

# Strong Start Academy School Wellness Policy

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# Strong Start Academy Wellness Policy

## Preamble

*Strong Start Academy* (hereto referred to as the SFA) is committed to the optimal development of every student. Strong Start Academy believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15,16,17</sup>

This policy outlines Strong Start Academy's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in Strong Start Academy have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of Strong Start Academy in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Strong Start Academy establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in Strong Start Academy. Specific measurable goals and outcomes are identified within each section below.

## **I. School Wellness Advisory Group**

### ***Committee Role and Membership***

Strong Start Academy will convene a representative school wellness committee (hereto referred to as the SWC or work within an existing school health committee) that meets at least one (1) time per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The SWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the SWC will include representatives from each school building and reflect the diversity of the community.

### ***Leadership***

The Superintendent or designee(s) will convene the SWC and facilitate development of and updates to the wellness policy and will ensure each school’s compliance with the policy.

Each school district must establish LSWP leadership, at the district and/or school level, who fully understands the LSWP requirements, who can facilitate the development and implementation of the LSWP, and who has the authority and responsibility to ensure that each school complies with the policy.

The school district must designate at the district and/or school level, the position(s) responsible for reporting the status of Policy implementation annually. The school district must inform the Nevada Department of Agriculture (NDA) the name(s), position(s), and contact information for the person(s) responsible for the oversight of the local school wellness policy at the district and/or school level by September 30th of each school year. If the designated wellness policy coordinator changes, the school district must notify NDA within 60 days.

### **School Wellness Committee Members**

<b>Title / Relationship to the School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
		SWC Chairperson



		Student Representative
		Parent Representative

The school district must inform the Nevada Department of Agriculture (NDA) the name(s), position(s), and contact information for the person(s) responsible for the oversight of the local school wellness policy at the district and/or school level by September 30th of each school year. If the designated wellness policy coordinator changes, the school district must notify NDA within 60 days.

**II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

***Implementation Plan***

Strong Start Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. Strong Start Academy will use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: <https://www.clvstrongstartes.org/>

***Recordkeeping***

Strong Start Academy will retain records to document compliance with the requirements of the wellness policy at Strong Start Academy’s campus. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;

- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods Strong Start Academy uses to make stakeholders aware of their ability to participate on the SWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

Strong Start Academy will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. Strong Start Academy will make this information available via Strong Start Academy website and/or district-wide communications. Strong Start Academy will provide as much information as possible about the school nutrition environment. This will include a summary of Strong Start Academy's events or activities related to wellness policy implementation. Annually, Strong Start Academy will also publicize the name and contact information of Strong Start Academy leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Annual Progress Assessments***

At least once each year, Strong Start Academy will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of Strong Start Academy are in compliance with the wellness policy;
- The extent to which Strong Start Academy's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of Strong Start Academy's wellness policy.

The SWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Strong Start Academy will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The SWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as Strong Start Academy's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach and Communications***

Strong Start Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. Strong Start Academy will actively communicate ways in which representatives of SWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. Strong Start Academy will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Strong Start Academy will use electronic mechanisms, such as email or displaying notices on Strong Start Academy's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Strong Start Academy will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Strong Start Academy and individual schools are communicating important school information with parents.

Strong Start Academy will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Strong Start Academy will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **III. Nutrition**

#### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within Strong Start Academy participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Afterschool Snack. Strong Start Academy also operates additional nutrition-related programs and activities including Breakfast After the Bell & Breakfast in the Classroom. All schools within Strong Start Academy are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Strong Start Academy offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using some of the following [Smarter Lunchroom techniques](#):
  - Sliced or cut fruit is available daily.

- Daily fruit options are displayed in a location in the line of sight and reach of students.
  - Daily vegetable options are bundled into all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Daily announcements are used to promote and market menu options.
- Menus will be posted on Strong Start Academy website or individual school websites, and will include nutrient content and ingredients.
  - Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
  - Strong Start Academy child nutrition program will accommodate students with special dietary needs.
  - Students will be allowed at least 15 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
  - Students are served lunch at a reasonable and appropriate time of day.
  - Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Strong Start Academy will make drinking water available where school meals are served during mealtimes.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.]
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

Strong Start Academy is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. There will be no food & beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages).

## ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

Celebrations and parties. Strong Start Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas as suggested by the [Alliance for a Healthier Generation](#) and from the [USDA](#).

Classroom snacks brought by parents. Strong Start Academy will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards. No carbonated beverages are allowed.

3. Rewards and incentives. Strong Start Academy will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

## ***Fundraising***

Strong Start Academy will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).

