



## **Policy Wellness Program**

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Cirrus Academy Charter School (CACS) of Bibb County is committed to scholar wellness as a vital component of the School District's educational program. To that end, the Board directs and authorizes the Superintendent to implement any regulations as may be necessary to establish a comprehensive school wellness program. At a minimum, the Superintendent or designee thereof must ensure that:

1. The School District engages scholars, parents, health and physical education teachers, food service professionals, school health professionals, board members, school administrators, and other interested community members in the development, implementation, and periodic review and update of the wellness program;
2. The wellness program includes measurable goals for promoting healthy eating behaviors, educating scholars about exercise and nutrition, and encouraging physical and other school based activities that promote wellness;
3. The wellness program establishes nutritional guidelines for all foods available in CACS during the school day and that those guidelines are intended to promote scholar health and reduce childhood obesity; and
4. The School District informs and updates parents, scholars, and other relevant members of the school community about the extent to which CACS follow the wellness program; the extent to which the wellness policy compares to model policies; and the extent to which CACS are progressing toward the goals of the wellness policy.

The Superintendent shall also designate one or more school officials to ensure that the school complies with the wellness program.

## **Regulation Wellness Program**

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Cirrus Academy Charter School ("District") recognizes that wellness and proper nutrition are related to scholars' well-being, growth, development, and readiness to learn. The District also recognizes that the school plays a critical role in creating an environment that promotes and protects scholar wellness, and provides proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. The District is committed to providing a healthy school environment, where scholars will learn and participate in positive dietary and lifestyle practices that can improve scholar achievement.

### **Development and Implementation of a Wellness Program**

In accordance with federal law, the District has involved parents, scholars, representatives of food services, board members, school administration, health and physical education teachers, and the public in developing a district-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall scholar health and well-being, the District has created this regulation which includes goals to promote scholar wellness.

- All scholars in grades K-8 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 Federal Nutrition requirements of the Healthy Hunger Free Kids Act and the Smart Snack regulations.
- Qualified child nutrition professionals will provide scholars with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of scholars; will accommodate the religious, ethnic, and cultural diversity of the scholar body in the meal planning; and will provide clean, safe, and pleasant settings and adequate time for scholars to eat.
- To the maximum extent practicable, CACS will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Snack Program, Fresh Fruit and Vegetable Program and Seamless Summer Feeding Program).
- CACS 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 the School Nutrition Program.
- The school district is committed to implementing a Farm to School initiative focused on serving locally grown foods as defined by the School Nutrition Program. This effort will be supported with nutrition education at CACS.

## **I. NUTRITION GUIDELINES**

### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- follow the USDA Healthy Hunger Free Kids (HHFKA) regulations;
- be appealing and attractive to children while being served in clean and pleasant settings;

- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- encourage the consumption of foods as recommended by the HHFKA which encourages increasing consumption of a variety of fruits, vegetable, whole grain and low fat/fat free dairy products.
- plan menus to accommodate the seasonality of local agriculture per availability of produce from local farms and school gardens
- provide breakfast and lunch meals in accordance with the Districts approved free and reduced-priced meal agreement in compliance with local, state, and federal guidelines.
- offer meals to scholars during summer academic sessions and will offer meal services to the community at CACS and/or approved sites.
- make available guidance to parents and families on foods that provide consistent nutrition messages and as needed for special diets
- insure snack foods and beverages sold to children at school during the school day are USDA Smart Snacks compliant.
- encourage standards that allow CACS to offer healthier snack foods to children and ensure that scholars are only offered tasty and nutritious foods for a la carte sales.

## **II. NUTRITION EDUCATION**

The District shall teach, encourage, and support healthy eating by scholars. CACS shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attaining the following goals:

- The Nutrition Education program shall be interactive and meet State standards and Cirrus Academy Charter School District's curriculum guideline.
- Emphasize the skills scholars need to adopt healthy eating habits.
- Provide scholars with consistent nutrition messages throughout the school, classroom, cafeteria, community and media.
- be integrated into health education, physical education and core curriculum including math, science and language arts and is provided by staff with appropriate training.
- CACS shall conduct nutrition education activities and promotions that involve parents, scholars, and the community.
- School menus are followed and analyzed using USDA-approved software and cafeteria lines are arranged to promote increased selections of healthy foods and identification of healthy choices.
- Teachers will be encouraged to incorporate the school garden as part of curriculum to enrich scholars' learning opportunities by presenting academic projects around food, nutrition, mathematics, science, language arts and the environment.

