

## Healthy Revolution

### KIPP Cooper Norcross Academy Wellness Policy

#### Introduction

KCNA is committed to providing a school environment that promotes and protects scholars' health, well-being and ability to learn by supporting healthy eating and physical activity. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all scholars, are described here and will apply to all scholars throughout all grades of KCNA.

- KCNA will engage scholars, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing KCNA's nutrition and physical activity policies.
- All scholars will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at school will meet the nutrition recommendations of the current *U.S. Dietary Guidelines for Americans*.
- KCNA will provide modified nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

#### Preamble

KCNA recognizes that good nutrition and regular physical activity affect the health and well-being of the KCNA's students. Furthermore, research concludes that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

KCNA, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

This policy outlines KCNA'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 the KCNA 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;
- The community is engaged in supporting the work of the KCNA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The KCNA establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the KCNA. Specific measurable goals and outcomes are identified within each section below.

### **School Wellness Committee**

The Board designates the Healthy Community Coordinator as the individual charged with operational responsibility for verifying that the KCNA meets the goals established in this policy.

The Healthy Community Coordinator shall establish a KCNA wellness committee that includes parents and caregivers, students, teachers, health education teachers, physical education teachers, school nurses, school counselors, school board members, health care professionals, and community representation.

The Wellness Committee shall be responsible for:

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

Before the end of each school year the Wellness Committee shall recommend to the Healthy Community Coordinator any revisions to the policy it deems necessary.

The Healthy Community Coordinator shall report annually to the Board on the progress of the Wellness Committee and on its evaluation of policy implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining goals of policy.



The Healthy Community Coordinator is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Healthy Community Coordinator shall post the policy on the KCNA's website, including the Wellness Committee's assessment of the implementation of the policy.

The School KCNA may wish to establish additional wellness committees within school buildings. If this process is followed, each school building wellness committee shall participate in and follow the guidelines of this policy.

### **Leadership**

The Healthy Community Coordinator or designee(s) will convene the KCNA wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

### **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

The KCNA will develop and maintain a plan for the implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school; and includes information about who will be responsible to make changes, specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The KCNA wellness policy and progress reports shall be posted on the school KCNA website.

### **Record Keeping**

The KCNA will retain records to document compliance with the requirements of the wellness policy. The documentation will include:

- The written wellness policy
- Documentation demonstrating that the policy has been made available to the public.
- Documentation of efforts to review and update the Local School Wellness Policy; including who is involved in the update and methods the KCNA uses to make stakeholders aware of their ability to participate on the KCNA wellness committee.
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the local school wellness policy
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.
- Recommendation for initial assessment: CDC / Alliance for a Healthier Generation "School Health Index/ Healthy Schools Program" online assessment tool.
- Recommendation for triennial assessment: WellSat 2.0 version Rudd Center for Food Policy and Obesity (University of Connecticut)

### **Annual Notification of Policy**

The Healthy Communities Coordinator, with the support of administration, will ensure compliance within the school and report and discuss compliance with the Wellness Committee. The Healthy Communities Coordinator will produce an annual progress report with the support of the Wellness Committee.

The following information will be included in the Healthy KCNA Annual Progress Report:

- Information on how the public can access the policy;
- Details as to the contents of the Wellness Policy;
- Status of the state of implementation;
- The progress made in attaining the goals of the policy;
- A summary of the school's wellness events or activities;
- Any recommended change to the policy;
- Contact information for the Healthy Communities Coordinator;
- Information on how individuals and the public can get involved.

A thorough assessment of the policy should be conducted annually. KCNA wellness policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data and other issues. This review must determine school compliance with the policy, how the wellness policy compares to model wellness policies, and progress made in attaining goals of the wellness policy.

In summary, KCNA shall make the following information accessible to the public (through means such as the welcome/registration packet for families, parent meetings, etc.):

- KCNA Wellness Policy
- Annual Progress Report

### **Triennial Progress Assessments**

Every three years, the KCNA will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the KCNA are in compliance with the wellness policy.
- A description of the progress made in attaining the goals of the KCNA's wellness policy.

The KCNA wellness committee, in collaboration with individual schools, will monitor each school's compliance with this wellness policy.

The KCNA will actively notify households/ families of the availability of the triennial progress report.

### **Revisions and Updating the Policy**

The KCNA wellness committee will update or modify the wellness policy based on the results of assessment (ex. CDC / Alliance for a Healthier Generation “School Health Index and the WellSat 2.0 version Rudd Center for Food Policy and Obesity {University of Connecticut}), triennial assessment, and or KCNA priority change, community needs, wellness goals are met, new health science, information and technology and federal and state guidelines or standards.

### ***Community Involvement, Outreach and Communications***

The KCNA is committed to being responsive to community input, which begins with awareness of the wellness policy. The KCNA will actively communicate ways in which representatives of KCNA wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that KCNA. The KCNA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The KCNA will use electronic mechanisms, such as email or displaying notices on the KCNA’s website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The KCNA will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the KCNA and individual schools are communicating important school information with parents.

