

## **Newark Charter Schools Wellness Policy**

Schools play a powerful role in influencing students' dietary behaviors. There are several ways schools can help ensure the daily eating habits being formed by students will contribute to their learning achievement and lifelong good health.

Newark Charter School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities sold or served on campus by staff and or School Nutrition. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition guidelines governing the sale of food, beverage and candy.

NCS is committed to promoting the Nutrition Policy with all school nutrition personnel, teachers, nurses, coaches and other school administrative staff. The school will work toward expanding awareness about this policy among students, parents, teachers and the community. Specifically, this policy establishes goals and procedures to ensure that:

- All reimbursable meals will meet Federal nutrient standards as required by the US Department of Agriculture Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week, and portions should be appropriate for each age group.
- Provide students with healthy and nutritious foods;
- Provide foods offered over the course of a school week that emphasize nutrient dense foods and beverages including whole grain products, fiber rich vegetables and fruits;
- Support healthy eating through nutrition education that will help them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during and after school;
- School Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school
- Newark Charter School 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 and staff at Newark Charter School.

## **I. School Wellness Committee**

### **Committee Role and Membership**

Newark Charter School will convene a representative school wellness committee through the school council that will meet at least once 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 school wellness policy.

The committee membership will represent the school's population and its community. Membership will include (but is not limited to): parents, teachers, school nutrition staff, school nurses, PE/Health teachers and school administrators. To the extent possible, the committee will include representatives from each school building and reflect the diversity of the community.

### **Leadership**

The School Nutrition Manager will facilitate the school wellness committee as well as the development of and updates to the wellness policy. The School Nutrition Manager will educate each building representative to ensure each building is in compliance with the policy.

Each building will designate a school wellness policy champion, who will ensure compliance with the policy. This will be determined by each building principal.

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

### **Implementation Plan**

Newark Charter School 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 time lines specific to each building. The plan also addresses 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 school wellness.

This wellness policy and the progress reports can be found at Newark Charter School's website under the School Nutrition tab.

### **Record keeping**

Newark Charter School will retain records to document compliance with the requirements of the wellness policy at School Nutrition Director's office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with the community involvement requirements;
- Documentation of annual policy progress reports for each building;
- Documentation of the triennial assessment of the policy for each building;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of the wellness policy.

### **Annual Progress Reports**

Newark Charter School will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school in meeting wellness goals. This annual report will be published around the same time each year (June) and will include information from each building within Newark Charter School. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each buildings progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the policy leader and champions.

The annual report will be available in English.

Newark Charter School will actively notify households/families of the availability of the annual report.

### **Triennial Progress Assessments**

At least once every three years, Newark Charter School will evaluate compliance with the wellness policy which includes:

- The extent to which the buildings under the jurisdiction of Newark Charter School are in compliance with the wellness policy;
- The extent to which Newark Charter School compares to the Alliance for a healthier generations model wellness policy; and
- A description of the progress made in attaining the goals of Newark Charter schools wellness policy.

The Wellness Committee, in collaboration with individual buildings will monitor the schools compliance with this wellness policy.

Newark Charter School will actively notify households/families of the availability of the triennial progress report.

### **Revisions and Updates to the policy**

The Wellness Committee will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and or as Newark Charter Schools 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**

Newark Charter School is committed to being responsive to community input, which begins with awareness of the wellness policy. Newark Charter School will actively communicate ways in which representatives of the Wellness Committee and others can participate in the development, implementation, and periodic review of and update of the wellness policy through a variety of means appropriate for Newark Charter School. Newark Charter School will also inform parents of the improvements that have been made with 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. Newark Charter School will use electronic mechanisms, such as email, and displaying notices on Newark Charters website as well as non-electronic mechanisms, such as newsletter 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.

Newark Charter School will actively notify the public about the content of any updates to the wellness policy annually. Newark Charter School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **III. Nutrition**

Newark Charter School's wellness policy is intended to influence a student's actual eating behaviors that result in lifelong healthy food choices. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness. Healthy food choice themes include:

Knowledge of the "My Plate"  
Sources and variety of foods  
Diet and disease  
Healthy snacks  
Healthy diet  
Major nutrients  
Serving sizes  
Limiting foods of low nutrient density

Healthy heart choices  
Dietary Guidelines for Americans  
Understanding calories  
Healthy breakfast  
Food labels  
Multicultural influences  
Proper food safety/sanitation

#### **School Meals**

Newark Charter School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal program aims 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.