Fundraising outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

## ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

Strong Start Academy will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

## ***Nutrition Education***

Strong Start Academy will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;



- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

### ***Essential Healthy Eating Topics in Health Education***

Strong Start Academy will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### ***Food and Beverage Marketing in Schools***

Strong Start Academy is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Strong Start Academy strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on school campus that contains messages inconsistent with the health information Strong Start Academy is imparting through nutrition education and health promotion

efforts. It is the intent of Strong Start Academy to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with Strong Start Academy's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus will be part of the already existing school meal programs.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.<sup>15</sup> This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by Strong Start Academy.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

### • **Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and Strong Start Academy is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education

(addressed in "Physical Education" subsection). All schools in Strong Start Academy will be encouraged to participate in *Let's Move!* Active Schools ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason *This does not include participation on sports teams that have specific academic requirements.*

Strong Start Academy will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, Strong Start Academy will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Strong Start Academy will conduct necessary inspections and repairs.

### ***Physical Education***

Strong Start Academy will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. Strong Start Academy will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Strong Start Academy **elementary** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year. *[NOTE: Additional optional policy language substitutions include: All [District] elementary students in each grade will receive physical education for at least 90-149 minutes per week throughout the school year (Meets Healthy Schools Program Silver-level criteria). OR All [District] elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year (meets Healthy Schools Gold-level criteria).]*

Strong Start Academy physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

### ***Essential Physical Activity Topics in Health Education***

Health education will be required in all grades (elementary) and Strong Start Academy will require middle and high school students to take and pass at least one health education course. Strong Start Academy will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community

- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

### ***Recess (Elementary)***

All elementary & middle schools will offer at least **20 minutes of recess** on all days during the school year *This policy may be waived on early dismissal or late arrival days*). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.


### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

Strong Start Academy recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. Strong Start Academy recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Strong Start Academy will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks through [USDA](#) and the [Alliance for a Healthier Generation](#).

### ***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.



Strong Start Academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

### ***Before and After School Activities***

Strong Start Academy does not currently offers opportunities for students to participate in physical activity either before and/or after the school day.

### ***Active Transport***

Strong Start Academy will support active transport to and from school, such as walking or biking. Strong Start Academy will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper

## **V. Other Activities that Promote Student Wellness**

Strong Start Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Strong Start Academy will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.


Schools in Strong Start Academy are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or Strong Start Academy's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the SWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### ***Community Partnerships***

Strong Start Academy will *develop*, relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of



this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### ***Community Health Promotion and Family Engagement***

Strong Start Academy will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.


As described in the "Community Involvement, Outreach, and Communications" subsection, Strong Start Academy will use electronic mechanisms (e.g., email or displaying notices on Strong Start Academy's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

Strong Start Academy will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include using Yoga Ed, participating in recess, staff outings and eliminating vending machines with unhealthy food. Strong Start Academy promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### ***Professional Learning***

When feasible, Strong Start Academy will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.



*Glossary:*

**Extended School Day** – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.



## **Appendix A: USDA Nutrition Standards**

See the following pages for current USDA meal pattern requirements.



## School Breakfast Meal Pattern, SY 2019-20, 5-Day

### Serve Only

- Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain

### Offer vs. Serve (OVS)

- Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)
- Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable

### REQUIRED

**Grade K-5**

**Grade 6-8**

**Grade K-8**

**Grade 9-12**

**Grade K-12**

#### 1 item of Fluid milk

Must offer two varieties in fat content and/or flavor: Fat-free or low-fat(1% milk fat or less) flavored or unflavored.

1 cup daily

1 cup daily

1 cup daily

1 cup daily

1 cup daily

#### 1 item of Fruits/Juice/Vegetables

Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week

1 cup daily

1 cup daily

1 cup daily

1 cup daily

1 cup daily

#### 1 item of Grain

Daily and weekly minimums must be met. At least half of the grains offered weekly must be whole grain-rich.

1 oz/eq (daily)

1 oz/eq (daily)

1 oz/eq (daily)

1 oz/eq (daily)

1 oz/eq (daily)

7-10 oz/eq (weekly)

8-10 oz/eq (weekly)

8-10 oz/eq (weekly)

9-10 oz/eq (weekly)

9-10 oz/eq (weekly)

### OPTIONAL

#### 1 item of Meat/Meat Alternate

No daily or weekly requirement. Item counts towards grain weekly requirement.

