

# **KIPP:ENC**

College Prep Public Schools

## **Wellness Policy**

**2016-2017**

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## **Committee Members:**

**Chairperson/GCP Primary Director of Operation: Tyra Jackson**

**Parent/Student Members: Shamera Williams/Jessica Spruill-Williams/Jayson Williams/Destiny Williams**

**Campus Food Nutrition Manager: Cynthia Gary-Bradley**

**Health Education Teacher: James Cheatham**

**Rural Health Group: Kathryn Carpenter**

**CEO: Dawn Arthur**

**High School Staff: Emily Starr**

## **Physical Activity and Nutrition**

Setting Nutrition Education Goals

### **Nutrition**

Academic performance and quality of life issues are affected by the choice and availability of good food in our schools. Healthy food support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sized consistent with USDA standards shall be established for all foods offered by the school's Nutrition Services Department or contracted vendors. Menus and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- b) Nutrition service policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

## **Health Education and Life Skills**

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease preventions.

- a) Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- b) Students shall have access to valid and useful health information and health promotion products and services.

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- c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

### **Nutrition Education**

- a) School: Nutrition education resources will be used in the cafeteria and Classroom
- b) Students: Nutrition education is offered in the classroom as well as in the cafeteria. Students are required to participate in Physical Education courses offered by credentialed teachers.
- c) Staff: School staff will attend in-services and/or nutrition trainings.
- d) Parent: the school will support parents' effort to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information & will encourage parents to pack healthy lunches and snacks.

Such support will also include sharing information about physical activity and physical education through the website, newsletter, take-home materials or physical education homework.

### **Setting Physical Activity Goals**

- A. Primary School: Grades Kindergarten-2
  - 1, Participation in physical activity on a regular basis. Students shall participate in moderate to vigorous physical activity (MVPA) on a daily basis for a minimum of 30 minutes. Twice a week the students will receive formal physical education courses taught by state-certified instructors. The student to teacher ratio is comparable to other curricular areas, and State developed standards are used.

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2. Participation in several physical activity programs throughout the school year for all students in grades K-2.  
**Programs Activities include:**  
Field Day Activities  
Exercise Program
- B. Middle School: Grades 5-8
- 1, Participation in physical activity on a regular basis. Students shall participate in moderate to vigorous physical activity (MVPA) on a daily basis for a minimum of 30 minutes. Twice a week the students will receive formal physical education courses taught by state-certified instructors. The student to teacher ratio is comparable to other curricular areas, and State developed standards are used.
  2. Participation in several physical activity programs throughout the school year for all students in grades 5-8.  
**Programs Activities include:**  
Jump Rope For Heart  
Field Day Activities  
Exercise Program  
School Sports Program- all students are required to participate in a school sports activity
- C. High School: Grades 9-12
1. Participation in an after school sport is highly recommended and encouraged.  
Sports offered are:  
Football  
Basketball  
Baseball  
Track  
Soccer  
Volleyball  
Swimming  
Step Team  
Cheerleading



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## **Establishing Nutrition Standards for all Foods Available on School Campus During the School Day**

Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

### **School Meals: Meals served through the National School Lunch and Breakfast Program will:**

- a) Be appealing and attractive to children.
- b) Be served in clean and pleasant setting.
- c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- d) Offer a variety of milk including 1% in several approved flavors
- e) Be baked, not fried.
- f) Include fresh fruits
- g) Include whole grain products
- h) Provide water in all areas where food is consumed. Water and cups on the service lines and water fountains in very close proximity to/in the cafeterias.

### **Vending Machines**

Vending machine in High school cafeteria that offers approved juices and water

### **Other Food Items served or sold on campus**

- 1) Nutrient-rich food items will be available for sale at all places where food and beverages are sold on school campus.
  
- 2) Healthy foods at school events and non-food items for fundraisers will be encouraged. No food will be during school hours other than foods approved by CN program. No concession food will be sold until 5:30 pm as approved by CN.
- 3) The use of food as punishment is prohibited.



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### **Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

The School promotes increased anticipation in school based nutrition programs by making the participation and the return of the application a high priority. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals.

The school will:

- a) Promote the availability of meals to all students;
- b) Establish meal times consistent with Federal Regulations;
- c) Prohibit the withholding of food as punishment;
- d) Be in compliance with drug, alcohol and tobacco free policies;
- e) Provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules; and
- f) Encourage employees to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours.

Teachers will not use identifiable brand names in their instruction unless they are found to be necessary to the lesson being taught and any commercial advertising on the school campus will comply with the developed Nutrition Standards. School personnel serve as nutrition educators and role models for healthy lifestyles. School staff is encouraged to model healthy eating by offering healthier choices at school meetings and events.

School staff will:

- a) Encourage students to interact with family members on assignments & projects
- b) Create an environment where students, parents/guardian and staff members are accepted, respected and valued for their personal integrity.

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace physical activity as a personal behavior, students will be provided with different opportunities for physical activity.

Toward this end, the school will:

- a) Discourage sedentary activities, such as watching television, playing computer games, etc.;



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- b) Provide opportunities for physical activity to be incorporated into the other subject lessons’;
- c) Promote school-based health & wellness activities for students; and
- d) Provide information about wellness resources and services to assist in identifying and supporting the health and well being of students and staff.

## Wellness Policy

### CHILD NUTRITION PROGRAM

**The Wellness Policy contained on the previous pages was implemented on August 18, 2014 and will be implemented from that date forward until amended.**

\_\_\_\_\_  
Chairman, Board of Education

\_\_\_\_\_  
Date

\_\_\_\_\_  
Executive Director

\_\_\_\_\_  
Date