



Sage Academy Wellness Policy

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. The policy applies to our school. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, described here.

I. Nutrition education and promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education into core curricula;
- Nutrition promotion will include participatory activities such as contests, promotions, farm visits, and experience working in school gardens;
- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, afterschool programs, and farm-to-school programs;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g. training on the Dietary Guidelines for Americans and how to teach them);
- Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited.

- Nutrition education will be provided to families via handouts, newsletters, postings on website, presentations, and workshops. The school menu will be posted online and sent home to students.
- Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside activities related to the nutrition education curriculum.
- Families will be requested to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skills development, such as reading labels to evaluate the nutrient quality of foods, meal planning analysis of health information;
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

II. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

A. USDA School Meals:

School meals will include a variety of healthy choices while accommodating Special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast school lunch and summer food Programs.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- The school meal programs will be administered by the member of the administration team. The school administration will seek consultants for areas of expertise. All cafeteria staff will be provided training on

USDA meal/plans reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation and food safety;

- All menus will be reviewed by a dietician when possible. When this is not feasible, sample USDA menus or USDA software for menu review may be used;
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for behavior will be consistently enforced;
- Lunch will follow recess period and will be scheduled between the hours of 11 a.m. and 1p.m.
- Tutoring, club or organizational meetings will not be scheduled during meal times, unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and the cafeteria will remind students to make use of them;
- Information on the nutritional content and ingredients of meals will be found on menus, and posted on website. Parents and students will be informed that information is available, and information shall be kept up -to-date;
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals. School will use nontraditional breakfast service to increase participation, such as breakfast served in the classroom;
- Foods served as part of the Before and Aftercare (childcare) programs run by the school must meet USDA standards if they are reimbursable under a school meals program. Otherwise they must meet the district's nutrition standards for competitive foods (see Part B). Foods served as part of the Before and Aftercare (childcare) programs run by an outside organization must meet the district's nutrition standards for competitive foods.

B. Competitive Foods and Beverages

All foods and beverages *sold* on school grounds to students outside of reimbursable school meals are considered “competitive foods”.

Competitive foods include items sold a la carte in the cafeteria, for vending machines, school stores and for in-school fundraisers. All competitive foods must comply with the school’s nutrition standards, as well as all applicable and federal standards. Foods served as part of the Before and Aftercare (childcare) programs must also comply with the district’s nutrition standards unless they are reimbursable under USDA school meals program in which case they must comply with all applicable USDA standards.

Sage Academy’s Nutrition Standards: The Institute of Medicine’s nutrition standards for competitive foods/beverages in schools has been adopted by the school. A summary of the standards is below.

Foods Only fruits, vegetables, nuts and seeds, whole grains, low fat dairy And combination products may be sold, following the standards below:

- Packaged items shall not exceed one serving per package/200 calories;
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: the fat content of nuts and seeds will not count against the total fat content of packaged products;
- Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt, may contain up to 30 grams of total sugars per 8oz. serving;
- Items shall contain less than or equal to 200mg of sodium per package portion;
- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., ½ serving of fruit and ½ serving of whole grain in one portion). A la Carte items in the cafeteria must be USDA school meal components (200 calorie limit does not apply) AND meet the above fat and sugar limits. A La carte items cannot exceed 480 mg of sodium. *Whole fruits, vegetables, nuts and seeds are preferable to processed food items.*

Beverages The only beverages allowed to be sold outside of school meals include: -Low-fat (1%), non-fat or non-dairy milk in 8oz portions (plain or flavored with no more than 22 grams of total sugars per 8oz); -100% fruit/vegetable juice in 4 oz. portions for elementary and middle school, and 8oz. portions for high school; -Plain water

C. Additional Foods Available for Students Fundraising

- Non-food fundraising is promoted. When in school fundraising involves food, items must meet the school's nutrition standards for competitive foods and cannot be sold for immediate consumption. When out of school fundraising events involve foods, items sold must meet the nutrition standards for a la carte items sold in the cafeteria OR the school's nutrition standards for competitive foods.
- Fundraising activities that promote physical activity are encouraged
- Fundraising activities will not promote branded products (for example, Domino's Dough Raising Program, branded candy sales)

Celebrations

- Celebrations that involve food will be limited to one per month. Only foods that meet school's nutrition standards will be allowed at school celebrations;
- Parents will be made aware in advance of when a celebration with food is taking place and what will be served;
- Non food celebrations will be promoted and a list of ideas can be provided by teachers.

Access to Drinking Water

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water fountains are made available in cafeteria. Water and cups will be available in the cafeteria if water fountains are not available for use. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring water bottles from home into the classroom.

III. Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

- Schools will restrict food and beverage marketing to the promotion of Only those foods and beverages that meet the nutrition standards set forth in the School Wellness Policy;

Examples of marketing techniques include the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;
- Displays, such as on vending machines exteriors;
- Corporate brand, logo, name or trademark on cups, posters, book covers, school supplies, or educational materials;

Water will be promoted as a substitute for sugar-sweetened beverages (SSBs) School Staff will be encouraged to model drinking water consumption. Maintenance will be performed on water fountains regularly to ensure that all hygiene standards for drinking fountains, water jugs, water jets and other methods for delivering water are maintained.

Other

- Advertisements in school publications or mailings;
- Sponsorship of school activities, fundraisers or sports teams;
- Educational incentive programs such as contests, or programs that provide schools with supplies or funds when families purchase specific food products;
- Free samples or coupons displaying advertising of a product.

Food used as reward or punishment

Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has a negative, unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

I V. Physical Activity

Physical Education

All K-8 students will receive daily physical education (120 minute per week) for elementary/middle school students for the entire school year. Physical Education will be standards-based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

Student involvement in other activities, including those involving physical activity (e.g. intramural sports), will not be substituted for physical education.

- The school will provide adequate space/equipment and conform to all safety standards
- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

Physical Activity

All students will have opportunities for physical activity beyond physical class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) “energy release” physical activity breaks will be provided between classes in elementary school.

Teachers will be expected to incorporate opportunities for physical Activity in the classroom whenever possible and will be encouraged to Serve as role models by being physically active alongside the students.

Recess

All elementary school students will have at least 20 minutes a day of supervised recess before the lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the school (this may vary regionally). In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines, developed by the school's Wellness Committee, to ensure adequate physical activity for students.

Physical Activity Programs

Elementary, and middle will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs.

V Evaluation and Enforcement

This wellness policy was developed by the School Wellness Committee, a group comprising individuals from the following group: parents, teachers, Students, school administration, food service director and staff, physical education staff. The committee is active-meetings are held two times during the school year to review and revise, if needed, policy content and to design and evaluate implementation plan. The committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. All meetings will be open to the public.

Policy revisions will takin into account new research and evidence on health trends, new national and state standards and guidelines, new state and

federal initiatives, local evaluation data, changing district priorities, and other issues.

