



## DC Preparatory Academy Public Charter School

### Local Wellness Policy SY 2015 - 2018

The U.S. Congress established a requirement in the Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004, that **all school districts with a federally funded school meal program draft a local school wellness policy**. In 2010 Congress passed the Healthy, Hunger-Free Kids Act of 2010 (the Act). Section 204 of the Act added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and WIC Reauthorization Act of 2004.

The law requires that the policy must, at a minimum, (1) include goals for nutrition education, physical activity, and other school-based activities that promote student wellness, (2) establish nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity, (3) provide assurance that those guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance applicable to school meals issued by the Secretary of Agriculture, (4) establish a plan for measuring the implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the schools meet the wellness policy; and (5) involve parents, students, and representatives of the school food authority, school board, school administrators, and the public, in the development of the school wellness policy.

DC Preparatory Academy Public Charter School (DC Prep) will use the above requirements as a baseline. The wellness policy will also cover the following:

1. Goals for nutrition education, health education, physical education, and physical activity.
2. Nutrition guidelines for all foods available on campus during the school day with the objectives of promoting student health and reducing childhood obesity.
3. Safeguards to ensure access for all children to healthy foods and to fight hunger and nutrient deficiencies.
4. Assurance that those guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
5. Establish a plan for measuring the impact and implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is in compliance with the wellness policy.

6. Involve parents, students, and representatives of the school food authority, school board, school administrators and the public in the development of the local Wellness Policy.

DC Prep recognizes that nutrition education, food served in school, and physical activity affect student wellness. The school 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 the school's role, as part of the larger community, to model and actively practice, through policies and procedures, the promotion of family health, physical activity, and good nutrition. Our school further recognizes that the sharing and enjoyment of food and participation in physical activities are fundamental experiences for all of our students, staff, and families, and are primary ways to nurture and celebrate our cultural diversity.

### **Section 1: Ensuring Quality Nutrition Education, Health Education, Physical Education, and Opportunities for Physical Activity**

DC Prep aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education to help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

#### **Health and Nutrition Education**

DC Prep will provide health and nutrition education that:

- includes an average of at least 15 minutes per week of health education for students in grades K – 8, but we are working towards 75 minutes per week;
- is offered at each grade level, K – 8, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- integrated into other content areas such as math, science, language arts, and social sciences;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, school gardens, etc.;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

- links with school meal programs, other school foods, and positively impacts students, families, and the overall health of the community;
- teaches media literacy with an emphasis on food marketing; and
- includes training teachers, parents, and community partners.

### **Physical Education and Opportunities for Physical Activity**

DC Prep acknowledges the positive benefits of physical activity for student health and academic achievement. Recognizing that physical education is a crucial and integral part of a child’s education, it is the school’s goal that students engage in physical activity for at least 60 minutes each day. Additionally, the school will seek ways to increase the healthful levels of vigorous physical activities its students receive.

The components of the DC Prep physical education program shall include a variety of kinesthetic activities. Students shall be given opportunities for physical activity through a range of activities both during and after school. DC Prep will ensure that:

- Students in grades K – 5 receive at least of 30 minutes of physical education per week, and students in grades 6 – 8 receive at least 45 minutes per week of physical education, with at least 50% of class time for all grade levels devoted to actual physical activity. We are working towards a goal of 150 minutes per week of physical education for grades K-5 and 225 minutes of physical education per week for grades 6-8.
- The program includes a curriculum that connects and demonstrates the relationship between physical activity, good nutrition, and health.
- Suitably adapted physical activity is provided as a part of the Individualized Education Plan (IEP) developed for students with disabilities that may restrict excessive physical exertion.
- Physical education staff appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions.
- The requiring or withholding of physical activity (i.e., running laps, pushups, etc.) as punishment is prohibited.

### **Section 2: Establishing Nutritional Guidelines for All Foods Served and Sold on Campus**

DC Prep believes it is important to teach students to establish and maintain life-long healthy eating habits. This will be accomplished through our health and nutrition education classes, as well as, through selling and serving healthy foods and beverages in school.

DC Prep will ensure that meals served through the National School Lunch and Breakfast Programs:

- are appealing and attractive to students;
- are served in clean and pleasant settings;
- meet, at a minimum, the following nutritional requirements of the United States Department of Agriculture (USDA) and District of Columbia Healthy Schools Act (HSA):
  - Saturated fat: Fewer than 10% of total calories;
  - Trans fat: Zero grams; and
  - Sodium: Breakfast – less than 430mg for grades K – 6; Lunch – less than 640mg for grades K – 6;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk, or nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- provide whole grains as half of the grains served.