## **III. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION**

### **Physical Activity and Education**

All scholars in grades K-8 shall have opportunities, support and encouragement to be physically active on a regular basis. The District shall provide:

- physical education consistent with federal and state requirements

- physical education will be taught by a certified physical education teacher
- standards-based program designed to provide scholars with the knowledge and skills necessary to promote and protect their health
- integration of physical activity into the classroom to support scholar achievement
- promotion of physical activities
- physical education resources readily available for scholars and teachers.
- encourages physical activity outside of the school day (before and after school day)
- teachers and other adults in the school setting who serve as role models for scholars by participating in wellness programs
- recreational facilities that are safe, clean and accessible for all scholars
- opportunities for physical activity that are not withheld as punishment
- encouragement to provide recess in K-5 prior to lunch

The school district shall not be held liable for personal injury that may be incurred while using school district properties.

### **Staff Wellness**

- The District 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. Such activities may include wellness promotion activities and health fairs for employees.

## **IV. OTHER SCHOOL BASED ACTIVITIES**

### **Meal Times and Scheduling**

- School dining areas shall have sufficient space for scholars to sit and consume meals; be clean, safe and pleasant environments that reflect the value of the social aspects of eating; and provide enough serving areas to ensure scholar access to school meals with a minimum of wait time. Lunch times shall be scheduled near mid-day (suggested times between 11:00 a.m. and 1:00 p.m.); be a minimum of 30 minutes in length to allow scholars adequate time to enjoy healthy meals with friends. CACS will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless scholars may eat school meals during such activities. CACS will provide scholars access to hand washing or hand sanitizing before they eat meals or snacks.

### **Rewards**

- Food as a reward or punishment shall not be used, per CFR210; this regulation shall extend to any activity that takes place during the school day, and shall prohibit the use of candy and other food rewards for academic performance or good behavior. CACS will provide teachers and other relevant school staff a list of alternative ways to reward children.

### **Fundraising**

- School fundraising shall be encouraged to offer healthy food choices or non-food sale items. Cirrus Academy Charter School District requires that all fundraising conducted during the school day (midnight to 30 minutes after school dismissal),

must meet the fundraising requirements of the Smart Snack regulation set forth by the Healthy, Hungry Free Kids Act of 2010. However, fundraising food sales are not allowed 30 minutes before or after or during meal service. Concessions after school hours which provide food and beverages during optional school events, talent shows, PTSO events are exempt from the guidelines contained herein, but are encouraged to also offer healthy choices.

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.

### **Classroom and School Parties and Celebrations**

- School administrators shall determine ways to highlight seasonal events and birthdays in a way that is age appropriate and provides equal opportunity for each scholar to be involved. When food and beverages are provided during such activities, the provision of healthy food and beverage choices are recommended.

### **Vending Machines**

- No scholar vending machines located on CACS campus. Vending machines for staff only are located in an off-limit area.

### **Role Models**

- The District shall develop strategies for parents, teachers, administrators, scholars, food service professionals and community members to serve as role models in practicing healthy eating and being physically active both in CACS and at home. All in-school marketing shall provide positive, healthy food and physical activity messages.

### **Water**

- All school meal periods must offer access to drinking water for scholars during meal times. Scholars can go to the drinking fountains either in or near the cafeteria during meal times or utilize water provided by the cafeteria staff.

### **Qualifications of School Nutrition Staff**

- Qualified nutrition professional will manage and administer the School Nutrition Program. Continuing professional development should be provided for all nutrition professionals in compliance with USDA Professional Standards for All School Nutrition Program Employees effective July 1, 2015. Staff development programs should include appropriate certification and/or training programs for District School Nutrition Director, managers, and school nutrition assistants per their level of responsibility.

## **V. COMPLIANCE**

### **Implementation and Monitoring**

The superintendent or designee will ensure the compliance and implementation with this wellness policy throughout the district. School Designees shall be responsible for communicating the contents of this regulation and the implementation of the regulation at CACS. Designees shall report on their compliance as directed by the Superintendent.

The School Nutrition Director for the District shall be responsible for the nutritional component of this policy and shall be the functional expert in school nutrition matters, ensure compliance with nutrition staff and oversee the daily operation of the District's School Nutrition Program.

### **Policy Review**

Assessments will be conducted every three years to review policy compliance, assess progress, and determine areas in need of improvement. As a part of that review, the District will review the nutrition and physical activity policies; an environment that supports healthy eating and physical activity; nutrition and physical education policies and program elements. The District will revise the wellness policies and develop work plans to facilitate the implementation, if necessary.

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