



SCHOOL WELLNESS POLICY

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I. PURPOSE

- A. This policy establishes a Local School Wellness Policy for all students in Acero Charter School campuses pursuant to the The United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) regulations.
- B. Acero recognizes that the food served in schools, physical activity, and nutrition education affect the overall health and wellness of its students. Acero also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. It is Acero's role to model and provide the tools, education, and opportunities to achieve a high quality and healthy life for its students.

II. POLICY

A. Nutrition Education

- 1. Students shall receive nutrition education as part of a sequential program that is coordinated within a comprehensive physical education curriculum at a minimum of 50 contact hours each year. The goal of the program shall be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors.

B. Physical Activity

1. Physical Education

- a. Students shall receive grade-appropriate physical education aimed at providing students opportunities to ensure that they engage in healthful levels of physical activity that promote and develop students' physical, mental, emotional and social well-being.
- b. Physical education course content will include the appropriate balance of activity and health/nutrition curriculum, including all state mandated content.
- c. Physical education assessments will focus on individual growth for

students at all fitness levels, will promote personal well-being and teach students how to cooperate in the achievement of common goals.

2. Recess

- a. Students in grade levels K-5 shall be provided daily recess which must be at least 20 minutes in length. This requirement may be waived on early dismissal days.
- b. Schools may provide students in grade levels 6-8 with daily recess.

3. Other Activities that Promote Student Wellness

- a. Schools are encouraged to integrate wellness activities across the entire school setting that aim to promote healthy eating habits and age appropriate physical activity.
- b. Wellness activities may include but are not limited to:
 - i. participation in a yearly health/physical school event (i.e. Jump Rope for Heart, Girls on the Run, etc.);
 - ii. classroom physical activity breaks that offer periodic opportunities for students to be active or to stretch between classroom time;
 - iii. promotion to students and staff of active transport, such as walking or biking, to and/or from school; or
 - iv. nutrition education during the hours of the Breakfast After the Bell program.

4. Nutrition Promotion

- a. Acero shall promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion may occur through:
 - i. implementation of [Smarter Lunchroom](#) techniques;
 - ii. ensuring foods and beverages that are marketed to students on the school campus during the school day meet or exceed the [USDA Smart Snacks](#) in School nutrition standards;
 - iii. healthy food and beverage communications to families; or
 - iv. partnerships with the school's Food Service Provider that promote healthy eating habits.

5. Food & Beverages on Campus

- a. All Acero campuses shall participate in the National School Breakfast Program (NSBP) and the National School Lunch Program (NSLP) that offers a nutritionally balanced, low-cost or free breakfast and/or lunch to all students each school day. Breakfast and lunch meals will meet the federal nutrition standards as required by the USDA.
- b. No food may be offered or sold in place of a school meal, or at any time during the scheduled meal times of the NSBP or NSLP.
- c. Food and beverage fundraisers that follow the Smart Snacks in School nutrition standards may take place at every school during school hours. Schools should refer to the [School Fundraising Policy](#)

[#08.005](#) for additional guidelines and procedures regarding food and beverages sold on campus.

- d. Parents/guardians who choose to provide their child with a meal outside of the NSLP are encouraged to pack a healthy lunch in age-appropriate portions for their child and should refrain from providing foods, snacks, or beverages with minimal nutritional value, including but not limited to chips, candy, gum, or soda pop. For safety purposes, students should refrain from sharing food and beverages brought from home.
- e. All schools are encouraged to promote healthy classroom and school celebrations/rewards by minimizing the use of foods and beverages with low nutritional value (i.e. pizza parties, cupcakes, ice cream).

III. PUBLIC PARTICIPATION

- A. The Compliance Officer/designee will facilitate development of and updates to the Local School Wellness Policy and will monitor each school's compliance with the policy.
- B. Information about the Local School Wellness Policy and ways to participate will be made publicly available on the Acero website.
- C. The Local School Wellness Policy will be communicated to parents/guardians on an annual basis via the Student Handbook and will be made publicly available on the Acero website.

IV. ASSESSMENT

- A. At a minimum, the Compliance Officer/Designee will conduct an assessment of the Local School Wellness Policy every three (3) years. The assessment will determine:
 - 1. compliance with the Local School Wellness Policy;
 - 2. how the Local School Wellness Policy compares to model wellness policies;
and
 - 3. progress made in attaining the goals of the Local School Wellness Policy.
- B. Assessments will be available to the public.

V. APPLICABILITY

This policy is applicable to all Acero employees. Failure to comply with these procedures may result in disciplinary action up to and including termination.