The KCNA will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The KCNA will also use these mechanisms to inform the community about the availability of the annual (recommended) and triennial (required) reports.

### **TO ACHIEVE THESE POLICY GOALS:**

*National Standards for Other Foods Available to Students requires the LSWP (Local School Wellness Policy) include nutrition standards for all other foods available on campus defined as “competitive foods”. This would include food and beverages that are available for sale to students (Nutrition Standards for All Foods Sold in School as Required by the Healthy Hunger-Free Kids Act of 2010) also known as the Smart Snacks in School” rule. (Refer to the Smart Snacks website <http://fns.usda.gov/school-meals/smart-snacks-schools>) The Federal Smart Snacks are minimum standards. LEAs may adopt more stringent standards for the types of food and beverages allowed. LEAs may also limit frequency of fundraisers that include foods that do not meet the standards. The LSWP also must address standards for other foods and beverages available on campus. These would include policies such as those governing classroom parties or school celebrations that involve foods, policies governing food-related rewards and incentives, and other State or local policies or nutrition standards for foods and beverages available that promote health and reduce childhood obesity.*

*For the purposes of the policy, the school day is defined as the time between midnight the night before to 30 minutes after the end of the instructional day. All food sold or offered during this time, comes under the guidelines of the USDA School Meal/Snacks.*

## **I. Nutritional Quality of Foods and Beverages Served at KCNA**

*Foods provided during community events or similar gatherings will follow the nutrition guidelines outlined in this section, where possible.*

### **School Meals**

Meals served at KCNA will:

- offer a variety of fruits, vegetables and other foods to broaden each child's experiences;
- be appealing and attractive to children
- meet, at a minimum, nutrition requirements and portion sizes established by local, state, and federal statutes and regulations
- be planned under the supervision of a Registered Dietician.
- highlight seasonal and local food items whenever possible
- ensure that grain products are rich in whole grains
- be trans-fat free, limit solid fats and hydrogenated oils, and provide mostly poly-and monounsaturated fats
- be high in nutrients and low in fat, sugar and salt

Whole fruit and vegetables are preferred over juices. Juice should be served no more than two times per week (as long as the USDA requirements for fruit and vegetables have been met) and must be 100% fruit or vegetable juice. Sugar-sweetened beverages are not permitted.

KCNA should engage scholars and parents, through taste tests and cooking classes of new entrees and surveys, in identifying new, healthful, and appealing food choices. In addition, KCNA should share information about the nutritional content of meals with parents and scholars. Such information could be made available on menus, a website, or on nutrition boards. Staff will promote dental hygiene among scholars in conjunction with meals.

### **Breakfast**

To ensure that all scholars have breakfast, in order to meet their nutritional needs and enhance their ability to learn:

- KCNA will participate in available federal meal programs
- All scholars who have not received breakfast at the time they arrive at KCNA must be served a nourishing breakfast (including scholars who are late to school).
- Breakfast will be served within 30 minutes of a scholar's arrival to school.

### **Meal Format and Scheduling**

KCNA:

- Will partner with families to identify scholars with special nutritional needs and eating patterns

- Will strive to offer meals that are inclusive of scholars' diet, medical, cultural, religious, and ethnic preferences;
- As developmentally appropriate, will provide opportunity for the involvement of scholars in food related activities;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.
- Should not schedule tutoring, organizational meetings or activities during mealtimes, unless scholars may eat during such activities;
- Will provide scholars access to hand washing or hand sanitizing before they eat meals or snacks.

### **Competitive Foods and Beverages**

- The KCNA is committed to ensuring that all foods and beverages available to students on the school campus during the "school day" support healthy eating. The food 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. (Guide to Smart Snacks in Schools at [www.fns.usda.gov/healthierschoolday/tool-schools-smart-snacks](http://www.fns.usda.gov/healthierschoolday/tool-schools-smart-snacks))

### **Rewards**

At a minimum, all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties. The KCNA will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The KCNA will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. The KCNA 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.

### **Parent and Community Engagement**

Parents and community members will be welcomed to participate in food service activities by: attending workshops, participating in home nutrition activities, volunteering in the kitchen, and reviewing the nutrition program. Pre and post nutrition assessments, identifying special dietary needs for scholars with allergies and disabilities, are to be completed

on each enrolled scholar by the parents. Parents who have questions or concerns may contact their scholar's teacher or school nurse.

### **Sharing of Foods and Beverages**

KCNA staff should discourage scholars from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some scholars' diets.

### **Fundraising activities**

To support scholars' health and school nutrition education efforts, the school will encourage fundraising activities that promote physical activities.

Food 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. The KCNA wellness committee will make available to teachers and parents a list of healthy fundraising ideas.

