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LISA ACADEMY WELLNESS POLICY

Preamble

LISA Academy Public Charter Schools (referred to hence as LISA Academy) believes that every student has the opportunity to achieve personal, academic, developmental, and social success throughout the school year.

Good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. Students participating in the School Breakfast Program (SBP) are associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks[1,2,3,4,5,6,7]. In addition, students who are physically active through recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically [8,9,10,11].

Therefore, LISA Academy shall establish goals and procedures to ensure that.

- All school community stakeholders and outside community stakeholders will be engaged to help develop, monitor, and review district-wide wellness policies.
- Provide students access to healthy reimbursable meal choices that meet the needs of students both on and off-site while meeting the USDA meal program standards.
- Students receive nutrition and physical education to foster lifelong habits of healthy eating and physical activity.
- School staff are encouraged and supported to practice their own healthy nutrition and physical activity habits in and out of school.
- Schools engage in activities that promote nutrition and physical activity for student wellness.
- The LISA Academy community and its partners are engaged in supporting the work of the wellness committee to implement and practice lifelong healthy habits for students.
- LISA Academy will establish and maintain oversight, implementation, and communication about the wellness committee, policies, and goals and objectives.

This policy applies to LISA Academy students and staff. Specific and measurable goals are identified within each section below.

I. School Wellness Committee Roles and Membership

LISA Academy District wellness committee (DWC) meets at least four times per year. These meetings will be established at the beginning of the school year and posted publicly. Our goal is to establish and implement a wellness policy and wellness goals for each school year. Membership on the district committee represents all school levels and includes parents, school nutrition, physical education, health education, school health professionals, school health services, mental health, social services, school administrators, school board members, health professionals, and the general public, and may also include Supplemental Nutrition Assistance Program (SNAP) Education coordinators.

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

Each school within LISA Academy will establish a School Wellness Committee (SWC) that reviews school-level issues, in coordination with the District Wellness Policy (DWP). Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

LISA Academy District Wellness Committee membership will represent all school levels in each school to reflect the diversity of the community including parents, school nutrition, physical education, health education, school health professionals, school health services, mental health, social services, school administrators, school board members, health professionals, and the general public. Membership may also include Supplemental Nutrition Assistance Program Education coordinators.

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

Implementation Plan

LISA Academy will develop and maintain a plan to implement the wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school. Plan(s) include information about who will be responsible for making changes and monitoring goals and objectives for nutrition standards for all foods and beverages available on the school campus. The plan will ensure compliance with food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

The school will use The School Health Index (SHI) from the Centers for Disease Control (CDC) assessment tools to develop and monitor action plans for the district and the campuses each year. This wellness policy and all documents related to wellness on the campuses and in the district can be found on LISA Academy Website

Recordkeeping

LISA Academy will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices at 10825 Financial Centre Pkwy as well as our website. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Demonstrating that the policy has been made available to the public.
- Efforts to review and update the Local Schools Wellness Policy (SWP); including who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate in the DWC.
- Documentation to demonstrate compliance with the annual public notification requirements.
- The most recent assessment on the implementation of the local school wellness policy.

Annual Notification of Policy

LISA Academy will inform families and the public each year of basic information about this policy. The basic information includes the content, updates to the policy, and implementation status. LISA Academy will make this information available on the district website as well as notify families through social media. A summary of the district or school-level events or activities related to wellness policy implementation. Annually, LISA Academy will also publicize the name and contact information of the school official who leading and coordinating the committee. The public will also be informed of how they can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, LISA Academy will evaluate the wellness policy compliance to assess and implement the policy and include:

- LISA Academy complies with the wellness policy.
- Progress made in attaining the goals of the LISA Academy's Wellness policy.

The District Health Services & Wellness Coordinator is responsible for managing the triennial assessment.

