

SIATECH CHARTER HIGH SCHOOL

WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

SIATech Charter High School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of SIATech Charter High School that:

- SIATech will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing this policy.
- All students in grades 9 – 12 will have the opportunity, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at school will meet the nutrition recommendations of the *U. S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will:
 - All students are provided with free reimbursable meals that meet the nutritional standards set forth by Arkansas Department of Education Child Nutrition Unit. Those meals are provided by an approved vendor.
 - Accommodate, to the extent possible, the religious, ethnic, and cultural diversity of the student body in meal planning;
 - Provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, SIATech will participate in available federal school meal programs, including the School Breakfast Program and National School Lunch Program.
- SIATech will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related community services.

SCHOOL WELLNESS COMMITTEE

Committee Role and Membership

The SIATech Charter High School will establish SIATech Wellness Committee (SWC) to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies consistent with this policy and the SIATech School Board. The SWC will meet at least two times a year and serve as a resource for implementing this policy.

SWC members will include:

- Principal
- Teachers
- Food service manager
- Counselor/Social Worker/Special Education Coordinator

- Parent Student
- Partners in Education (Community Member)
- School Board Member

WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT

Implementation Plan

The SWC 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 specific to each school, and includes information about who will be responsible to make changes, 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. It is recommended that the school use the Healthy Schools Program online tools to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

Record keeping

The SWC will retain records to document compliance with the requirements of the wellness policy in SWC's Administrative Office. Documentation maintained in this location will include, but will not be limited to:

- The written wellness policy,
- Documentation of annual policy progress reports for each school,
- Methods by which the wellness policy and annual progress reports are made available to families,

Annual Progress Reports

The SWC will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the SWC in meeting wellness goals. This annual report will be distributed to the public yearly. This information can also be viewed online at siatch.org/littlerock .

Triennial Progress Assessments

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

- The extent to which school under the jurisdiction of the SWC is in compliance with the wellness policy.

The person responsible for managing the triennial assessment and contact information is the Director at the time of the triennial progress assessment is due. This triennial Assessment will be available online at www.siatech.org/littlerock.

Revisions and Updating the Policy

The SWC will update or modify the wellness policy based on the results of the annual progress reports, and/or as SWC priorities change; community needs change; 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 SWC is committed to being responsive to community input, which begins with awareness of the wellness policy. The SWC will 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 Maryland Nutrition Standards for all Foods Sold in Schools (Smart Snacks). Through email, newsletters, presentations to parents, or sending information home to parents.

NUTRITION

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).
- Ensure that half of the served grains are whole grains.

- Contain no trans fats.
- Offer only low-sugar cereals.

SIATech will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, the school's website page, on cafeteria menu boards, placards.

Breakfast

To ensure that all students have breakfast, either at home or at school, and in order to meet the student's nutritional needs and enhance their ability to learn, SIATech will:

Operate the School Breakfast Program.

- Notify parents and students of the availability of the School Breakfast Program.
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced Price Meals

SIATech 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. Toward this end, SIATech may:

- Utilize sign-in roster to identify meal recipients;
- Provide meals at no charge to all students regardless of income;
- Promote the availability of school meals to all students; and/or

Meal Times and Schedules

SIATech Charter High School:

- Will provide students 20 minutes to eat after sitting down for breakfast and 30 minutes after sitting down for lunch.
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless the scholar may eat during such activities.
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, SIATech will provide continuing professional development for all nutrition professionals in the school. Staff development programs should

include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing: SIATECH will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually

NO foods or beverages will be sold individually outside the reimbursable school meal programs.

Fund Raising Activities

SIATech Charter High School will not participate in any school fundraising activities that involve food or beverages.

SIATech faculty or staff will not use foods or beverages as a means of rewards or as punishments.

School Sponsored Events

Foods and beverages offered or sold at school-sponsored events outside of the school day will meet the nutrition standards for meals or for foods and beverages sold individually. (See above)

Nutrition and Health Education

SIATech will aim to teach, encourage, and support healthy eating by students. SIATech should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- Links with school meal programs, other school foods, and nutrition-related community services.
- Teaches media literacy with an emphasis on food marketing.
- Includes training for teachers and other staff.

MONITORING

The principal of SIATech or designee will ensure compliance with these policies at SIATECH and will report on the school's compliance to the Regional Director.

SIATech food service staff will ensure compliance with nutrition policies within the school's food service areas and will report on this matter to the principal. In addition, SIATech will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

Communication with Parents

SIATech will support parents' efforts to provide a healthy diet and daily physical activity for their children. SIATech will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Parents should be encouraged to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverage. In addition, SIATech will provide opportunities for parents to share their healthy food practices with others in the school community.

PHYSICAL ACTIVITY

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 30 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond a physical education class.

Toward that end:

- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate;
- Opportunities for physical activity will be incorporated into other subject lessons;
- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce the time spent on sedentary activities, such as watching television.

PHYSICAL EDUCATION

SIATech Charter has an approved waiver from the physical education standards. Students are allowed to complete the requirement for physical education online and complete a variety of physical activities. Students are provided breaks during which they are able to stand in between lessons.

MONITORING

The Director of SIATech or designee will ensure compliance with these policies at SIATECH and will report on the school's compliance to the School Board.

POLICY REVIEW

The SIATech Wellness Committee will conduct a baseline assessment of the school's existing nutrition and physical activities. The results of the assessment will be compiled by SWC

SIATECH CHARTER HIGH SCHOOL STAFF WELLNESS

SIATech Charter High School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. SIATech will monitor and maintain staff wellness through regularly scheduled meetings and updates. The wellness committee will develop, promote, and oversee a plan to promote staff health and wellness. The plan will be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.