

Dillard Academy

Wellness Policies on Physical Activity and Nutrition

Dillard Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Dillard Academy that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school during school hours will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Dillard Academy will participate in the National School Lunch Program [including breakfast and after-school snacks], and Summer Food Service Program).
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Committee

The school will create and work within a school health committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

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

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, nutrition requirements established by local, state, and federal statutes and regulations;

- offer a variety of fruits and vegetables;¹
- serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.^{3,3}

The school shall periodically engage students and parents in selecting foods sold through the school meal programs.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- The school will operate the School Breakfast Program.
- The school will arrange bus schedules and utilize serving methods to encourage participation.
- The school will notify parents and students of the availability of the School Breakfast Program.

Community Eligibility. Dillard Academy will take advantage of the Community Eligibility provision in order to provide free breakfasts, lunches and snack for all students.

Summer Food Service Program. Dillard Academy will participate in the Summer Feeding Program during summer months. Participation will be throughout the summer to coincide with other summer programming.

Meal Times and Scheduling. Dillard Academy:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule meal periods at appropriate times, e.g., lunch shall be scheduled between 11:00 a.m. and 1 p.m.;
- will not schedule activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. Dillard Academy will provide continuing professional development for all nutrition professionals in the school. Staff development programs will include appropriate certification

¹ To the extent possible, the school will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. The school is encouraged to source fresh fruits and vegetables from local farmers when practicable.

² As recommended by the *Dietary Guidelines for Americans 2005*.

³ A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁴ The Cafeteria Manager and the Child Nutrition administrator will hold a Certified Food Protection Manager (CFPM) course credential.

Foods and Beverages Brought to School. Dillard Academy strongly discourages parents from sending sodas and sugary treats to school. Parents are encouraged to only bring commercially packaged foods, healthy snacks or fresh produce for parties. Covered dishes containing meat, dairy or eggs (except for baked goods) are prohibited.

Sharing of Foods and Beverages. Dillard Academy will discourage students from sharing foods or beverages brought from home with one another during meal or snack times.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals)

The school food service program will approve and provide all food and beverage sales to students during school hours. Meals served at Dillard Academy will be balanced meals.

Meals brought into the Lunchroom. Fast food, candy and sugary drinks, such as soda are not allowed in the cafeteria during meal times.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Rewards. The school will not use foods or beverages as rewards or the withholding of foods or beverages as punishment. Classroom "good behavior" stores will not offer candy, cookies, gum, etc.

Celebrations. The school will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Dillard Academy aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

⁴ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- includes training for teachers and other staff.
- www.teamnutrition.usda.gov

Integrating Physical Activity into the Classroom Setting

- 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.

Communications with Parents. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. Additionally, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

Food Marketing in the School. School-based marketing will be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness. Dillard Academy highly values the health and well-being of every staff member and will encourage and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

IV. Physical Activity Opportunities and Physical Education

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which Dillard Academy should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School. Dillard Academy will offer extracurricular physical activity programs, such as intramural sports programs. The school will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. Dillard Academy encourages students and staff to attempt to complete the President's Lifestyle Award and Fitness Tests.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School. The school will provide direct transportation to and from the school for each student.

Use of School Facilities Outside of School Hours. School spaces and facilities are available to students, staff, and community members before, during, and after the school day, and on weekends, and during school vacations, as appropriate.

V. Monitoring and Policy Review

Monitoring. The principal/leadership team will ensure compliance with established nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school director.

Policy Review.

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