### **Free and Reduced-Price Meals**

DC Prep will:

- ensure that all qualified students will become eligible for free or reduced-price lunch;
- ensure maximum participation in the school meal program will be achieved by developing a coordinated, comprehensive outreach and promotion plan;
- make every effort possible to eliminate the stigma associated with accepting “free” lunch;
- provide students with 30 minutes to each lunch, as well as, sufficient time for students to pass through the food service line

### **Breakfast**

DC Prep will:

- offer free breakfast to all students in the classroom;
- provide students with at least 20 minutes to eat after sitting down; and
- notify parents of the availability of the school breakfast program.

### **School Snacks**

Snacks served during the school day or in after-school care will:

- follow the nutritional standards set forth by the USDA and HSA;
- make a positive contribution to students' diets and health;
- emphasize serving fruits and vegetables as the primary snack and water as the primary beverage; and
- consist of 6 ounces of 100% fruit or vegetable juice, when juice is served.

### **Foods and Beverages Sold Individually in Vending Machines, A la Carte Lines, and Fundraisers**

DC Prep does not have vending machines, nor do we sell foods or beverages individually to students through a la carte lines. We understand that any foods or beverages sold in vending machines, a la carte lines, and fundraisers must meet the requirements of the USDA's Smart Snacks Standards and Healthier US School Challenge program at the Gold Awards Level for competitive foods including the following:

- Calories from total fat must be at or below 35% per serving, excluding nuts, seeds, nut butters, and reduced-fat cheese;
- Contain less than 0.5 grams trans fat per serving (trans fat free);
- Calories from saturated fat must be below 10% per serving, excluding reduced-fat cheese;
- Total sugar must be under or equal to 35% sugar by weight (including naturally occurring and added sugars), excludes fruits, vegetables, and milk;
- Sodium must be equal to or less than 480mg per non-entrée and equal to or less than 600mg per entrée; and
- Portion size/calories is not to exceed the serving size of the food served in the National School Lunch Program; for other items, the package or container is not to exceed 200 calories.

### **Rewards**

DC Prep will not use foods or beverages, especially those that do not meet the nutritional standards above, as rewards for academic performance or good behavior, unless it is detailed in a student's IEP.

### **Fundraising**

Fundraising activities at DC Prep will not involve food or will only use foods that meet the nutritional standards set forth by the HSA and USDA's Smart Snacks Standards. DC Prep will encourage fundraising activities that promote

wellness and physical activity. The school will make available a list of approved fundraising activities.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, DC Prep will limit food and beverage marketing to the promotion of foods and beverages that meet the nutritional standards above. School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

### **Celebrations**

DC Prep will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include food and beverage items that meet the nutritional standards set forth by the HSA. The school will disseminate a list of healthy party ideas to parents and staff.

### **Third-Party Vendors**

DC Prep will not permit third-party vendors to sell foods or beverages of any type to students on school property from 90 minutes the school day begins to 90 minutes after the school day ends.

### **Section 3: Assurance that Guidelines for School Meals are Not Less Restrictive than Those Set at the Federal Level by the Secretary of Agriculture.**

The Director of Operations will review this policy and ensure that the standards in this policy are not less restrictive those set forth by the Secretary of Agriculture or state law.

### **Section 4: Improving Environmental Sustainability**

DC Prep will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- the use of environmentally friendly (“green”) cleaning products;
- contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods;
- establishing school-wide recycling programs at each school; and

- establishing a school garden.

### **Section 5: Community Involvement**

The development of the local wellness policy will include the Director of Operations, representatives from school staff and administration, parents, and students, comprising the School Wellness Committee. Additionally, DC Prep will disseminate its wellness policy to parents through posting in the school office and on the school website, as well as, through our parent organization and email listserv.

### **Section 6: Establishing a Plan for Measuring the Impact and Implementation of the Local Wellness Policy**

DC Prep will utilize its School Wellness Committee for the development and monitoring of the wellness policy. This Committee shall also be responsible for evaluating the policy annually. The State Education Office will also monitor the status of the local wellness policy while conducting reviews and site visits to ensure that the school's activities remain in compliance with its wellness policy.