

Renaissance Public School Academy Wellness Policies on Physical Activity and Nutrition

Background Information

Renaissance Public School Academy (RPSA) does participate in the National School Lunch Program as well as the school Breakfast program.

Belief Statement

Renaissance is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Renaissance Academy that:

- RPSA will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in grades Kindergarten – Eighth will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guideline for Americans*.
- Students will be provided with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- RPSA will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between the school and related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Nutritional Quality of Foods & Beverages Sold and Served At School

School Meals

Meals served will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at minimum, nutritional requirements established by local, state and federal statutes and regulations;
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.

Meal Time Scheduling

Renaissance Academy will:

- provide students with at least 15 minutes after sitting down for lunch;
- schedule lunch periods from 11:00 and 1:00;
- not schedule activities during lunch unless students may eat during those activities;
- schedule recess periods either before or after school.
- provide students access to hand washing or hand sanitizing before they eat lunch or snacks; and
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (ex: braces, retainers, etc.)

Beverages Served At Lunch

- Only low-fat white milk and low-fat chocolate milk will be served at lunch.

Snacks

Snacks served during the school day or enrichment programs after-school will make a positive contribution to children's diets and health. Snacks will be offered based upon the timing of lunches, children's nutritional needs, children's ages and other considerations.

II: Nutrition Education

Renaissance Academy aims to teach, encourage and support healthy eating by students. Nutrition education is provided in the Science curriculum at all grade levels with a major emphasis at 6th grade and as a part of the Physical Education program.

III: Physical Activity

Renaissance Academy will:


- Offer physical education classes for all students at least two times per week for a minimum of 40 minutes each day.
- Provide a balanced physical education curriculum that promotes life-long fitness skills and a basic understanding of fundamental sports skills.
- Provide at least 15 minutes of recess time during lunches for all students.
- Encourage teachers to incorporate physical activity into other subject lessons.
- Provide short physical activity breaks between classes or lessons, as appropriate.

IV: Safe Routes to School

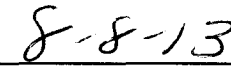
Renaissance Academy will work together with Mt. Pleasant Police Department to identify safe routes for students to and from school. ICTC Transportation is available to parents as an optional means of transportation to and from school. Transit passes are available from ICTC for students at a reasonable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

V: Monitoring of Policy

The superintendent/building administrator or designee will develop a summary report every three years on Renaissance Academy's compliance with the established nutrition and physical activity wellness policies. That report will be provided to the Board.



Brandy Reihl



Date



Shannon Bartell



Date

Reviewed/ No updates