Newark Charter School participates in USDA child nutrition programs, including the Nation School Lunch Program (NSLP), the school Breakfast program (SBP). Newark Charter School is committed to offering school meals through the NSLP and SBP programs that:

- Are accessible to all students;
- Are appealing and attractive to students
- are served in clean and pleasant settings

- Meet or exceed current nutrition requirements established by local, state and Federal statutes and regulations (we offer reimbursable school meals that meet USDA nutrition standard)
- Menus will be posted on the school website and a link to view nutrient content will be made available on the website.

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

All school nutrition 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 Standard for School Nutrition Standards website to search for training to meet their learning needs.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school building. Newark Charter School will make drinking water available where school meals are served during mealtimes. In addition, students in the Jr/Sr High School will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### **Competitive Foods and Beverages**

Newark Charter School is committed to ensuring that all food and beverages available to students on the school campuses during the school day (defined by USDA) support the healthy eating. During breakfast and lunch times no foods or snacks other than those sold by the school nutrition program will be made available to students. The school nutrition program will follow the USDA guidelines for reimbursable meals and the Smart Snacks nutrition standards for all food sold to students.

During the rest of the school day any snacks sold to students will meet the USDA Smart Snack nutrition standards, at a minimum. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthschool/day/tools-schools-smart-snacks>.

### **Celebration and Rewards**

Newark Charter School will provide families and staff with a list of acceptable foods that can be provided for classroom celebrations and rewards. We will strongly discourage any deviation from the list and will continue to educate families and staff about our Wellness Policy.

## **Fund raising**

Newark Charter School will have one main fundraiser that will be sold outside of the school day that may include candy and other food items. Newark Charter School will discourage any fundraiser that sells candy or other foods that are not part of the Smart Snacks Standards during the school day.

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

Any foods and beverages marketed or promoted to students on the school campus during the school day (defined by the USDA) will meet or exceed the USDA Smart Snacks in School Nutrition Standards.

Food advertising and marketing is defined as 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. 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 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, the school will consider replacing or updating scoreboards or other durable equipment over time so the decisions about the replacement include 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 the school;
- 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.

## **Nutrition Education**

The overall goal for nutrition education for Newark Charter School (NCS) is to promote the integration of nutrition education into all curriculum areas. Students will receive nutrition education that is age appropriate. Education will motivate and assist students to improve and maintain healthy choices. Newark Charter School will integrate nutrition

education into the health curriculum per state requirement with the help of DOE and other sources.

- Educate and train teachers to integrate nutrition education in an interdisciplinary approach. Materials should be fun for the students and appropriate for their ages. When practical, teacher will enhance nutrition education learning through gardening, food preparation, and during eating experiences. Teachers will be encouraged to include food-centered activities and lessons that are healthful, enjoyable, developmentally appropriate, culturally relevant, and participatory, such as taste testing, farm visits, school gardens, food preparation, and contests.
- Promote and disseminate resource information related to integration of nutrition education into curriculum. Urge the inclusion of education activities sponsored by nutrition and health organizations. Encourage use of food as an integrator and central focus of education, about human events, history, and celebrations.
- Promote nutrition awareness throughout school environment by disseminating resources for nutrition education that can be displayed. (ie. posters in the hallways, gymnasiums, classrooms, etc.). The classroom and other school activities should provide clear messages that explain and reinforce healthy eating. Students should receive messages throughout the school that are consistent and reinforce each other.
- Promote nutrition awareness to parents and communities through any of the following methods: sending nutrition information home, posting nutrition tips on websites, and providing nutrient analysis of school menus through our Vended meal companies website.
- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. Ask for student input and feedback in planning for a healthy school environment; promote healthy food options that appeal to students.
- Encourage participation in Coordinated School Health Programs (CSHP) in order to facilitate coordination between food service and classroom instruction. There are eight components of CSHP that support children's health so they can succeed in school. It facilitates the sharing and/or maximizing of resources and expertise.
- Provide training for school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services. The nurses at NCS utilize bulletin boards, posters, brochures, and the school-notes/website/weekly bulletin to encourage students to eat healthy and exercise.
- School Nutrition staff will be present at open houses to discuss the benefits of our food services. Will emphasize choice of healthy food items.



#### **IV. Physical Activity**

Schools/Districts/Charters share a responsibility to help students and staff establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health and overall well-being.

NCS will play a role in influencing students' physical activity behaviors. We will also provide our students with opportunities for physical activity during the day, which will give students the knowledge, motivation, and skills needed for lifelong physical activity.

##### **Physical Education versus Physical Activity**

**Physical Education**– learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

**Physical Activity**- exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion, resulting in the maintenance or improvement of physical fitness (body composition, flexibility, aerobic power, muscular strength and endurance). This includes daily routine activities such as intramural activities, sports, free play, planned and structured repetitive movements designed specifically to improve fitness and health.

