

Park City Prep Charter School
Student Nutrition and Wellness Policy
2016-2017

Student wellness, including good nutrition and physical activity, shall be promoted in the school's educational program, school activities and meal programs. This policy shall be interpreted consistently with Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004.

Goals for Nutrition Education

- The goals for addressing nutrition education include the following:
- PCP will support and promote good nutrition for students consistent with applicable federal and state guidelines.
- PCP will foster the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn.
- Nutrition education will be a part of PCP's comprehensive health education curriculum.

Goals for Physical Activity

- PCP will support and promote an active lifestyle for students.
- Physical education will be taught in all grades and shall include developmentally planned curriculum that fosters development of movement skills, enhances health-related fitness, increases student's knowledge, offers direct opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle.
- Unless otherwise exempted, all students will be required to engage in PCP's physical education program.

Nutrition Guidelines for Foods available in school during the school day

Students will be offered and PCP will promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture and guidelines promulgated by the Connecticut Department of Education. In addition the Executive Director or his designee shall establish such administrative procedures to control food sales that compete with PCP's non-profit food service in compliance with the Child Nutrition Act. Food service rules shall restrict the sale of foods of minimal nutritional values as defined by the U.S. Department of Agriculture in the food service areas during the meal period.

Guidelines for Reimbursable School Meals

Reimbursable school meals served shall meet at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program.

Monitoring

The Executive Director, or designee, shall provide periodic implementation data and/or reports to the Board of Directors concerning this policy's implementation sufficient to allow the Board to monitor and adjust the policy annually.

Community Input

The Executive Director, or designee, will invite suggestions and comments concerning the development, implementation, and or improvement of the School Wellness Policy from the community members, including parents, students and representatives of the school food authority, and the public.

Meal Times and Scheduling

- Will make every effort to provide students with at least 10 minutes to eat breakfast (grades 5 & 6) and 20 minutes for lunch (grades 5-8).
- Will make every effort to schedule meal periods at appropriate times during the school day.
- Will provide students with access to hand washing or hand sanitizing before and after they eat meals or snacks.

Celebrations

PCP will (to the extent possible) limit celebrations that involve food during the school day. However PCP will permit items to be served provided by the Food Service Agency contracted by the Board of Directors for meals in the classroom as appropriate.

Sharing of Foods and Beverages

PCP discourages students from sharing their food or beverage with other students during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Rewards

PCP will not use foods or beverages, especially those that do not meet the nutrition standards for food and beverage as rewards for academic performance or good behavior, and will not withhold food or beverage (including food served through school meals) as a punishment.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity as a punishment.

Food Service

School Meals Service

School meals service will be provided at Park City Prep Charter School. This service shall be provided and implemented under the supervision of the Executive Director or designee.

The Executive Director, or designee, will ensure that all food handlers receive required certification and training that complies with Federal and State guidelines.

Aims

Policies governing the operation of the school meals program shall be:

- To provide cafeteria facilities within the school setting.
- To provide nutritionally balanced and attractive meals available to all students with sufficient time allowed for eating.
- To provide meals free or at a reduced rate to children whose economic or health needs require such action, with the approval of the Executive Director and the nurse.

Facilities

Cafeteria facility, where possible will include the following:

- Clean, attractive, well-ventilated dining rooms.
- A carefully planned, well equipped kitchen adjacent to each dining area.
- Adequate storage space so that food and supplies may be delivered and stored appropriately.
- Maintenance, inspection and repair of equipment so that maximum use is obtained and danger of accidents to personnel and students are minimized.

Maintenance of Sanitary Conditions

Sanitary conditions in all phases of food receipt and distribution shall be rigidly maintained at all times.

The Executive Director, or designee, has the responsibility of ensuring that all food handlers are educated as to the personal hygiene and techniques of sanitation.

Financing

According to law and the regulations of the State Board of Education, student meal costs shall be set at levels, which support the school meals program.

The cost of full-price and reduced-price meals will not exceed the National School Meals reimbursable rate.

A financial report, current and cumulative of the operation of the food services program shall be prepared monthly. A complete audit of the operation of the food service program shall be performed in accordance with State requirements.