Revisions and Updating the Policy

The DWC will update the wellness policy based on the results of the annual SHI and every 3-year triennial assessment and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerge; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated as needed, but at minimum every three (3) years following the triennial assessment.

Community Involvement, Outreach, and Communications

LISA Academy welcomes the communities' input on wellness policy. The DWC will communicate ways that others can participate in the development, implementation, and periodic review updates of the wellness policy through a variety of appropriate means.

LISA Academy will inform parents of compliance improvements made to school meals. The parents will be informed on how to apply for school meal benefits, the school meal programs that are available, and Smart Snacks in school standards. will be published for parents to view on the district's website and student handbook.

LISA Academy will display notices on the district's website, newsletters, and presentations to parents, which will ensure that all families are notified of the content and how to get involved in the wellness policy process. LISA Academy will notify the public about the content of any updates to the wellness policy annually and 3-year triennial reports.

III. Nutrition

School Meals

LISA Academy is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, reducing added sugars, and have zero grams of trans fat per serving, 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, help mitigate child hunger, model healthy eating, and help accommodate the cultural food preferences of LISA Academy students and special dietary needs.

LISA Academy participates in USDA child nutrition programs as well as After School Supper programs and other applicable Federal child nutrition programs, that:

- Are accessible to all students.
- Are appealing and attractive to students.
- Are served in clean and pleasant settings.
- Meet or exceed current requirements established reimbursable school meals meet USDA nutrition standards.
- Provide students with appropriate time to eat.
  - The School Nutrition Association recommends at least 20-30 minutes for lunch and 15 minutes for breakfast ***from the time they receive their meal and are seated.*** (Hildebrand et al.)
  - EdWeek Research Center indicated K-12 schoolteachers recommend students get 21-30 minutes for lunch which in turn helps teachers get their lunch breaks (Sparks and Prothero)
  - The Academy of Nutrition and Dietetics research indicates longer lunch periods significantly reduced hunger at the end of the lunch period and increased happiness in the cafeteria. (Cohen et al.)
- Promote healthy food and beverage choices using some of the following techniques
  - Daily announcements are used to promote and market school menu options.
  - Menus are posted on the District website or individual school websites

- Fresh Fruit is available daily as a choice of fruit for students
- Nutrition team members are trained to politely prompt students to consume vegetable and fruit options with their meals.
- Student surveys, taste tastings, and food show opportunities are used to help develop menus, dining space décor, and promotional items

Staff Qualifications and Professional Development

All LISA Academy school nutrition professionals will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards. Staff development programs will include but are not limited to certifications and training programs to work towards managers' certifications, culinary training, regulation on meal patterns, customer service communications, and food safety practices.

Water

All LISA Academy school sites have several locations throughout the school campus where students have access to free, safe, unflavored drinking water including each cafeteria during meal service times.

Competitive Foods and Beverages

All foods and beverages outside the reimbursable school meal programs that are **sold** or made available to students on the school campus during the school day must meet or exceed the USDA Smart Snacks standards and Arkansas Nutrition Standards. Snacks served in the classroom during the day must follow the same standards as listed above.

The school district shall maintain documentation that all food and/or beverages comply by utilizing the Alliance for a Healthier Generation Smart Snacks Calculator, including a copy of the Smart Snacks Calculator product compliance screen and a copy of the nutrition fact label of the product.

Parents may provide competitive foods and/or beverages or candy items for their own child's consumption, but they may not provide items to other children at school that do not meet USDA Smart Snack Regulations.

Celebrations and Rewards

All foods offered on the school campus that are part of celebrations or rewards will meet or exceed the USDA Smart Snacks in School nutrition including through:

- **Celebrations, parties, and classroom snacks:** A list of healthy party ideas for parents and teachers, including non-food celebration ideas are available from the Alliance for a Healthier Generation.
- **Rewards and incentives:** A list of alternative rewards and incentives for students instead of food or beverage can be found at Non-Food Rewards from Alliance for a Healthier Generation.

