

# **Renaissance Public School Academy**

## **Wellness Policies on Physical Activity and Nutrition**

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### **Background Information**

Renaissance Public School Academy (RPSA) participates in the National School Lunch Program and the School Breakfast Program.

### **Goals Statement**

The majority of American youth are sedentary and do not eat well. These unhealthy practices can lead to learning problems in school and health-related issues that may begin during school-age years and continue into adulthood. The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Academy's students. Furthermore, research concludes a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an essential role in the development process by which students establish their health and nutritional habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes that the schools alone cannot accomplish this effort to support the students' development of healthy eating and exercise behaviors. It will be necessary for the staff, parents, and the public to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals to enable students to establish good health and nutritional habits:

#### **Nutrition Standards for all Foods in School:**

1. The foods and beverages sold 30 minutes outside the school meals programs will meet the USDA Smart Snacks in School Nutrition Standards.
2. The food service director offers reimbursable school meals that meet USDA nutrition standards.
3. The school leadership team will encourage the use of healthy food, such as fresh fruits, vegetables, and whole grains, for all classroom parties, snacks, and celebrations.
4. All schools will offer breakfast to all students through the USDA School Breakfast Program.
5. Water filling stations are available near all the classrooms. Cups are provided to students if needed.
6. All food items served or offered (for sale) to students during the school day (from midnight prior to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for nutrient and competitive food guidelines.
7. Lunch will follow the recess period to support learning and healthy eating.
8. 50% or more of teachers encourage students to drink tap water daily. Students are permitted to have water bottles at their desks and are given ample opportunities to refill them. Students may also bring in water bottles from home.

#### Nutrition Promotion/Education:

1. RPSA will encourage students to increase their consumption of healthful foods during the school day.
2. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.
3. Students, along with middle school garden club participants, will grow fresh ingredients in our hoop house to be used in classroom projects.
4. Nutrition education shall extend beyond the school by engaging and involving families and the community.
5. Nutrition education posters, such as the Food Pyramid Guide and USDA's MyPlate, will be displayed in the classrooms and other appropriate areas visible to students and others in the Academy community.

#### Physical Education

1. Students, K-8, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and a healthy lifestyle. At least 20 minutes will be set aside each day for students to be active, and all students will be given the opportunity to have physical activity before lunch.
2. All RPSA students in each grade will receive a physical education class for at least 50 minutes per week throughout the school year.
3. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
4. All students in grades 5-8 shall have the opportunity to participate in extracurricular activities and intramural programs emphasizing physical activity.
5. Recess, PE, or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.
6. Physical movement and brain breaks are incorporated throughout the general Education classroom day.

#### Other School-Based Wellness Activities

1. RPSA shall provide at least thirty (30) minutes daily for students to eat.
2. RPSA shall provide attractive, clean environments where students eat.
3. Students, parents, and other community members shall have access to, and be encouraged to use the school's outdoor physical activity facilities outside the normal school day.
4. RPSA shall schedule mealtimes so that there is a minimum disruption by recess, and other special programs or events.

5. RPSA will provide students with affordable access to the varied and nutritious foods they need to be healthy and to learn well, regardless of unpaid meal balances.
6. Students are discouraged from sharing their food or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
7. Provide outside-sourced food bags to students/families in need.

**To achieve these Policy Goals:**

The Leadership Team shall appoint an Academy wellness committee that includes parents, students, representatives of the Academy food authority, educational staff (including physical education teachers), school health professionals, and Academy administrators to oversee the wellness policy's development, implementation, evaluation, and periodic update. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.

**The Wellness Committee shall be responsible for:**

- A. **Assessment of the current Academy environment;**
- B. **Review of the Academy's wellness policy;**
- C. **Presentation of the wellness policy to the Board for approval;**
- D. **Measurement of the implementation of the policy**
- E. **Recommendation for the revision of the policy, as necessary.**

The Wellness Committee recommends to the school leader any necessary revisions to the policy before the end of each school year.

The Leadership Team shall report annually to the Board on the progress of the Wellness Committee, its evaluation of policy implementation, and areas for improvement. This includes the status of compliance by individual schools and progress made in attaining policy goals.

