

Adopted: 08/04/10

Revised: 11/18/15

Academia Cesar Chavez Charter School

HEALTH AND WELLNESS SCHOOL WIDE POLICY

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
- C. The school encourages the involvement of students, parents, Academia Cesar Chavez Charter School ("ACC") employees and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in Pre K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. All students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Nutrition staff will make every effort to accommodate the ethnic and cultural diversity of the student body in meal planning. Students will be provided adequate time to eat in a clean, safe, and pleasant setting.

III. GUIDELINES

A. Foods and Beverages

Students' lifelong eating habits are influenced by the types of food and beverages available to them. Schools have a responsibility to help students establish and maintain lifelong healthy eating patterns

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1. All foods and beverages made available at ACC will be consistent with the current USDA Dietary Guidelines for Americans.
2. The Food Program Coordinator and Family and Community Director will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. The Food Program Coordinator and Family and Community Director shall adhere to all federal, state, and local food safety and security guidelines. School Nutrition personnel and Family and Community Director will also be working closely with catering services and contractors.
4. ACC will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
5. ACC will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
6. ACC will encourage school sponsored events and programs held outside of the school day to be supportive of the Wellness policy and guidelines.
7. Our School will provide nutritious, healthy, safe food and beverages for our meal programs that meet all state and local statutes and regulations. The Family and Community Director is responsible for the food service program. All foods and beverages made available are consistent with USDA recommendations and guidelines. ACC will continually provide professional development for all food service personnel in our school.

B. School Food Program Coordinator

1. ACC will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations by working closely with catering company to assure we are in compliance.
2. ACC will designate the Food Program Coordinator to be responsible for the nutrition program, whose duties shall include ensuring food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. Opportunities for training will provide continuing professional development for all school nutrition personnel. Our training is provided by the Minnesota Department of Education Food and Nutrition.

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C. Counseling, Psychological and Social Services

ACC provides culturally competent, school-based mental health services to students and families through the services of professionally trained and licensed staff. These support services include both prevention and direct intervention through individual, family, and/or group counseling in order to address a variety of emotional, behavioral, and psychosocial issues. Additional services provided include consultation with school staff, assistance with specific problems or crises, and referrals to community-based social service providers, as needed. These services are available four days a week through out the school year.

D. ACC Student Nutrition Education and Promotion

The primary goal of nutrition education is to positively influence students eating behaviors.

1. ACC will ensure that students in Pre K through grade 6 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education will include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; healthy cooking methods; recognition of the role media plays in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle. The school Principal has provided our academic team with the “Health Teacher’s” program, in order for all our teachers to be proficient with ACC’s Health and Wellness guidelines.
2. ACC will be discouraged from using food or beverages as reward or punishment for academic performance or good behavior. Individual Education Plans (IEP) or 504 plans will be exempt from this.
3. ACC will provide educational information and encourage healthy eating and physical activity for families. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition. Parents will have the opportunity to attend parent workshops and mini installations related to Health and Wellness.
4. Health and Wellness nutrition concepts will be reinforced by all school personnel. ACC will work closely with ACC community partners to assure resources and training are available to staff and families.

E. Physical Activity

The primary goal for a school’s physical activity component is to provide opportunities for every student to: develop the knowledge and skills for specific physical activities; maintain physical fitness; regularly participate in physical

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activity; and understand the short and long term benefits of a physically active lifestyle.

1. Students in PreK through grade 6 will receive scheduled, developmentally appropriate physical education.
2. Our Physical Education Teacher will implement Michelle Obama's "Let's Move" program along with "The President's Challenge" physical activity and fitness program into the curriculum. ACC's physical education courses are designed to build interest and proficiency in the skills, knowledge and attitudes essential to a healthy physically active lifestyle. This includes providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.
3. Students should be encouraged to participate in physical activities outside of the school day. ACC will provide an opportunity for Danza and Folkloric Folk Dancing in our After School program.
4. The importance of physical activity will be reinforced by all ACC staff.

F. Communications with Parents

It is important that students receive consistent messages throughout school, home, community and media regarding good nutrition and healthy lifestyles.

1. ACC recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being. The district will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.
2. ACC will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. ACC will encourage parents to pack healthy lunches, snacks, treats and beverages. Parents will be provided with information that will offer suggestions for healthy snacks and lunches.
4. ACC will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school. ACC will work to offer physical activities for *both parents and children*.
5. ACC's Health and Wellness policy will be made available for parents.

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IV. IMPLEMENTATION AND MONITORING

- A. After approval by the school board, the wellness policy will be implemented throughout the school.
- B. The school's leadership will ensure compliance with the Health and Wellness policy and will provide a report of the school compliance with the policy to the school board as requested.
- C. Our Wellness Committee will establish procedures for monitoring school wellness, help promote implementation of policy and suggest ways to improve the wellness environment. The Wellness Committee will meet at the end of each school year to evaluate our policies and programs.

Local Resources:

Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

County Health Departments, www.co.ramsey.mn.us

Michelle Obama's "Let's Move" Campaign, www.letsmove.gov/schools

The President's Challenge, www.presidentchallenge.gov

NCLR, http://www.nclr.org/index.php/issues_and_programs/health_and_nutrition/

Minnesota School Nutrition Association, <http://www.mnsna.org/>