

## **WELLNESS POLICY**

Revised February 2017

Arapahoe Charter School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating patterns and physical activity. To achieve this, Arapahoe Charter School adopts this wellness policy with the following commitments to physical activity and education, health education, nutrition, and implementation.

### **Commitment to Physical Activity and Education:**

All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Physical education/recess will be provided to students according to:

- A. *NC Standard Course of Study, Healthful Living*; and
- B. North Carolina State Board of Education, Healthy Active Children Policy (GCS-S-000):
  - a. Minimum of 30 min. per day of physical activity for K – 8,
  - b. Physical activity must be of moderate to vigorous level, and
  - c. Physical activity may not be taken away as punishment.

### **Commitment to Health Education:**

Health education will be provided to students in grades K – 8 according to the *North Carolina Standard Course of Study, Healthful Living – essential standards*.

### **Commitment to Nutrition:**

All students in grades K –12 will have opportunities, support, and encouragement on an ongoing basis to learn and adapt healthy eating habits through classroom and lunchroom instruction.

Parents will be encouraged to serve healthy meals to their children through printed materials and website articles.

All school lunch and breakfast offerings will meet the meal patterns and nutritional standards established by the US Department of Agriculture and may not be less restrictive. In addition, food offerings will be no more than 30% calories from fat, less than 10% calories from saturated fat, and 0% calories from trans-fat.

Foods and beverages will not be sold that compete with the School Breakfast Program and National School Lunch Program. Foods and beverages not offered by the School Child Nutrition Program may only be sold 30 minutes after the dismissal bell rings.

Food safety will be a key component of all school food operations as evaluated by the health department. The school cafeteria will make every effort to maintain a Grade "A" sanitation level.

Federal Policies on allowable nutrition standards for à la carte sales in the cafeteria, after school snacks provided by the school, and vending will be followed. Additionally:

1. No soft drink or vending machines will be available to students (Senate Bill 961).
2. À la carte items and snacks provided by the after-school program will contain less than 200 calories per serving with less than 35% calories from fat (excluding nuts and seeds), less than 10% calories from saturated fat, and no more than 35% added sugar by weight. Fruits, vegetables, milk, yogurt, whole grains, and water will be encouraged.

Bottled water will be offered for sale to students. The selling of water will be conducted by child nutrition until after the last child is served lunch.

All school-based organizations will be encouraged to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fundraiser is not allowed. Please see attached list of suggested fundraisers.

Milk sold in cafeteria and provided in the after-school program will be nonfat and 1% with a variety of plain and flavored milk offered. Fruit juices will be 100% juice.

Staff will be required to offer healthy foods or nonfood items as rewards for student accomplishments. Please see attached list of suggested rewards.

Staff and parents will be encouraged select foods from the attached list for classroom parties, lunches, and snacks for classroom parties, lunches, and snacks. Please see attached list of healthy food options.

Only prepackaged foods or foods prepared at establishments supervised by the health department may be brought into school to be shared with students.

Arapahoe Charter School will not promote the use of food as punishment.

### **Commitment to Implementation:**

The school administrator or designee will ensure compliance with the established school Wellness Policy.

The school will continue to support the School Health Advisory Council (SHAC). This council will evaluate the current Wellness Policy annually and communicate needed changes to the Board of Directors.

Suggested list of fundraisers, rewards, and healthy party options

Suggested Fundraisers:

Car wash, penny jar, discount cards, flower/plant/bulb sales, turkey/ham raffles, wrapping paper, ect.

Suggested Student Rewards:

Homework pass, teacher's assistant for a set period of time, extra free time, stickers, healthy prepackaged foods such as raisins, yogurt covered raisins, crackers, pretzels (note any student allergies).

Suggested Healthy Party Options (only prepackaged foods or foods prepared by an establishment supervised by the health department are permitted):

Vegetable tray, fruit tray, sandwiches, pretzels, cheese and crackers, 100% fruit juice, water, yogurt.

\*\*\*\*\*Note any food allergies\*\*\*\*\*