The Leadership Team is also responsible for informing the public, including parents, students, and community members, of the content and implementation of this policy. To this end, the School Leader shall include information in the student handbook and post the policy on the Academy's Website, including the Wellness Committee's assessment of its implementation.

**Nutritional Standards for all Foods & Beverages Served and Sold on the Academy's Campus during the School day.**

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, kindergarten through eighth, including center-based, transition, and before and after-school programs. The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the Michigan Health Education Content Standards and Benchmarks.<sup>1</sup> Nutrition education instructional activities shall stress the appealing aspects of healthy eating

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<sup>1</sup>Eric Digest, July 2002, EDO-PS-02-5

Richard B. Russell National School Lunch Act, 42 USC §§ 1751, 1758, 1766; Child Nutrition Act, 42 USC § 1773

and be participatory, development-appropriate, and enjoyable. The program shall engage families as partners in their children's education.

Nutrition education shall be designed to help pupils learn all of the following:

- (a) Nutritional Knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use or misuse of dietary supplements, and safe food preparation, handling, and storage.
- (b) Nutrition-related skills include but are not limited to planning a healthy meal, understanding and using food labels, critically evaluating nutrition information and misinformation, and evaluating commercial food advertising.
- (c) How can they assess their eating habits, set goals for improvement, and achieve them using the Food Guide Pyramid, Dietary Guidelines for Americans, Nutrition Fact Labels, and Physical Activity Pyramid?

School Health Program staff will work with the Curriculum Director to integrate nutrition education policy into the comprehensive education programs. The school health education curriculum offers specific lessons per grade level as examples to be incorporated throughout the broad curriculum.

Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal programs. School personnel shall practice consistency of nutrition messages throughout the curriculum and environment.

The Academy shall ensure that reimbursable school meals meet federal regulations' program requirements and nutritional standards. Food Service personnel shall encourage students to make nutritious food choices.

## **School Meals**

The Academy shall provide nutritious food (USDA-approved).

1. All food sold to pupils during breakfast and lunch will meet the National School Breakfast and Lunch Program requirements.
  - i. Foods with 30% or less total calories from fat. This does not apply to the sale of nuts or seeds.
  - ii. Foods with 10% or less total calories from saturated fat.
  - iii. Foods with 25% or less total calories from sugar. This does not apply to the sale of fruits and vegetables.
2. All school-approved groups (students, teachers, parents, booster groups, and outside vendors) shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:
  - i. Unflavored, non-carbonated water
  - ii. Fruits and vegetables can be fresh, frozen, canned, or dried. Canned fruits must be packed in natural fruit juice.
  - iii. Fruit juice must be 100% full-strength.
  - iv. Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the USDA standards.
  - v. Nonfat, low-fat, plain, and flavored milk, yogurt, and other similar dairy or non-dairy (soy, rice) beverages.

- vi. Nuts, seeds, trail mix, and soybean snacks are in one-ounce portions or less.  
Accompaniments (sauces, dressings, and dips) should be one-ounce servings or less; low-fat products are recommended.
3. Carbonated beverages shall not be sold and/or distributed.

## **Snacks**

Snacks served during the school day or enrichment programs after school will positively contribute to children's diets and health. Snacks will be offered based on the timing of lunches, children's nutritional needs, ages, and other considerations.

### **Nutrition Standards for all Foods and Beverages in Vending Machines on School Campuses**

Foods and beverages sold through school vending machines with access to middle school 6-8 grade students shall consist of the following:

1. Unflavored, Non-Carbonated water
2. Nonfat, low-fat plain and flavored milk, yogurt, and other similar dairy or non-dairy (soy, rice) beverages
3. One hundred percent fruit juices in 12-ounce servings or less,
4. Electrolyte replacement (sports drinks) beverages that contain 25 grams or less of additional sweetener per 12-ounce serving
5. Nuts and seeds are in one-ounce servings or less, as well as fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in natural fruit juice.
6. Any other food item containing:
  - i. Foods with 30% or less total calories from fat
  - ii. Foods with 10% or less total calories from saturated fat
  - iii. Foods with 25% or less total calories from sugar.

Carbonated beverages shall not be sold in school vending machines where students can purchase products.

The leadership team and/or governing body shall continually evaluate vending policies and contracts. Contracts that do not comply with this policy will not be renewed.

