

RLOA 2017-2018 Wellness Policy

in compliance with USDA 2016-17 guidelines

This document is required by the USDA by June 2017.

However, approval by the RLOA School Board

is pending the August 2017 meeting.

Royal Live Oaks Academy of the Arts & Sciences Charter School (hereinafter referred to as RLOA) recognizes that student wellness and proper nutrition are related to physical well-being, growth, development, and readiness to learn. RLOA is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and will be encouraged to participate in positive dietary and lifestyle practices.

Food and Beverage Availability

RLOA is committed to serving healthy meals to students, offering plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. These foods conform to the USDA's guidelines for sodium, saturated fat, and trans-fat per serving and adhere to caloric requirements per age group. The school meal programs aim to improve the diet and health of school children. RLOA works hard to diminish childhood obesity by education, modeling, and supporting healthy choices with attention to cultural and special dietary concerns.

RLOA participates in the USDA child nutrition programs through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and are committed to offering school meals that:

- are accessible to all students;
- are appealing and attractive to children;
- are served in clean and pleasant settings; and
- meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.

Students in all grades (K-12) will be provided a minimum of 20 minutes to eat lunch after receiving their food.

RLOA staff will not use foods or beverages as rewards for children's good behavior or academic performance. Likewise, staff will not deny children food or beverage as a punishment for poor behavior or poor academic performance. Professional development for staff provides behavior management techniques that are not related to food or beverages.

Water

To promote hydration, safe drinking water is available in the classrooms and in the cafeteria.

Competitive foods and beverages

RLOA promotes healthy foods and beverages. Vending machines that sell food or beverages on the campus will meet the guidelines set by the USDA for Smart Snacks. Bottled water is also sold in the cafeteria, and there are water fountains in the cafeteria.

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To the extent possible, no signage or advertisement/marketing pieces for unhealthy food items will be shown on campus. We recognize that some of the news sources, web pages, and casual magazine materials used for research and projects may include such advertisements. However, efforts will be made to minimize such sources.

All foods that meet the competitive food standards, as outlined by the USDA, may be sold at fundraisers on the school campus during school hours. Other Fundraisers are limited by the Executive Committee of RLOA and will abide by the standards set forth by the USDA for South Carolina.

Goals for Health and Wellness

Nutrition promotion

Nutrition promotion and education have a positive influence on lifelong eating behaviors. Students and staff at RLOA will receive consistent nutrition messages through signage and various promotional endeavors.

RLOA will promote healthy food and beverage choices for all students throughout the campus and will encourage participation in school meal programs. Promotional materials provided by the USDA will be distributed in conjunction with project-based learning topics.

Nutrition education

RLOA will teach, model, encourage, and support healthy eating by all students. RLOA will provide nutrition education and engage in nutrition promotion that fulfills the following criteria:

- fosters the adoption and maintenance of healthy eating behaviors (e.g., acquiring skills for reading food labels and menu planning);
- is part of a sequential comprehensive education program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- promotes physical activity/exercise;
- links with school meal programs, project-based exercises, and other school foods and nutrition-related community services;
- teaches media literacy with an emphasis on food and beverage marketing; and
- provides nutrition materials for all staff.

Physical activity

Elementary students at RLOA are provided a daily program of PE and recess for 60 plus minutes. Middle and High School students are provided PE based on a rotating schedule. Additional physical activity opportunities are available through various after-school sports programs. Physical activity during the school day will not be withheld as punishment for any reason. This does not include participation on sports teams or with other sports-related after-school activities, nor does it include participation on sports teams with specific academic requirements.

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Healthy eating learning opportunities include nutrition education and other activities that give children knowledge and skills to help choose and consume healthy foods and beverages. These opportunities can be found in our cafeteria, classroom, and school garden.

Physical education

RLOA provides students with physical education using an age-appropriate, sequential physical education curriculum consistent with state and national standards for physical education. The physical education program promotes a healthy and physically active lifestyle. Our instructional units are based on National PE Standards. The instructional units are also dictated by common elementary/ middle/high school games/units. Health standards are integrated into most lessons (where applicable). As a way of tracking our effectiveness and in order to provide for optimum student growth and performance our Physical Education instructors will also use some of the national assessment resources and study guides to track student progress.

In our P.E classes, students are learning about team sports, dual sports, individual sports and also being physically fit. Students are learning about life long activities and fitness which they will be able to add in their life after graduating from high school. When the students come in each day, they perform a routine of exercises and stretches to get the body warmed-up and ready for that day's lesson. During the warm-up, a designated walk/jog is implemented because some students find it a good way to get ready for class.

At Royal Live Oaks all students will be provided an equal opportunity to participate in physical education classes. Appropriate accommodations will be made for all students and will be adapted if necessary.

Community health promotion and family engagement

RLOA will engage in relationships with the community, the parents/caregivers, and the families to provide information on the benefits of healthy eating and physical activity using promotional material provided by the USDA. Parents/Caregivers and families will be actively notified of opportunities to participate in school-sponsored activities, when available.

School Wellness Committee/Health Advisory Council

RLOA will establish a School Wellness committee, to the extent possible, will be comprised of physical education teachers, school health professionals and other staff, students, parents, and representatives of nutrition services the school board, school administrators, and the general public. The School Wellness committee will meet at least twice per year to establish school wellness goals and oversee school health and safety policies and programs. The designated officer for ensuring compliance with the wellness policy and oversight of the committee will be *Dana Anderson, Operations and Personnel Manager*.

Annually, the school will notify the public about the content and implementation of the wellness policy and share updates to the policy. The school will also publicize the name and contact information of Amy Kaufman, Director for Fundraising & Accountability with information on how the public can become involved with the wellness committee or obtain additional information on the wellness policy.

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School Wellness and Community Partnerships

Royal Live Oaks Academy will develop and enhance relationship with community partners (i.e. dentists, hospitals, universities/colleges, local businesses, etc.) in support of our wellness policy and its goals. For example, Royal Live Oaks Academy will partner with local businesses to promote healthy habits.

School Wellness and Family Engagement

Royal Live Oaks Academy will promote to parents, families, and the general community the benefits of healthy eating and physical activity. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion events. Some of the activities may include:

- Wellness Fair
- Career Day
- Wellness Walk
- Classroom Presentations by Health Care Professionals
- Jump Rope for Heart
- Pennies for Patients Drive

These events will be spear-headed by a School Wellness Committee that uses data from surveys as a basis for events.

Recordkeeping

RLOA will retain records of meetings with an agenda, minutes of proposals, discussion items, and an attendance sheet.