

# Northwood Academy Charter School's Wellness Policies on Physical Activity and Nutrition

## Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Northwood Academy Charter School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Northwood Academy Charter School that:

- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition guidelines of the Healthy Hunger Free Kids Act.
- Certified food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat. If there are students who have a life-threatening allergy, they must provide Northwood Academy

with a note from a medical professional stating the allergy and dietary restrictions. This record will be kept in the nurse's office and our food management company will make the necessary options available for the student.

- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. School Health Committee**

The Northwood Academy Charter School will create, strengthen, or work within existing school health committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

Students' lifelong eating habits are greatly influenced by the types of food and beverages available to them. Northwood addressed and established standards of all foods and beverages sold or served to students, including those available outside of the school meals programs.

#### **School Meals**

Meals served through the School Breakfast and Lunch Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by federal statutes and regulations;
- offer fruits and vegetables daily;
- serve only low-fat (1%) and fat-free milk<sup>1</sup> and nutritionally-equivalent lactate dairy alternatives (to be defined by USDA); and ensure that all of the served grains are whole grain.<sup>2</sup>

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<sup>1</sup> As recommended by the *Dietary Guidelines for Americans 2005*.

<sup>2</sup> A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

### **Meal Times and Scheduling.**

#### **Northwood's K-8 Breakfast Schedule:**

Our Breakfast Program is delivered to the classrooms by our Food Service Company in insulated bags by 7:30am. Teachers handout the food at 7:45 am. The bags are picked up and washed for the next day by our Food Service Company.

#### **Northwood's K-8 Lunch Schedule:**

<b>Time</b>	<b>Grade</b>
11:00 a.m. – 11:30 a.m.	First, Second, 2 K classes
11:40 a.m. – 12:10 p.m.	Third, Fourth, 2 K classes
12:20 p.m. – 12:50 p.m.	Fifth, Sixth
1:00 p.m. – 1:30 p.m.	Seventh, Eighth

Northwood Academy Charter School:

- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- upon request will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will provide all Grade School students with time for breakfast and lunch and time for supervised, socialized recess during lunch
- will have water accessible during all mealtimes

**Qualifications of School Food Service Staff.** Certified food service professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, we will provide training for all certified food service professionals.

**Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in Northwood Academy Charter School. Given young children's limited nutrition skills, food in Northwood Academy Charter School should be served as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving low calorie snacks and water as the primary beverage. Schools

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will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will provide a list of healthful snack items to teachers, after-school program personnel, and parents on our website.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** Northwood Academy Charter School aims to teach, encourage, and support healthy eating by students. Northwood Academy Charter School should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level 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;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- 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 nutrition-related community services; and
- includes training for teachers and other staff.
- create a school environment that provides consistent wellness messages and is conducive to overall health.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;

- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents.** The Northwood Academy Charter School will support parents' efforts to provide a healthy diet and daily physical activity for their children. Northwood Academy Charter School should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. Nutritional facts for all food served to students are available on our website.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

## **IV. Physical Activity Opportunities and Physical Education**

**Physical Education (P.E.) K-8.** All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education one time per week for a 45-minute period. Student involvement in other activities involving physical activity (e.g., interscholastic, or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Daily Recess.** Northwood Academy Charter School students will have supervised, socialized recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Northwood Academy Charter School should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities After School.** Northwood Academy Charter School will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. Northwood Academy Charter School will offer a range of activities that meet the needs, interests, and abilities of students, including boys, girls, students with disabilities, and students with special health-care needs. Northwood has

implemented a Family Fitness Night 5 times during the school year as an organized group exercise program which includes aerobics, boot camp, Zumba and skating.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

## **V. Monitoring and Policy Review**

**Monitoring.** The CEO or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. In Northwood Academy Charter School, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the CEO or designee. The policy will be reviewed and updated every three years.

**Policy Review.** As part of the National School Lunch Program, our sites will be monitored to help review policy compliance, assess progress, and determine areas in need of improvement. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

**Appendix:**  
Smart Snacks in Schools Document