### **Snack**

Snacks served during the school day will meet the Nutrition Standards for All Foods Sold in School as Required by the Healthy Hunger-Free Kids Act of 2010 (also known as the "Smart Snacks in School" rule). (Refer to the Smart Snacks website <http://fns.usda.gov/school-meals/smart-snacks-schools>) The Federal Smart Snacks are minimum standards. KCNA will make a positive contribution to scholars' diets and health, with an emphasis on fruits and vegetables as the primary snacks and water as the primary beverage.

### **Celebrations**

At a minimum, all foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties. The KCNA will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The KCNA will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. The KCNA 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, and should emphasize special and creative presentations of nutrient-rich foods, whenever possible.

### **KCNA-sponsored Community Events** (such as, but not limited to, celebrations, fairs, walks and Saturday school)

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards previously stated, whenever possible.



**Food and Beverage Marketing in Schools**

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, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

**Staff Qualifications and Professional Development**

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education training opportunities in the USDA professional standards for child nutrition professionals.

**II. Nutrition and Physical Activity Promotion****Nutrition Education and Promotion**

KCNA aims to teach, encourage, and support healthy eating among scholars. The school will provide nutrition education and engage in nutrition promotion that:

- Is offered at each age as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school community garden;
  - Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
  - Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
  - Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- 
- Teaches media literacy with an emphasis on food and beverage marketing; and
  - Includes nutrition education training for teachers and other staff.

Scholars will participate in nutrition activities once per month. Teachers will include food related activities in their lesson plans. Scholars may participate in food preparation, as developmentally appropriate.

**Essential Healthy Eating Topics in Health Education for Kindergarten to Grade 8**

The KCNA will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [My Plate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)

### III. Physical Activity Opportunities and Physical Education

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the KCNA is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the KCNA will be encouraged to participate in *Let's Move!* Active Schools ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

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.

To the extent practicable, the KCNA will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The KCNA will conduct necessary inspections and repairs.

School shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.

In addition, to planned physical education, the school shall provide physical activities (e.g. recess during the school day, intramurals, clubs before and after school, and interscholastic sports) that meet the needs of all students including males, females, students with disabilities, and students with special healthcare needs.

### **Physical Education**

The KCNA 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.

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

The KCNA physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

The physical education requirement shall not be waived or substituted due to participation in community or school based activities.

### ***Essential Physical Activity Topics***

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity

- How to resist peer pressure that discourages physical activity.

### **Integrating Physical Activity into the Classroom Setting**

Scholars should accumulate at least 30 minutes of daily structured and unstructured physical activity per school day. To achieve this goal, scholars need varied opportunities throughout the school day to engage in physical activity. Toward the end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spend on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Daily Physical Activity**

All scholars, at each age and including scholars with disabilities and special health-care needs, will receive daily physical activity. Scholars should be encouraged to practice movement skills in a variety of activities and settings.

Students shall:

- Engage in at least 60 minutes of structured and unstructured physical activity per day;
- Develop competence in movement skills that are building blocks for more complex movement tasks;

Indoor and outdoor areas must meet or exceed recommended safety standards for performing large muscle activities. During outdoor play, teachers must remain free of distractions and monitor scholars' behaviors to ensure scholars are playing actively and safely.

It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer a variety. A variety of equipment should be available to facilitate a range of physical activities.

### **Daily Recess**

All scholars will have at least 25 minutes a day of supervised recess, preferably outdoors, during which teachers/staff should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

### **Physical activity and punishment**

Teachers and other staff and community personnel will not use physical activity or withhold opportunities for physical activity as punishment.

### **Safe Routes to Revolution Primary**

KCNA will assess, and if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the organization will work together with local public works, public safety, and/or police departments in those efforts. In addition, the organization will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

### **Daily Rest**

KCNA shall provide daily rest and/or sleep for all scholars who attends kindergarten.

### **Communications with Parents**

KCNA will support parents’ efforts to provide a healthy diet and daily physical activity for their children by providing nutrition resources, healthy eating seminars, cooking classes and nutrient analysis of school menus. Families shall receive education in the selection and preparation of foods to meet their family’s needs through parent workshops, referrals, sample menus, and literature available in the school’s parent corner and/or health office.

Parents will be provided a list of foods that meet KCNA’s meal standards as well as ideas for healthy celebrations/parties and rewards. In addition, KLSP will provide opportunities for parents to share their healthy food practices with others in the school community.

KCNA will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletters or other take-home materials, and special events.

### **Staff Wellness**

KCNA highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Staff members should strive to act as role models for healthy behaviors.

Staff and parent meetings shall:

- Aim to meet the nutrition standards previously stated;
- Offer a variety of fruits and vegetables;
- Be high in nutrients and low in fat, sugar and salt;
- Avoid sugar-sweetened beverages and serve water as the predominant beverage; and
- Ensure that half of all served grains are whole grains