

Local School Wellness Policy for Oakland Avenue Charter School

Wellness Policy Committee

Area Represented	Committee Member Name
Parent	Kristy Konat
Student	Caleb Konat
School Food Service Personnel	Sandra Barragan
School Board	Dennis Foltz
School Administrator	Nicole Duslak
Local Health Professional	Kara Toporek
¹ Teachers of Physical Education	Steven Crabtree
¹ School Health Professionals	Karen Keiffer

¹Recommended but not required to have on LSWP committee.

An LSWP cannot be developed and written by one or two individuals in the school. The school community must be involved.

The committee met on the following date(s) to assess the school's nutrition and physical activity environment needs: 10/23/2014

Date: 10/27/2014 School Administrator: Nicole Duslak

1. Nutrition Education

Nutrition topics shall be integrated within the comprehensive health education curriculum and science curriculum in each grade level accordingly. This education will be interactive and teach skills they need to adopt healthy eating behaviors.

Students will have access to useful nutrition information through means of posters, technology, and coursework. Nutrition education will be incorporated within the larger school community. The nutrition education program will work collaboratively with the school meal program to develop student awareness with regard to meals and meal choices. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.

The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program to promote healthy eating habits.

Nutrition education will involve sharing information the community to positively impact students and the health of the community. Additionally, the school will encourage families to reinforce healthy habits and to provide nutritious meals for their families.

2. Physical Education and Activity

All students in grades K-5 receive 150 minutes per week of instructionally relevant physical education. The students shall receive education that teaches them the skills needed for lifelong physical fitness. This program will meet the needs of all students, teach cooperation, fair play and responsible participation. Teachers will discourage bullying, restrict picking teams and promote confidence building.

The school will provide space, equipment and an environment conducive to safe and enjoyable play. Additionally, students will have the opportunity to be involved in physical activity through before- and after-school activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.

School policy will prohibit the use of physical activity and the withholding of physical education as an act of punishment.

3. Other School-Based Activities

Students will have access to free, quality drinking water in all areas of the school.

Parents will be informed of other school-based activities such as grade-level nights, parent information sessions, car washes, etc.

The school will promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school community's use.

Elementary schools will develop guidelines that support our wellness initiative, including serving healthy, nutritious options on field day, fundraisers, festivals and other school-related activities.

The teachers will additionally use non-food rewards for their students. Teachers will replace the use of these awards with alternatives such as excess recess time, game time or other physical activity.

4. Nutrition Promotion

The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

Food services will provide families with opportunities for input and monitoring of their children's food purchases. The school will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.

5. Assurance

*****The assurance below must be written in the policy.*****

We assure that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

6. Guidelines for All Foods Served and Sold

All foods served or sold at this school will meet the following nutrition guidelines.

- 650 calories or fewer for lunch meals and 500 calories or fewer for breakfast meals
- No more than 10% of calories from fat per serving size
- 0% trans-fat from any processed food
- Sodium targets will be < 540 at breakfast and < 1230 at lunch per meal
- Fruit or juice offered daily at breakfast and lunch (with no more than ½ being juice)
- White milk will contain <1% fat; Chocolate will contain 0% fat
- Lunch will contain ¾ cup of vegetable, 1 oz. grain, and 1 oz. meat or meat alternative minimum

7. Inform/update the public about the content/implementation of the LSWP

Wellness goals and policy updates will be provided to students, parents and staff on a regular basis. School wellness updates may be provided in the form of handouts, the school website, articles and information provided in the school newsletter, presentations and through other appropriate means to ensure that the school community is informed and that public input is encouraged.

The school will provide all parents with a complete copy of the LSWP and will ensure that the most updated version of the policy is always available on the school website for the public to view.

The wellness team shall prepare a report annually evaluating the implementation of the policy and include any recommended changes or revisions.

8. Provide a plan for evaluating and measuring the implementation of the LSWP

The wellness team shall meet quarterly to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.

The school will develop a wellness assessment instrument (checklist) to monitor compliance. On an annual basis, the school will use this instrument to assess the school's nutrition and physical activity environments and policies.

School food service staff will ensure compliance with nutrition policies within school food service areas.

9. Ensure all stakeholders may participate in the development, implementation and periodic review and update of the LSWP

The Town of Oakland has the right to read, review and revise the LSWP during board meetings and evaluate its effectiveness. Students will be given the opportunity to provide input on local, cultural and favorite ethnic foods.

The school will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback and attention will be given to their comments.

The food service director will be available to speak with parents upon request and allow for parents to make suggestions as to what they would like to see occurring within the school.

10. Designate one or more LEA/school official to ensure that each school complies with the LSWP

The principal and/or assistant principal shall ensure compliance with established school-wide nutrition and physical activity policies.

11. Website address for the LSWP (if public or charter school)

www.oaktownusa.com