##### **Physical Education and Physical Activity Students in grades K-12 should receive a quality physical education program that:**

- Is age-appropriate
- Is taught by a certified physical education teacher
- Uses the fitness-gram data to guide programming

The physical education program should:

- Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
- Create a positive atmosphere for all students to participate in physical activities
- Enhance skills in leadership, teamwork and self-confidence
- Utilize technology within the curriculum to enhance motivation and participation
- Encourage physical activities outside of school

The national recommendation of 60 minutes per day of moderate to vigorous physical activity should be the goal for all students. This includes opportunities in various settings such as:

- Physical Education
- Classroom Activity Breaks
- Structured and Free Style Recess
- After-school programs
- Organized athletic activities

Schools should provide adequate space and the appropriate equipment to meet the Delaware standards for physical education.

Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action. Nor will physical activity be used as a disciplinary measure.

Schools should strive to schedule recess before lunch since research indicates physical activity prior to lunch can improve nutrient intake and reduce food waste.

Nutrition education should be integrated into the classroom with cooperation of the nursing and physical education educators. Nutrition curriculum will educate students on the benefits of proper nutrition and overall health.

The benefits associated with healthy eating and physical activity should be shared with community groups and parents via the use of the Newark Charter School weekly newsletter and website.

Staff wellness opportunities should be available to all employees.

The National PE Standards for Elementary Level is 150 minutes per week and for Secondary Level is 225 minutes. Newark Charter School meets the requirements of the Delaware Department of Education's Common Core standards and the National PE standards for Elementary and Secondary levels.

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

Newark Charter School will integrate wellness activities across the entire school setting, not just in the school nutrition program and physical activity facilities.

Newark Charter 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.

Newark Charter will use electronic mechanisms (such as emails or displaying notices on Newark Charters 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 opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Newark Charter School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

## Glossary

**A la carte foods** - a menu term signifying that each item is sold and priced separately from the National School Lunch and School Breakfast Programs.

**Food Allergens** - a specific allergic reaction that involves the immune system, triggered by a particular food, and is reproduced each time the food is eaten.

**Competitive Foods** - foods that are sold in competition with meals served under the National School Lunch and School Breakfast Programs

**Coordinated School Health Program** – an integrated, planned, school-based program that was designed by the Center of Disease Control to promote physical, emotional, and educational development of students. The eight components consist of Physical Education, Health Education, Health Services, Counseling, Psychological & Social Services, Healthy School Environment, Health Promotion for Faculty and Staff, Parent and Community Involvement and Nutrition/Food Service.

**Dietary Guidelines for Americans** – is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It provides authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

**Federal Nutrient Standards** - standards for healthy school meals developed by the USDA to set required levels for key nutrients in keeping with the recommendations of the Dietary Guidelines for Americans.

**My Plate**- outline or a system that provides many options to help Americans make healthy food choices based on dietary guidelines set by the USDA.

**Foods of low nutrient density** - foods with low nutrient density are more commonly referred to as 'junk food'. They are foods that are high in calories, often from fat or sugar, but contain little (or no) amount of vitamins and minerals.

**Food of minimum nutritional value** – foods that lack minimum nutritional value from vitamins and minerals (ex: chewing gum, flavored ice bars, candy bars, etc.)

**Hazard Analysis and Critical Control Points Plan and Guidelines** - a systematic approach to the identification, evaluation, and control of food safety by preventing hazards that could cause food-borne illnesses by applying science-based controls, from raw material to finished products.

**Individualized Education Plan (IEP)** – children, who are eligible for special education services, will have a written document that outlines a child's educational program that is tailored to the individual student to provide maximum educational benefit.

**Nutrient Analysis** – to evaluate a menu to ensure that it meets the appropriate Nutrient Standards.

**Nutrient dense foods** - foods that are rich or high in nutrients when compared to their calorie content.

**Physical Activity** - exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion, resulting in the maintenance or improvement of physical fitness (body composition, flexibility, aerobic power, muscular strength and endurance).

**Physical Education** – learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

**Reimbursable meals** – meals that are free, reduced and are reimbursable by the federal and state government. These meals must meet federal requirements established by the National School Lunch Program. Schools who participate are required to offer lunches to eligible children.

**Saturated Fats** - fats that are derived from animal fats, such as those in meat, poultry, dairy products, processed and fast foods.

**Tran's fats** - hydrogenated fats that are created when oils are "partially hydrogenated". The process of hydrogenation changes the chemical structure of unsaturated fats by adding hydrogen atoms to make the fats more saturated.