

# Achievement Preparatory Academy Public Charter School Wellness Policies

## Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of a successful school wellness policy:

The Achievement Preparatory Academy Public Charter School is committed to providing a school environment that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Achievement Preparatory Academy that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *DC Healthy Schools Act of 2010*.
- The school will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate dietary restrictions to include meat, seafood, dairy, and nuts to meet the needs of the student body in meal planning;

and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, Achievement Preparatory Academy will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, and Fruit and Vegetable Snack Program).
- Achievement Preparatory Academy will provide access to 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.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. School Health Council**

Achievement Preparatory Public Charter School will create a school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council will also serve as a resource for implementing the policy. A school health council consists of a group of individuals representing the school and community, and will include parents, students, members of the school Board of Trustees, school administrators, teachers, and members of the public as appropriate.

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

#### **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;<sup>1</sup>
- serve only low-fat (1%) and fat-free milk<sup>2</sup> and nutritionally-equivalent non-dairy alternatives; and

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<sup>1</sup> To the extent possible, the school will offer fresh vegetables and fresh fruit options daily and will offer five different fruits and three different vegetables over the course of a week.

- ensure that half of the served grains are whole grain.<sup>3,3</sup>

The school will engage students through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Achievement Preparatory Academy will, operate the School Breakfast Program.
- The school will, offer breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break.
- The school will offer breakfast free of charge to all students daily

#### **Meal Times and Scheduling.**

- Achievement Preparatory Academy will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule meal periods at appropriate times
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods for Foundation Academy Scholars;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

**Qualifications of School Food Service Staff.** Certified food handlers will administer the school meal programs. As part of the school schools responsibility to operate a food service program, we will provide access to professional development for all nutrition professionals in school.<sup>4</sup>

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<sup>3</sup> A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

<sup>4</sup> School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.



**Snacks.** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The school will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

**Celebrations.** Schools will encourage parents to provide more healthful option for classroom parties. Achievement Preparatory Academy will disseminate a list of healthy party ideas to parents and teachers.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered at school-sponsored events outside the school day will meet the nutrition standards for meals as outlined in the DC Healthy Schools Act of 2010.

### **III. Physical Activity Opportunities and Physical Education**

**Weekly Physical Education K-8<sup>th</sup>**. All scholars in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive weekly physical education.

**Daily Recess.** All Elementary and Foundation Academy Scholars will have at least 20 minutes a day of supervised recess during which the school will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

**Physical Activity Opportunities.** All scholars will be offered enrichment opportunities that include physical activity programs, such as physical activity clubs or intramural programs and physically active enrichment classes.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### **IV. Monitoring and Policy Review**

**Monitoring.** The school leaders or designee will ensure compliance with established District-wide nutrition and physical activity wellness policies. This policy will be updated and revised as modifying requirements and changes at the school level dictate.