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

The Academy's Food Service Director and/or Nurse shall develop and recommend a policy that promotes staff and student wellness, which will represent the eight components of a Coordinated School Health Program:

- (a) Health Education
- (b) Physical Education
- (c) Health Services
- (d) Nutrition Services
- (e) Counseling, Psychological and Social Services
- (f) Healthy School Environment
- (g) Health Promotion for Staff
- (h) Family/Community Involvement

The Academy shall strive to create a healthy school environment that promotes healthy eating and physical activity. To create this environment, the following activities shall be implemented:

### **Dining Environment**

- The Academy shall provide:
  - A clean, safe, enjoyable meal environment for students
  - Enough space and serving areas to ensure all students have access to school meals with minimum wait time
  - Drinking fountains in all schools so that students can get water at meals and throughout the day
  - Encouragement to maximize student participation in school meal programs and
  - Identity protection for students who eat free and reduced-priced meals.

### **Time to Eat**

Renaissance Academy will:

1. Provide students with at least 20 minutes to eat after sitting down for lunch;
2. Schedule lunch periods from 11:00 am and 1:00 pm;
3. Not scheduled activities during lunch unless students may eat during those activities;
4. Schedule recess periods either before or after lunch.
5. Provide students access to hand washing or hand sanitizing before they eat lunch or snacks and
6. Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (ex, braces, retainers, etc.)

### **Food or Physical Activity as a Reward or Punishment**

- The Academy Shall:
  - Prohibit the use of food as punishment in schools
  - Prohibit the use of non-healthy food items as a reward in schools (select food choices as outlined in the nutrition standards in this policy)
  - Not use physical activity as a punishment, and
  - Encourage using physical activity as a reward, such as the teacher or school leader walking or playing with students at recess.

### **Consistent School Activities and Environment**

- The Academy Shall:
  - Require all school buildings to complete the Michigan Healthy School Action Tool to ensure that school activities and the environment support health behaviors
  - Provide ongoing professional training and development opportunities for food service staff and nutrition and physical education teachers.
  - Make efforts to keep school, or academy-owned physical activity facilities open for students outside school hours.
  - Encourage parents/guardians, teachers, school administrators, students, food service professionals, and community members to serve as role models for healthy eating and physical activity at school and home.

- o Encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and be role models in school dining areas.
- o Provide outreach materials to students and parents/guardians about other FNS programs, such as Food Stamps and Women, Infants, and Children (WIC).
- o Encourage all students to participate in school meals program, i.e., the National School Lunch, including snacks for School Program, School Breakfast programs, and
- o Implement physical activity across the curriculum throughout the school day or in all subject areas, such as brain breaks.

### **Goals for Measurement and Evaluation**

The Academy shall establish an evaluation/assessment component to determine the effectiveness of this policy. The CSHC shall monitor the Academy's compliance with this policy.

### **Glossary**

Additional Sweetener: means an additive that enhances the sweetness of a food or beverage, including but not limited to sugar. Additional sweeteners do not include the natural sugar or sugars contained in any fruit juice that is a food or beverage component.

Moderate physical activities refer to activities that are equivalent in intensity to brisk walking.

Pacing charts are valuable tools that help teachers set realistic goals for achieving grade-level expectations throughout the academic year.

Physical education is a planned, sequential program of curricula and instruction that helps students develop the knowledge, attitudes, motor skills, self-management skills, and confidence needed to adopt and maintain physically active lifestyles.

Recess refers to regularly scheduled periods within the school day for unstructured physical activity and play.

Regular physical activity refers to moderate to vigorous physical activity for at least 30 minutes on most if not all, days of the week.

Vigorous physical activity refers to exertion that makes a person sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, and similar aerobic activities.