0

0

0

0

0

Calories Weekly Average

350-500

400-550

400-500

450-600

450-500

Sodium (mg) Weekly Average

≤485

≤535

≤485

≤570

≤485

Saturated Fat (% of total calories) Weekly average

≤ 10

Trans Fat Daily

0g/serving

REQUIRED

OPTIONAL

## School Lunch Meal Pattern, SY 2019-20, 5-Day

<b>Serve Only:</b> <ul style="list-style-type: none"> <li>• Must PREPARE all 5 components in required amounts</li> <li>• AT POS: Must SERVE all 5 components in minimum required amount</li> </ul>		<b>Offer Versus Serve (OVS):</b> <ul style="list-style-type: none"> <li>• Must PREPARE all 5 components in required amounts</li> </ul> <b>AT POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable</b>				
<b>Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day week</b>						
<b>Grades</b>		<b>K-5</b>	<b>6-8</b>	<b>K-8</b>	<b>9-12</b>	<b>Additional Information</b>
<b>Fruit (cups)</b>	<b>Weekly (daily)</b>	<b>2½ (½)</b>			<b>5 (1)</b>	Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	<b>Serve Only: minimum amount required at POS</b>	$\frac{1}{2}$			1	
	<b>OVS: minimum amount to count at POS</b>	$\frac{1}{2}$			$\frac{1}{2}$	
<b>Total Vegetable (cups)</b>	<b>Weekly (daily)</b>	<b>3 ¾ (¾)</b>			<b>5 (1)</b>	Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	<b>Serve Only: minimum amount required at POS</b>	$\frac{3}{4}$			1	
	<b>OVS: minimum amount to count at POS</b>	$\frac{1}{2}$			$\frac{1}{2}$	
<b>Vegetable Subgroups (cups)</b>		<b>Minimum weekly amounts</b>				
<b>Dark green</b>		$\frac{1}{2}$			$\frac{1}{2}$	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total</i>
<b>Red/Orange</b>		$\frac{3}{4}$			<b>1 ¼</b>	
<b>Beans/Peas (legumes)</b>		$\frac{1}{2}$			$\frac{1}{2}$	
<b>Starchy</b>		$\frac{1}{2}$			$\frac{1}{2}$	
<b>Other</b>		$\frac{1}{2}$			$\frac{3}{4}$	
<b>To meet weekly requirement, vegetables from ANY subgroup</b>		<b>1</b>			<b>1</b>	Minimum creditable amount to count as a subgroup is 1/8 cup
<b>Grains (oz/eq.)</b>	<b>Weekly (daily) amounts</b> <i>*Not required to meet Weekly maximum</i>	<b>8-9* (1)</b>	<b>8-10* (1)</b>	<b>8-9* (1)</b>	<b>10-12* (2)</b>	<b>At least half of the grains offered must be whole grain rich.</b>  Weekly, no more than 2 oz/eq. grain based dessert
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1	2	
<b>Meat/ Meat Alternate (oz/eq.)</b>	<b>Weekly (daily) amounts</b> <i>*Not required to meet Weekly maximum</i>	<b>8-10* (1)</b>	<b>9-10* (1)</b>	<b>9-10* (1)</b>	<b>10-12* (2)</b>	
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1	2	
<b>Fluid milk (cups)</b>	<b>Weekly (daily)</b>	<b>5 (1)</b>				Must offer two varieties daily. (Variety can be fat content or flavor)

**Dietary Specifications: Weekly Average Requirement for a 5-Day week (Lunch)**

<b>Grades</b>	<b>K-5</b>	<b>6-8</b>	<b>K-8</b>	<b>9-12</b>	<b>Additional information</b>
<b>Minimum - Maximum calories (kcal)</b>	<b>550-650</b>	<b>600-700</b>	<b>600-650</b>	<b>750-850</b>	
<b>Sodium (mg) 2015-16</b>	<b>≤ 935</b>	<b>≤ 1035</b>	<b>≤ 935</b>	<b>≤ 1080</b>	This is Target 2 for sodium. Target 3 will be implemented in SY2022.
<b>Saturated fat (% of calories)</b>	<b>≤ 10</b>				

**Dietary Specifications: Daily Requirement for a 5-Day week**

<b>Grades</b>	<b>K-5</b>	<b>6-8</b>	<b>K-8</b>	<b>9-12</b>	
<b>Trans fat</b>	<b>Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving</b>				

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- <sup>1</sup> Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523-532.
- <sup>2</sup> Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234-1239.
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- <sup>7</sup> Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199-213.
- <sup>8</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141-144.
- <sup>9</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12-20.
- <sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497-505.
- <sup>11</sup> Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.
- <sup>12</sup> Singh A, Uijtdewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
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- <sup>15</sup> Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>

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