

Wellness Policy for Logos Academy

Administration-Approved Interim Policy 11/5/18
Wellness Committee review no later than April 2019

SCHOOL WELLNESS POLICY

Logos Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Administration is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The Administration adopts this policy in accordance with federal and state laws and regulations. A Wellness Committee will be formed and will meet to review this policy and make recommendations prior to April 26, 2019.

To ensure the health and well-being of all students, the Administration establishes that the school shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines. Logos Academy is able to participate in the Community Eligibility Provision of the National School Lunch Program and supply all students with a free lunch and breakfast every school day.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Administration of Education curriculum regulations and academic standards.

The Principal of Logos Academy shall be responsible for the implementation and oversight of this policy to ensure the school's programs and curriculum is compliant with this policy, related policies and established guidelines or administrative regulations.

The Principal shall annually report to the CEO regarding compliance in his/her school.

Staff members responsible for programs related to school wellness shall report to the Principal regarding the status of such programs.

The Principal shall annually report to the CEO on the school's compliance with law and policies related to school wellness. The report may include:

- 1) Assessment of school environment regarding school wellness issues.
- 2) Evaluation of food services program.
- 3) Listing of activities and programs conducted to promote nutrition and physical activity.
- 4) Feedback received from school staff, students, parents/guardians, community members and the Wellness Committee.

The Principal and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which each school school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the school in attaining the goals of this policy.

At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as school and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the school website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

Recordkeeping

The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.

2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee

The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, school administrator, school food service representative, student, parent/guardian, school health professional, physical education teacher and member of the public. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.

Individuals who conduct student medical and dental examinations shall submit to the Administration annual reports and later reports on the remedial work accomplished during the year, as required by law.

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

- 1) Nutrition education in the school shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- 2) Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- 3) Nutrition education lessons and activities shall be age-appropriate.

Physical Activity

- 1) Logos Academy shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

- 2) Age-appropriate physical activity opportunities, such as outdoor and indoor recess, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.
- 3) Physical activity shall not be used or withheld as a form of punishment.
- 4) Logos Academy shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All school students must participate in physical education.

- 1) Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- 2) Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- 3) A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- 4) A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
- 5) Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
- 6) Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- 7) Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- 8) Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.
- 9) Physical activity shall not be used or withheld solely as a form of punishment.

Other School Based Activities

Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the school and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for school nutrition staff, as required by federal regulations.

- 1) Logos Academy shall provide adequate space, as defined by the school, for eating and serving school meals.
- 2) Students shall be provided a clean and safe meal environment.
- 3) Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- 4) Logos Academy has implemented and will maintain the alternative service model of “breakfast in the classroom” to increase school breakfast participation. This has reinforced the positive educational, behavioral and health impacts of a healthy breakfast.
- 5) Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the school.
- 6) Students shall have access to hand washing or sanitizing before meals and snacks.
- 7) Access to the food service operation shall be limited to authorized staff.
- 8) To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.
- 9) The school shall provide appropriate training to all staff on the components of the School Wellness policy.
- 10) Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in Logos Academy during the school day shall be offered to students

with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

Competitive Foods –

Logos Academy does not offer or promote items for sale outside of the food service program - if this policy changes it will comply as identified below.

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

The school may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Fundraiser Exemptions – Logos Academy does not ask students and families to participate in classroom fundraisers. If this policy changes, we will comply as outlined below.

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Administration policy and administrative regulations.

The school may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings. **Exempt fundraisers** are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

The school shall establish administrative regulations to implement fundraising activities in Logos

Academy, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods –

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the school. However at this time Logos Academy does not offer or promote such items, should that change in the future it will comply as detailed below.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives:

- a. Foods and beverages shall not be used as a reward or incentive in school.

2. Classroom Parties and Celebrations:

- a. Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.
- b. Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties.
- c. Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will request Parents also provide Fresh fruits/vegetables.
- d. When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.
- e. Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.

3. Shared Classroom Snacks:

- a. Shared classroom snacks are not permitted in school.

The school shall provide a list of suggested non-food ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the school website, student handbook, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting –

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Administration policy and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by the Administration, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in Logos Academy

The school shall establish Administration policy and administrative regulations to address food allergy management in Logos Academy in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

The school shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

References:

School Code – 24 P.S. Sec. 504.1, 701, 742, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations –
7 CFR Part 210, Part 220

Administration Policy – 102, 103, 103.1, 105, 209.1, 229, 808

