

KENNESAW CHARTER SCIENCE AND MATH ACADEMY- WELLNESS POLICY

RULE:

KCSMA assures that the guidelines for reimbursable meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture as the regulations and guidance apply to schools.

A. NUTRITION EDUCATION GOALS:

KCSMA will teach, encourage and support healthy eating by students.

1. The primary goal of nutrition education is to positively influence students' eating behaviors. Nutrition education is an integral part of the school health education program.
2. Continuing professional development will be provided for all Food and Nutrition Service staff members. The professional development and training programs shall comply with all requirements imposed by federal and state law and State Board of Education rules. Supervisory school nutrition personnel shall meet the certification requirements imposed by federal and state law and rules promulgated by the State Board of Education.
3. Cobb County Performance Standards in health education address nutrition and physical activity. Students in grades K-6 will receive nutrition education that is age appropriate, reflects student cultures, is interactive and teaches the life-skills they need to adopt lifelong healthy eating behaviors.
4. School nutrition personnel shall have primary responsibility over meal accountability.
5. During the school day, schools will promote and encourage healthy food choices (cafeteria, a la carte, classroom snacks, ASP snacks, vending, fundraising.) that are consistent with the nutrition education curriculum.
6. KCSMA will have at least one school nutrition employee on site who is certified as a food safety manager in compliance with federal and state law and rules promulgated by the State Board of Education.

B. PHYSICAL ACTIVITY GOALS:

The primary goal for each school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle. Thirty to sixty minutes of moderate to vigorous physical activities daily for all students K-6 shall be encouraged.

C. NUTRITION STANDARDS:

In order to promote healthy eating habits:

1. The School Nutrition Program will ensure that reimbursable school meals meet the school nutrition program requirements and nutrition standards set forth under relevant federal and state regulations.
2. Schools will promote and encourage foods and beverages that are low in fat and sugar and high in fiber (a la carte, vending, school stores/snack bars, and ASP Programs). Guidelines will be provided by Food and Nutrition Services to the administrators of each of these programs.

3. Guidelines will be provided by Food and Nutrition Services to the School Health Advisory Council to improve the nutritional content of foods offered in fundraising activities and class parties.
4. The following directives shall be observed in operating the school cafeterias in KCSMA:
 - a. **Foods of Minimal Nutritional Value:** The sale and distribution of foods of minimal nutritional value as defined by USDA regulations is prohibited.

Competitive Foods:

(1) **Definition:** Competitive foods are any foods sold in competition with the National School Breakfast and Lunch Program to children during the meal periods.

If the Principal approves the sale of competitive foods at school:

- a) All income from the sale of such foods must accrue to the benefit of: 1) The nonprofit school food service; or 2) The school or school organizations approved by the Principal.
- b) They must be sold in locations other than the dining, serving, and kitchen areas.
- c) The school should promote an overall school environment that encourages students to make healthy food choices.

D. OTHER SCHOOL-BASED ACTIVITIES: KCSMA will create a healthy building environment and develop classroom management strategies that provide consistent wellness messages that are conducive to healthy eating and a physically active lifestyle. Therefore, KCSMA will:

- a. Provide a clean and safe meal environment;
- b. Promote and encourage alternatives to food as a reward or punishment; and
- c. Provide a safe environment for physical activity.

E. IMPLEMENTATION:

1. KCSMA shall establish and maintain a Wellness Advisory Council (Council). The Principal may use the School Council or other existing committees to fulfill this responsibility. The annual goal(s) of the Council will support this Policy and the school's wellness plan governing wellness for faculty, staff, and students.

- a) The Council may consist of administration, teacher, physical educator, café manager, health educator, school nurse, counselor, parent/guardian and/or PTO member, student, or School Council Member.
- b) The online abridged version of the CDC's School Health Index (Index) shall be used to assess and improve the school's physical activity, healthy eating, and overall school wellness initiatives. The Index should be used annually thereafter by the Council and Principal for ongoing assessment.
- c) The Council will utilize the results of the Index assessment to develop the school's wellness plan.
- d) KCSMA's Wellness Steering Committee will work with school administrators and Councils to provide assistance and resources to focus training and support for student and staff wellness initiatives.
- e) To improve communication and support the school wellness initiative, information on nutrition, physical activity and physical education shall be included in the following:
 - (1) Student folders;

- (2) Newsletters;
- (3) Web sites;
- (4) PTO meetings;
- (5) Bulletin boards; and
- (6) Other appropriate home-school communications.

2. The Principal will measure the implementation of this policy and will ensure the school's compliance with this policy. He/she should:

- a. Support the School Wellness Representative and the Wellness Advisory Council in documenting the school's efforts to comply with this Rule and to fulfill the school's Wellness Plan; and
- b. Utilize the standard instrument developed by KCSMA's Wellness Steering Committee to monitor his/her school's implementation of the Wellness Plan.

DRAFT