School Events approved by school administration for one of the 9 special event days (ADE Rule 8.02.4) the students may be provided any food and/or beverage items during the school day. Homemade food and beverage items are prohibited to be served on campuses unless first approved. By school administration. These items may not be provided during mealtimes in the areas where school meals are being served or consumed. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day but not during meal services and not in the cafeteria at any time during the day. A list of healthy fundraising ideas can be found through Fundraising ideas through Alliance for a Healthier Generation

- Fundraising **during 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 frozen cookie dough, frozen pizza, and other non-consumable form items.
- Fundraising **after school hours** that do not meet the smart snack guidelines must take place 30 minutes after the last bell of the day on that campus.
- Fundraising events with food and beverages must be approved by school building administrators before commencing.

Nutrition Promotion & Education

LISA Academy's school nutrition team wants to create food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school building and the entire campus. The school nutrition team will work to promote nutritious foods and beverages to students and work alongside school staff, teachers, parents, and students to make the promotion comprehensive.

Promotion of healthy food and beverage choices for all students will occur throughout the school campuses. This promotion will occur through at least:

- Implementing more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques;
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.
- Promoting a variety of fruits and vegetables that can be offered and how they are prepared
- Promote working with local farm vendors that are bringing local products to students.

LISA Academy will teach, model, encourage, and support healthy eating habits for all students. The schools will provide nutrition education that

- Provides students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education but also integrated into other classroom instruction through STEM curriculum.
- Includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and farm visits;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs nutrition promotion activities, farm-to-school programs, and other nutrition-related community services.
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

LISA Academy will work to include in the health education curriculum in some but not limited to essential topics on healthy eating:

Relationship between healthy eating and personal health and disease prevention	Influencing, supporting, or advocating for others' healthy dietary behavior
Reading and using FDA's nutrition fact labels	Preparing healthy meals and snacks
Eating a variety of foods every day	Making healthy choices when eating at restaurants
Balancing food intake and physical activity	food safety

Food and Beverage Marketing in Schools

LISA Academy is committed to providing a school environment that ensures opportunities for students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. LISA Academy will work towards informing students how to make choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising at school that contains messages inconsistent with the health information LISA Academy is promoting. LISA Academy intends 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 LISA Academy's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus **during the school day** will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made to promote the sale of a food or beverage product.

IV. Physical Education and Activity

Students should participate in physical activity every day. 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. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, LISA Academy will ensure that its grounds, facilities, and supplies for activities are safe and sufficient for students to be active and will conduct necessary inspections and repairs.

Physical education

LISA 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.

- All **Elementary Students** in each grade will receive physical and health education for at least 40 minutes per week throughout the school year.
- All **Secondary students** (middle and high school) are required to take the equivalent of one academic year of physical and health education.

Recess

All elementary schools will offer **40 minutes of recess daily** during the school year (State Law 6-16-102). 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 before 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 into the recess transition period/timeframe before students enter the cafeteria.
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.

Recess Location

Outdoor recess will be offered when the weather is feasible for outdoor play. Students will be allowed outside for recess except when the outdoor temperature is above/below LISA Academy's set temperature, or at the discretion of the building administrator. If the school must conduct indoor recess**,** teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Each school will maintain and enforce its indoor recess guidelines.

Physical Activity Breaks

Students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. LISA Academy will work to offer **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The wellness committee recommends teachers provide short (1-3 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for a physical education class, recess, and class transition periods.

Before and After School Activities

Opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. Students are encouraged to be physically active before and after school by clubs, physical activity in aftercare, intramurals, or varsity sports.

V. Other Activities that Promote Student Wellness

LISA Academy will work to integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. LISA Academy will work to 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.

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.

Staff Wellness and Health Promotion

LISA Academy will promote strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. LISA Academy will promote 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.

Community Health Promotion and Family Engagement

LISA Academy will promote to parents/caregivers and families 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.

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