness Policy compliance, assess progress, and determine areas in need of improvement

and/or revision. Measureable outcomes will be determined by the wellness committee.

D. The School staff will ensure compliance in food service areas, and report to the food service director and Superintendent.
E. The School Food Service Director will provide an annual report to the superintendent identifying the nutrition guidelines and procedures for selection of all foods made available on campus, as well as the most recent MDE review, findings and updates.
F. The superintendent or designee will develop an annual summary report on the progress of implementation of the wellness policy. This report will be provided to the school board and wellness committee and communicated to school staff, parents, and the public through school website, newsletter, weekly column and/or other means as designated by the superintendent.

Developed: **January 24, 2017**

Adopted: **February 27, 2018**

Revised: **January 31, 2017**
Revised: **April 13, 2018**
Revised: **January 15, 2019**
Revised: **January 20, 2020**
Revised: **February 25, 2021**
Revised: **January 24, 2022**
Revised: **February 3, 2023**