Book	Board Policies
Section	8000 BP - Operations
Title	WELLNESS
Code	8510 BP
Status	Active
Adopted	July 8, 2009
Last Revised	June 18, 2025
Prior Revised Dates	2/12/14; 7/26/17; 06/16/2021

WELLNESS

Reference:
42 USC §§ 1751, Sec. 204, 42 USC § 1771
7 CFR Parts 210 and 220

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Academy's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and the student's ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits with respect to eating and exercise.

The Board sets the following goals in an effort to enable students to establish good health, healthy nutrition, and physical activity habits and nutrition habits:

A. With regard to nutrition education, the Academy shall:

1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.

3. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.

4. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

5. The Academy shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. With regard to physical activity, the Academy shall:

Physical Education

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

2. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

3. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

Physical Activity

1. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

2. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

C. With regard to other school-based activities the Academy shall:

1. Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

2. The Academy shall provide attractive, clean environments in which the students eat.

3. Students at the Academy are permitted to have bottled water only in the classroom.

4. The academies may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.

D. With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

1. Additionally, the Academy shall:

a. encourage students to increase their consumption of healthful foods during the school day;

b. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:

1. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;

2. a variety of vegetables daily to include five (5) specific subgroups outlined in the Dietary Guidelines for Americans and promoted in the MyPlate materials (dark green, red/orange, beans/peas/legumes, starchy and other);

3. whole grain, whole and whole grain rice products that meet school lunch and breakfast program requirements and, if offered, Smart Snack in School standards;

4. choice of fluid milk from fat-free or low-fat (unflavored and flavored) at program lunch and breaks meals with one (1) choice being unflavored;

5. meals designed to meet specific calorie ranges for age/grade groups;

6. eliminate trans-fat from school meals;

7. require students to select a fruit or vegetable as part of a complete reimbursable meal.

E. Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

1. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.

2. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

3. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

4. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus, defined as the Academy's physical plant as delineated in the Academy's charter during the school day is prohibited.

5. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day (the "School day"), as defined in the Academy's charter contract shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entrée items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered from vending machines, from school stores, or as authorized fundraisers including those operated by student clubs and organizations, parent groups, or boosters clubs.

6. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.

7. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) shall comply with the food and beverage standards approved by the Educational Service Provider.The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

8. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.

9. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.

10. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

11. Continuing professional development shall be provided for all staff of the food service program.

The Board designates the Educational Service Provider as the individual(s) charged with operational responsibility for verifying that the Academy meets the goals established in this policy.

The Educational Service Provider shall appoint an Academy wellness committee that includes parents, students, representatives of the Academy food authority, educational staff (including health and physical education teachers), mental health and social services staff. school health professionals, members of the public and Academy administrators to oversee development, implementation, evaluation and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually. Academy-level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The Wellness Committee shall be responsible for:

A. assessment of the current Academy environment;

B. review of the Academy's wellness policy;

C. presentation of the wellness policy to the Board for approval;

D. measurement of the implementation of the policy;

E. recommendation for the revision of the policy, as necessary.

Before the end of each school year the Wellness Committee shall recommend to the Educational Service Provider any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Educational Service Provider shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.

The Educational Service Provider is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Educational Service Provider shall include information in the student handbook and post the policy on the Academy's website, including the Wellness Committee's assessment of the implementation of the policy.

The Academy shall assess the Wellness Policy at least once every three (3) years on the extent to which Academies are in compliance with the Academy policy, the extent to which the Academy policy compares to model wellness policies, and the progress made in attaining the goals of the Academy Wellness Policy. The assessment shall be made available to the public on the Academy website.

Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture ("USDA") civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. The Academy's nondiscrimination statement below is complementary to the Academy's nondiscrimination policies, including Policy 2260 - Nondiscrimination and Access to Equal Opportunity and Policy 1422/Policy 3122 - Nondiscrimination and Equal Employment Opportunity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights ("ASCR") about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

Fax:
(833) 256-1665 or (202) 690-7442; or

E-mail:
program.intake@usda.gov.

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Book	Board Policies
Section	8000 BP - Operations
Title	SPECIFIC GOALS FOR NUTRITION
Code	8510 BP – APPENDIX A
Status	Active
Adopted	July 8, 2009

SPECIFIC GOALS FOR NUTRITION

A. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

B. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.

C. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.

D. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

E. The Academy shall provide information to parents designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

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Book	Board Policies
Section	8000 BP - Operations
Title	SPECIFIC GOALS FOR PHYSICAL ACTIVITY
Code	8510 BP – APPENDIX B
Status	Active
Adopted	July 8, 2009
Last Revised	February 12, 2014

SPECIFIC GOALS FOR PHYSICAL ACTIVITY

Physical Education

A. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

B. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

C. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

Physical Activity

A. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

B. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

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Book	Board Policies
Section	8000 BP - Operations
Title	SPECIFIC GOALS FOR OTHER ACADEMY-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS
Code	8510 BP – APPENDIX C
Status	Active
Adopted	July 8, 2009
Last Revised	June 16, 2021

SPECIFIC GOALS FOR OTHER ACADEMY-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

A. The Academy shall provide attractive, clean environments in which the students eat.

B. Students at the Academy are permitted to have bottled water only in the classroom.

C. The academies may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.

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Book	Board Policies
Section	8000 BP - Operations
Title	SPECIFIC GOALS FOR NUTRITION PROMOTION
Code	8510 BP APPENDIX D
Status	Active
Adopted	February 12, 2014
Last Revised	June 18, 2025
Prior Revised Dates	07/26/2017

SPECIFIC GOALS FOR NUTRITION PROMOTION

With regard to nutrition promotion, any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the Academy shall:

A. encourage students to increase their consumption of healthful foods during the school day;

B. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:

1. a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;
2. a variety of vegetables daily to include five (5) specific subgroups outlined in the Dietary Guidelines for Americans and promoted in the MyPlate materials (dark green, red/orange, beans/peas/legumes, starchy and other);
3. whole grain, whole and whole grain rice products that meet school lunch and breakfast program requirements and, if offered, Smart Snack in School standards;
4. choice of fluid milk from fat-free or low-fat (unflavored and flavored) at program lunch and breaks meals with one (1) choice being unflavored;
5. meals designed to meet specific calorie ranges for age/grade groups;
6. eliminate trans-fat from school meals;
7. require students to select a fruit or vegetable as part of a complete reimbursable meal;

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Book	Board Policies
Section	8000 BP - Operations
Title	NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY
Code	8510 BP – APPENDIX E
Status	Active
Adopted	July 8, 2009
Last Revised	June 16, 2021
Prior Revised Dates	2/12/14; 7/26/17

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY

A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages**,** including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, as well as to the fiscal management of the program.

B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

   The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards to be consumed on the school campus, defined as the Academy's physical plant as delineated in the Academy's charter during the school day is prohibited.

D. All food items and beverages available for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day (the "School day"), as defined in the Academy's charter contract shall comply with the current USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards, including, but not limited to, competitive foods that are available to students a la carte or as entrees in the dining area (except entrée items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered from vending machines, from school stores, or as authorized fundraisers including those operated by student clubs and organizations, parent groups, or boosters clubs.

E. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines.

F. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include classroom snacks, for classroom parties, and at holiday celebrations) shall comply with the food and beverage standards approved by the Educational Service Provider.

G. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

H. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.

I. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.

J. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

K. Continuing professional development shall be provided for all staff of the food service program.

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Book	Board Policies
Section	8000 BP - Operations
Title	BOARD RESOLUTION
Code	8510 BP – APPENDIX F
Status	Active
Adopted	July 8, 2009
Last Revised	February 12, 2014

BOARD RESOLUTION

WHEREAS	children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and
WHEREAS	good health fosters student attendance and education; and
WHEREAS	obesity is increasing rapidly in the United States, affecting adults and children of all races, ethnicities, and income levels; and
WHEREAS	the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and the number of overweight adolescents aged 12-19 has more than tripled in that same time; and
WHEREAS	overweight children and adolescents are more likely than not to remain overweight, become obese adults, and develop related chronic illnesses; and
WHEREAS	reversing the obesity epidemic among children will require a long-term, wellcoordinated approach to reach young people where they live, learn, and play; and
WHEREAS	schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and

WHEREAS	the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all Academies with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006–2007 school year;
THEREFORE BE IT RESOLVED	that it is the intent of the Board to comply fully with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and
BE IT FURTHER RESOLVED	that the Educational Service Provider shall seek the involvement of parents, students, representatives of the school food service program, the Academy board, Academy administrators, and the public as this Academy's wellness policy is developed, and shall recommend a policy to the Board not later than the beginning of the 2006–2007; and
BE IT FURTHER RESOLVED	that the Board reserves the right to modify the recommended policy as it deems necessary; and
BE IT FURTHER RESOLVED	that said policy shall be adopted no later than 90 days after presentation to the Board and shall be effective on the first day of the school year beginning after July 1, 2006.

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