

PATAULA CHARTER ACADEMY

School Wellness Plan & Evaluation

Purpose: To ensure that Pataula Charter Academy is implementing its school wellness policy

**Pataula Charter Academy's school wellness committee shall meet annually to review the following guidelines set forth in the school's wellness policy. The committee will score the school on how well it met each goal using a range of 1-4 to establish (did not meet to exceed that goal). The committee must provide comments to explain their score. If the school performed below a 3 on that goal, the committee must establish a corrective action plan. The committee shall meet in the spring of each year to review the policies and change its plan accordingly. The Chief Financial Officer shall chair the committee and report their findings to the board by May of each school year.

GOALS

I. Physical Education

1. Provide a sequential comprehensive Physical Education program for students in K-12 in accordance with the standards and benchmarks established by the State.
2. Ensure that all students in grades K-8 including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), receive instruction in physical education for 90 hours per school year.
3. Ensure that all students in grades 9-12 complete Personal Fitness and Health prior to graduation. Additional courses are offered in physical education to all students in grades 9-12 including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), instruction in physical education for up to 90 hours per school year.
4. Ensure that the Physical Education curriculum provides sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
5. Ensure that the Physical Education classes provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, health-enhancing physical activity.
6. Ensure that the sequential comprehensive Physical Education curriculum stresses the importance of remaining physically active for life.
7. Ensure that the sequential comprehensive Physical Education curriculum provides students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
8. Ensure that planned instruction in Physical Education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
9. Ensure that the K-12 program includes instruction in Physical Education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
10. Ensure that the planned instruction in Physical Education requires students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.
11. Ensure that properly qualified teachers shall provide all instruction in Physical Education.
12. Ensure that all Physical Education classes have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
13. Ensure that planned instruction in Physical Education teaches cooperation, fair play, and responsible participation.
14. Ensure that planned instruction in Physical Education meets the needs of all students, including those who are not athletically gifted.

15. Ensure that planned instruction in Physical Education be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
16. Ensure that planned instruction in Physical Education includes cooperative as well as competitive games.
17. Ensure that planned instruction in Physical Education takes into account gender and cultural differences.
18. Ensure that planned instruction in Physical Education shall promote participation in physical activity outside the regular school day.

Annual Score : 3

Comments: The committee encourages the school to possibly expand course offerings for high school as the school's budget allows.

II. Physical Activity

1. Ensure that Physical Activity is not employed as a form of discipline or punishment within the context of the regular school day.
2. Ensure that Physical Activity and movement are integrated, when possible, across the curricula and throughout the school day.
3. Encourage families to provide Physical Activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
4. Provide all students in grades K - 5 with at least 20 minutes total of daily recess time, and all students grades 6 – 12 with at least 20 minutes total of daily brain breaks.
5. Ensure that there will be no extended periods of student inactivity, which shall be defined as 2 hours or more, without some brief form of Physical Activity except in the event of required testing.
6. Encourage families of all students to participate community organizations that support Physical Activity of all sorts.
7. Provide all students in grades 4 -12 the opportunity to participate in interscholastic sports programs.
8. In addition to planned Physical Education, provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

Annual Score : 3

Comments : The committee recommends that the school could engage families more by offering afterschool health related activities.

III. School-based Activities, PCA shall:

1. Provide at least 20 minutes daily for students to eat.
2. Schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. Provide attractive, clean environments in which the students eat.
4. Allow Students to have bottled water only in the classroom.
5. Ensure that activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
6. Have the right to limit the number of celebrations involving serving food during the school day.
7. Ensure that an organized wellness plan is available to all staff.

8. Have the option to provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school's dining areas.
9. Have the option to demonstrate support for the health of all students by hosting health clinics and screenings
10. Utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
11. Discourage students from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Annual Score : 3

Comments: The committee recommends that the school work on educating students about the hazards of sharing food at the lunch table due to students with allergies.

IV. Nutrition Education, PCA shall:

1. Ensure that all students complete at least one course in Nutrition Education, which shall be included as part of a required Health Class, in any year grades 9-12.
2. Include Nutrition Education in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
3. Include Nutrition Education in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
4. Integrate Nutrition Education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
5. Ensure that Nutrition Education standards and benchmarks shall be age-appropriate and culturally relevant.
6. Ensure that the standards and benchmarks for Nutrition Education shall be behavior focused.
7. Ensure that Nutrition Education includes enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
8. Include Nutrition Education opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
9. Ensure that Nutrition Education extends beyond the classroom by engaging and involving the school's food service staff.
10. Ensure that Nutrition Education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
11. Ensure that the school cafeteria serves as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
12. Ensure that Nutrition Education reinforces lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
13. Ensure that Nutrition Education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.
14. Ensure that Nutrition Education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
15. Ensure that staff responsible for providing instruction in Nutrition Education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
16. Ensure that instruction related to the standards and benchmarks for Nutrition Education shall be provided by highly qualified teachers.

Annual Score : 3

Comments: The committee recommends that regular classroom teachers and PE staff try to incorporate basic nutrition education into their curriculum throughout the school year.

V. Nutrition Promotion, PCA shall:

1. Encourage students to increase their consumption of healthful foods during the school day.
2. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
 - a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium;
 - a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy;
 - whole grain products - half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation;
 - fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);
 - meals designed to meet specific calorie ranges for age/grade groups;
 - eliminate trans-fat from school meals;
 - require students to select a fruit or vegetable as part of a complete reimbursable meal;
3. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods.
4. Ensure that all foods and beverages sold as fund raisers outside of the school meals program during the regular and extended school day shall meet the USDA Competitive Food regulations and the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines.
5. Set the following Nutrition Guidelines for all foods available on Campus During the school day with the objectives of enhancing student health and well-being, and reducing childhood obesity:
 - A. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
 - B. The guidelines for reimbursable school meals shall not be less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).(A and B are required)
 - C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
 - D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
 - E. All foods available on campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.
 - F. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
 - G. All foods available to students on campus during the school day and outside school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including foods available to students as classroom snacks, from vending machines for fund raisers, for classroom parties, or at holiday celebrations.
 - H. The school food service program may involve students, parents, staff, school officials in the selection of competitive food items to be sold in the schools.
 - I. Nutrition information for competitive foods available during the school day shall be readily available near the point of purchase.

- J. All foods available to students in PCA programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- K. Any food items sold on campus as a fund raiser shall meet the current USDA Dietary Guidelines for Americans.
- L. PCA shall make available to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans.
- M. The food service program shall be administered by a qualified nutrition professional.
- N. All food service personnel shall receive pre-service training in food service operations.
- O. Continuing professional development shall be provided for all staff of the food service program.

Annual Score : 3

Comments: The committee recommends that students should be allowed to bring whole fruit snacks into class if it will encourage them to eat healthier


Chief Financial Officer

2/28/18
Date


Board Chair

2/26/18
Date