

OLD STURBRIDGE ACADEMY
CHARTER PUBLIC SCHOOL

Wellness Guidelines in Support of Federal Law
PL 108.265 Section 204

Preamble

Old Sturbridge Academy is committed to the optimal development of every student. Old Sturbridge Academy believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines Old Sturbridge Academy's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in Old Sturbridge Academy have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and State nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- Parents/ families are engaged in supporting the work of Old Sturbridge Academy in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Old Sturbridge Academy establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- Old Sturbridge Academy will coordinate the Wellness Policy with other aspects of school management, including Old Sturbridge Academy's School Improvement Plan, when appropriate.

Vision Statement

All students at Old Sturbridge Academy will be encouraged to take responsibility of their own health and adopt health enhancing attitudes and behaviors that enable them to become responsible, successful, and productive adults.

I. School Wellness Committee

Committee Role and Membership

Old Sturbridge Academy will convene a representative wellness committee (hereto referred to as the WC) that meets at least two times 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 district-level Wellness Policy .

The WC membership will consist of a group of individuals representing the school and community, and should include parents, students, teachers, health professionals, school administrators, member of the school board, cafeteria manager, and community members.

Leadership

The Wellness teacher or designee(s) will convene the WC and facilitate development of and updates to the Wellness Policy, and will ensure each school's compliance with the policy.

This Wellness Policy and the progress reports can be found at: www.OSAcharter.org

Recordkeeping

Old Sturbridge Academy will retain records to document compliance with the requirements of the Wellness Policy at Old Sturbridge Academy Administrative Offices, and/or on Old Sturbridge Academy central computer network. Documentation maintained in this location will include but will not be limited to:

- The written Wellness Policy
- Documentation of annual program progress reports including review and updates
- Documentation of the triennial assessment of the program for the Academy
- Documentation demonstrating compliance with public notification requirements
- Documentation of how stakeholders were made aware of ability to participate

Triennial Progress Assessments

- At least once every three years, Old Sturbridge Academy will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include progress and areas in need of improvement.

The Committee will ,as necessary, revise the Wellness Policy and will develop plans to facilitate their implementation.

III. Nutrition

School Meals

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting 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.

Old Sturbridge Academy participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), and is committed to offering these school meals and other applicable Federal child nutrition programs, that:

- Are accessible to all students, including those with special dietary needs
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Promote healthy food and beverage choices
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated

Staff Wellness

Old Sturbridge Academy recognizes the importance of the health and well-being of every staff member. Staff are encouraged to model positive nutrition behavior among students. Professional development opportunities focusing on nutrition education will be made available to staff. Staff should be made aware of the growing trend of childhood obesity and the key role that healthy eating habits can play in forming attitudes to decrease this epidemic.

Water

- To promote hydration, free, safe, unflavored, non-carbonated drinking water will be available to all students throughout the school day. Drinking water will be available to all students at no cost where school meals are served during meal times.
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.
- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.

Competitive Foods and Beverages

Old Sturbridge Academy is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School and Massachusetts nutrition standards including:

- Classroom snacks: Old Sturbridge Academy will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards as guidelines to encourage healthy eating habits.
- Rewards and incentives. Old Sturbridge Academy will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

To support children's health and nutrition education efforts, individuals conducting fundraising involving the sale or distribution of food on school premises will be informed of guidelines for the nutritional value of foods prior to planning any fundraising activities. Old Sturbridge Academy will encourage non-food items for fundraisers and fundraising activities that promote physical activity, such as walk-a-thons, fun runs, jump rope for heart, etc.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students .

Old Sturbridge Academy will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

Old Sturbridge Academy will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs, and with related community services.

IV. Physical Activity

Wellness

Old Sturbridge Academy will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for Wellness.

Time allotted for physical activity will be consistent with state standards.

Physical activity during the day (including but not limited to recess and wellness class) **will not be withheld** as punishment unless safety for a student is an issue. Old Sturbridge Academy will provide staff with alternative ways to discipline.

All students will be provided equal opportunity to participate in Wellness class. The Academy will make appropriate accommodations to allow for equitable participation for all students and will adapt Wellness classes and equipment as necessary.

Physical activity facilities on school grounds will be safe and appropriate.

Recess (Elementary)

Old Sturbridge Academy will offer at least **20 minutes of recess** on all days during the school year. 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 prior to 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 in to the recess transition period before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is above 95 degrees F or below 20 degrees F, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightning or thunder, or at the discretion of the principal, or designee, based on his/her best judgment of safety conditions.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Skillful play, active free play, movement-based activities, and adult-supervised games will be offered

Recess will complement, not substitute, Wellness class.

Classroom Physical Activity Breaks

Old Sturbridge Academy recommends teachers provide short (5 minute) physical activity breaks to students during and between classroom time during the day. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. Students are more attentive and ready to learn if provided with breaks to stretch and be physically active.

V. Other Activities that Promote Student Wellness

Old Sturbridge Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. All school-sponsored events will adhere to the Wellness policy guidelines. The Wellness Policy endorses the Dietary Guidelines for Americans and will be the goal for healthy eating within our school.

Community Health Promotion and Family Engagement

Old Sturbridge Academy 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.

Old Sturbridge Academy will use electronic mechanisms (e.g., email or displaying notices on Old Sturbridge Academy's website), as well as non-electronic mechanisms, (e.g., 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.

Information on Mandated Massachusetts State Guidelines can be found on the following websites:

<http://healthymeals.nal.usda.gov/school-wellness-resources>

<http://health.gov/dietaryguidelines/2015/guidelines>

www.cdc.gov/healthyyouth/nutrition/facts.htm.

<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