## STUDENTS WITH SPECIAL HEALTH CARE NEEDS

### **Accommodating Students with Special Dietary Needs**

The following administrative regulations are established:

- A. The Academy shall establish a method of transmitting relevant information to all supervising persons of an identified student. The school is incumbent upon notifying any person who may be supervising an identified student with food allergies, especially those that may be life-threatening, such as peanut allergies.
- B. The school's primary concern is preventing and appropriately treating potentially severe allergic reactions and anaphylaxis.
- C. Parents with allergic children must provide the school with an individualized action plan prepared by the student's physician.
- D. An at-risk student should have some means of identification, such as a medical alert bracelet.
- E. Most food-allergic children bring their lunch from home. However, guidelines established by the USDA Child Nutrition Division in charge of school lunches require school food service staff to provide substitute meals to allergic students if the student's physician sends written instructions certifying the child's allergy, what foods are to be avoided, and safe substitutions.
- F. Establishing a no-food trading policy within the school is determined necessary to avoid unnecessary risk of exposure.
- G. Parents can review/preview menus to select safe foods their child may eat.
- H. Consider the following avoidance strategies because risk may never be eliminated in the school environment:
  - a. Parents should be encouraged to instruct their children on how to avoid contact with substances to which they are allergic.
  - b. Carefully monitor identified children, especially in the younger grades.
  - c. Allergic children should consider eating foods that are only prepared at home.
  - d. Students should be encouraged not to exchange food or utensils with other students.
  - e. Surfaces, toys, and equipment should be washed clean of foods that contain allergic chemicals.
  - f. Food personnel should be instructed about the necessary measures to prevent cross-contamination during food handling, preparation, and serving.
  - g. Check hand soap ingredients to be sure they do not contain peanut oils.
  - h. Establish a buddy system for identified students.
  - i. Provide staff updates at monthly faculty meetings.
  - j. Consider a peanut-free table in the cafeteria.
- I. Provide training for staff in basic first aid, resuscitative techniques, and epinephrine auto-injections.
- J. Epinephrine should be kept near students identified as at risk of anaphylaxis, and in all cases where it is administered, the student must be sent to the hospital immediately.



## **II: Nutrition Education**

Renaissance Academy aims to teach, encourage, and support healthy eating by students. School Health Program staff will work with the Curriculum Director to integrate a nutrition education policy into the comprehensive education programs. Nutrition education is provided in the Science curriculum at all grade levels and as a part of the Physical Education program.

## **III: Physical Activity**

The Academy will deliver planned and sequential instruction in physical education that promotes lifelong physical activity. The curriculum is designed to develop fundamental movement skills, sports skills, and physical fitness and enhance mental, social, and emotional abilities. Health and physical education for pupils of both sexes shall be established and provided in all schools. Each pupil attending school at RPSA who is capable of doing so shall take the course in physical education. RPSA shall offer physical education opportunities that include the components of a quality physical education program.<sup>2</sup> Every year, all students shall participate regularly in organized or unstructured supervised physical activities to maintain physical fitness and understand the short- and long-term benefits of a physically active, healthy lifestyle. Physical education instruction shall be aligned with the Michigan Physical Education Content Standards and Benchmarks.<sup>3</sup>

Best Practices for the Academy dictate the following:

- Adequate budget for equipment and supplies.
- Schools provide a physical environment that encourages safe and enjoyable student activities.
- Utilizing the physical education pacing chart, all schools shall offer at least **80** minutes of organized or unstructured supervised physical activities per week to Kindergarten through 8th grade students.

## **IV: Safe Routes to School**

Renaissance Academy will work with the Mt. Pleasant Police Department to identify safe routes for students to and from school. iRide Transportation is available to parents as an optional means of transportation to and from school. Transit passes are available from iRide for students at a reasonable rate.

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<sup>2</sup>Offering physical activity opportunities is required by federal law. (Section 204 of Public Law 108-265). Physical Education, while recommended, is not required

**V: Monitoring of Policy**

The school leadership team or designee will develop a summary report every three years on Renaissance Academy's compliance with the established nutrition and physical activity wellness policies, including the progress made in attaining the academy's goals.

_____	_____
<b>School Leader</b>	<b>Date</b>
_____	_____
<b>Brandy Reihl</b>	<b>Date</b>
_____	_____
<b>Stephen McConnell</b>	<b>Date</b>
_____	_____
<b>Anna Walton</b>	<b>Date</b>

**Reviewed/ No updates** \_\_\_\_\_

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Michigan Department of Education Physical Education Content Standards and Benchmarks, July 1997  
[http://222.michigan.gov/documents/Physical\\_Education\\_Content\\_Standards\\_42242\\_7.pdf](http://222.michigan.gov/documents/Physical_Education_Content_Standards_42242_7.pdf)