

Wellness Policy for Nueva Esperanza Academy Charter High School

Purpose:

“The Nueva Esperanza Academy Public Charter High School is dedicated to providing a quality education that prepares critically thinking, socially capable, spiritually sensitive and culturally aware young adults who can use English, Spanish and technology as tools for success in the 21st century.”

An environment that supports healthy lifestyle practices can greatly improve student achievement. This wellness policy for Nueva Esperanza Academy combines the mission of the school with a strategic plan to promote student wellness through nutrition, nutrition education, physical education, health services, and community involvement. This specific plan will be put in place to improve the social, emotional, physical and educational well being of the student body as a whole.

Policy Supervision:

Nueva Esperanza Academy will form a wellness committee to supervise the implementation of the various aspects of this policy. This policy will be revisited and revised, if necessary, to insure that the health and wellness needs of the students are being met.

Nutritional Standards:

Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, requires all Local Education Agencies (LEA's) participating in the National School Lunch Program (NSLP) to develop local wellness policies. One requirement of the law is that nutrition guidelines must be developed for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity. These standards will apply to all students in the school.

Competitive food is defined as foods offered at school, other than qualified meals that meet the FDA government standard served through the National School Lunch or School Breakfast Programs, including:

- Ala Carte foods
- Snacks
- Vending
- Beverages
- Fundraisers
- School and classroom parties
- Rewards
- Foods from home

Ala Carte Foods and Beverages:

Ala Carte foods are sold in the cafeteria as a side dish that are sold separately from the National School Lunch or National School Breakfast Programs. The standards for these foods are as follows:

- Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes.
- A selection/variety of whole grains will be available on a daily basis.
- A minimum of 1 fresh fruit and vegetable will be offered daily. A variety of fruits and vegetables will be offered from day to day.
- A variety of items that provide greater than 2 grams of fiber per serving will be available on a daily basis.
- No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried or flash fried foods will not be offered more than 4 times per week.
- Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

In addition, the majority of items offered will:

- Not contain added sugar as the first ingredient.
- Provide minimal to no trans fatty acids.

A minimum of 75% of the beverages offered will be:

- Water, unflavored (any size).
- 100% fruit juice (not to exceed 12 oz).
- Milk, 1% low fat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers.

Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.

Vending: Snacks and Beverages

Snacks are defined as any prepackaged food sold in the cafeteria not offered as part of the National School Lunch Program or National School Breakfast Program. Beverages are any fluid or drink sold or provided to students. The following standards apply to all foods offered through vending machines.

- Packages will be in single serving sizes.
- A variety of items that provide greater than 2 grams of fiber per serving will be available on a daily basis.
- Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

In addition, the majority of items offered will:

- Not be fried.
- Not contain added sugar as the first ingredient.
- Provide minimal to no trans fatty acids.

All beverages offered through vending will be:

- Water, unflavored (any size).
- 100% fruit juice (not to exceed 12 oz).

A minimum of 75% of milk selections will be 1% low fat or nonfat (not to exceed 16 oz), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). Preferably packaged in plastic resealable containers.

Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.

The school Food Service Director will provide assistance in identifying foods that meet these criteria.

Fundraisers (non-vending):

Non-food items will be recommended for fundraising. If food items are sold as fundraisers, available for sale during the school day, they will follow the standards listed below.

- Packages will be in single serving sizes.
- Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.
- Foods will not be fried.
- Foods will not contain added sugar as the first ingredient.
- Provide minimal to no trans fatty acids.

Marketing, pricing and nutrition education strategies will be used to encourage selection of the healthier foods.

The school Food Service Director can provide assistance in identifying foods that meet these criteria.

Classroom Parties and Holiday Celebrations:

Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3) and will provide the following:

- Fresh fruits and vegetables.
- Water, 100% fruit juice or milk.

Rewards:

Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message. Non-food rewards will be strongly encouraged.

Foods from Home:

Parents/caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide or encourage the purchase of healthy alternatives.

All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Forms of nutrition education outreach used will include newsletters and informational meetings during back to school nights.

Nutrition and Physical Education for Nueva Esperanza Academy Charter High School:

In addition to providing foods through the National School Lunch Program or National School Breakfast Programs, nutrition and physical education are also provided for all students as an effort to teach, promote, and encourage healthy eating and lifetime fitness. The goals of nutrition education for Nueva Esperanza Academy align with the current Pennsylvania state requirements for nutrition and physical education.

- Curriculum Regulation § 4.23 High school education. Planned instruction in health and physical education shall be provided to every student in the high school program.
- Curriculum Regulation § 4.27(b) The physical education program shall be adapted for students who are unable to participate in the regular physical education program
- Curriculum Regulation § 4.12(h) Academic Standards. School is responsible for assessing individual student attainment of academic standards and for assisting students who have difficulty attaining them.

Goals for Nutrition Education:

The age appropriate, sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the Academic Standards for Health, Safety, and Physical Education and Family and Consumer Sciences will reinforce lifelong lifestyle balance by linking nutrition education with physical activity.

Behavior based nutrition education will be taught by a Pennsylvania state certified health educator who is responsible for providing students with the knowledge and skills necessary to lead healthy lives. The educator will participate in appropriate professional development.

Nutrition education may be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Consistent nutrition messages will be provided throughout the school, classrooms and cafeteria. These messages will also extend beyond the school environment by engaging families and community organizations.

Goals for Physical Education:

Physical education will be the environment in which all students will learn, practice and be assessed on developmentally appropriate skills and knowledge necessary for achieving lifetime fitness.

Students will have 90 minutes of planned daily instruction for one semester, to be able to achieve the proficient level for the Pennsylvania Health, Safety, and Physical Education Standards.

Students will be engaged in moderate to vigorous activity as much as possible during a physical education class. In class accommodations will be made for students with documented medical conditions and disabilities.

A certified health and physical education teacher will teach physical education.

Physical activity will never be used as a form of punishment.

In addition to physical education, age appropriate physical activity opportunities such as clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students.

Goals for Other School-Based Activities:

Physical activity shall not be used as punishment in any classroom.

Food will not be used as a reward or punishment

Drinking water will be available at all meals and throughout the school day.

Students will have access to hand washing before meals and snacks.

Nutrition content of school meals will be made available for all students, parents and guardians.

Students will be provided with a clean and safe cafeteria with adequate space for eating and serving school meals.

Students will be provided adequate time to eat breakfast and lunch.

Qualified nutrition professionals will administer the school meals program.

School will provide appropriate in-service training to all staff on the components of this wellness policy.

Staff will be encouraged to participate in health education/wellness programs.