

WELLNESS POLICY

Dove Public Charter Schools recognize the relationship between academic achievement and student health and wellness. This policy reflects the School's Board of Education's commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The board values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and an active lifestyle. The board recognizes the School role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition.

Coordinated School Health

The School will adopt the Coordinated School Health Program model that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinated school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families.

The Coordinated School Health Program includes the following eight components: Health Education; Physical Education; Health Services; Family and Community Involvement; Counseling, Psychological, and Social Services; Nutrition Services; Healthy School Environment, and Health Promotion for Staff.

Nutrition

The School will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the School Child Nutrition Program will serve reimbursable meals that meet United States Department of Agriculture's (USDA's) requirements as well as follow principles of the Dietary Guidelines for Americans.

The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with the USDA standards.

- Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
- Meals served through the Child Nutrition Programs will: Be appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe, and pleasant setting.
- The Child Nutrition Program will pursue partnerships with local/regional farms to facilitate a Farm-to-School program. Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.

- Child Nutrition staff will be engaged in wellness activities and educational opportunities that support healthy eating behavior and food safety.
- Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education, and nutrition standards for preparing healthy meals.
- Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.
- Safe, unflavored, cool drinking water will be offered at no charge throughout the school day. Only low or non-fat varieties of milk will be allowed. Juice will be 100 percent juice with no added caloric sweeteners.
- Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated. Recess before lunch will be encouraged to the greatest extent possible for the purpose of reducing food waste.
- Students are provided only healthy food and beverage options for food beyond the school food services (vending machines, school stores, and food/beverages for snacks and celebrations).
- Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

Nutrition Education

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.

- Nutrition education begins with the food services personnel. This includes annual and on-going training regarding safe food preparation and nutritional standards.
- Nutrition education will be provided in all grades and will be integrated into core curriculum. In the classroom, it is included in the scope and sequence in core subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
- Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating. The school cafeteria environment allows students to apply critical thinking skills taught in the classroom.
- Nutrition resources that include learning opportunities which enhance health will be made available for staff.
- Nutrition education is provided to families and the community through communications with parents, educational workshops, homework materials, screening services, and health-related exhibitions and fairs.
- Healthy eating behaviors are promoted through the use of multiple channels including: classroom, cafeteria, and communications with parents.

Nutrition Guidelines and Standards for Foods and Beverages Outside of School Meal Programs (Competitive Foods) from the Institute of Medicine (IOM)

Students will be provided only healthy food and beverage options in vending machines and school stores. These foods and beverages will meet the following standards:

- Fruits, vegetables, whole grains, and related combination products (contain a total of ≥ 1 serving fruits, vegetables, and/or whole grains), or nonfat/low-fat dairy
 - Snack foods offered to high-school students in after-school settings and activities are not required to meet this standard.
- Foods low in calories:
 - Snacks are ≤ 200 calories per portion as packaged and à la carte entrée items do not exceed calorie limits on comparable National School Lunch Program (NSLP) items
- Foods low in fat:
 - No more than 35% of total calories from fat
 - Exceptions to the standard are:
 - Nuts and seeds: fat content will not count against the total fat content of the product
 - Less than 10% of total calories from saturated fats
 - Zero trans fat ($< 0.5\text{g}$ per serving)
- Foods low in added sugar:
 - Snacks, foods, and beverages provide $\leq 35\%$ of calories from total sugars per portion as packaged
 - Exceptions to the standard are:
 - 100 % fruits and fruit juices in all forms without added sugars
 - 100 % vegetables and vegetable juices without added sugars
 - 4-oz. portion as packaged for elementary/middle school
 - 8-oz. (2 portions) for high school
 - Unflavored nonfat and low-fat milk and yogurt
 - Flavored nonfat and low-fat milk ($\leq 22\text{g}$ of total sugars per 8-oz. serving)
 - Flavored nonfat and low-fat yogurt ($\leq 30\text{g}$ of total sugars per 8-oz. serving)
- Foods low in Sodium:
 - Snacks have $\leq 200\text{mg}$ sodium per portion as packaged or have $\leq 480\text{mg}$ per entrée portion as served for à la carte items
- Caffeine-free foods and beverages:
 - An exception is naturally occurring trace amounts of caffeine
- Water without flavoring, additives, or carbonation
- Plain, potable water is available at all times for free

High School only after-school hours

- The remaining available beverage choices must follow the criteria below:
 - Sugar-free made with nonnutritive sweeteners or <5 calories per portion as packaged
 - Caffeine-free
 - Not-vitamin or nutrient-fortified includes but not limited to vitamin waters, energy drinks, sports drinks
 - With or without carbonation or flavoring

School Fundraising Activities

School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs.

- Fundraisers sponsored by the school or that occur on campus during the school day will be supportive of healthy eating.
- For fundraising activities outside the school day, Clubs, Groups and Organizations should support children's health and reinforce nutrition lessons. Our School encourages that fundraising activities should include healthy foods and/or physical activity and/or non-food items.
- The School Board, or its designee, shall approve school fundraising activities in advance, and shall not approve more than thirty (30) fundraising activities per school site per semester.
- Each school fundraising activity shall not continue in excess of fourteen (14) days.
- No fundraiser can be held during the school breakfast, school lunch and after school snack programs.

Staff Wellness

The School highly values the health and well-being of every staff member and support staff members to maintain a healthy lifestyle. School staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

Community/Family Involvement

The School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The School support parents' efforts to provide a healthy diet and daily physical activity for their children. The School encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

Marketing of food and/or beverages

School-based marketing should be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of health foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Monitoring and Evaluation

An assessment of the School's Wellness Policy will be completed annually by district personnel and the wellness committee, to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, a wellness committee will review nutrition and physical activity policies; provision of the environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The School will seek input from stakeholders, e.g., staff and faculty, parents, and students, on the development and seek recommendations based on: new techniques, proven strategies, and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff.