

Capital City Public Charter School

Local Wellness Policy SY 2015 - 2018

The U.S. Congress established a requirement in the Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004, that **all school districts with a federally funded school meal program draft a local school wellness policy**. In 2010 Congress passed the Healthy, Hunger-Free Kids Act of 2010 (the Act). Section 204 of the Act added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and WIC Reauthorization Act of 2004.

The law requires that these policies must, at a minimum, (1) include goals for nutrition education, physical activity, and other school-based activities that promote student wellness, as well as, goals for nutrition promotion, (2) establish nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity, (3) provide assurance that those guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance applicable to school meals issued by the Secretary of Agriculture, (4) establish a plan for measuring the implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the schools meet the wellness policy; (5) involve teachers of physical education and school health professionals, parents, students, and representatives of the school food authority, school board, school administrators, and the public, in the development and implementation of the school wellness policy; and (6) inform and update (including parents, students, and others in the community) about the content and implementation of the local wellness policy.

Capital City Public Charter School recognizes that nutrition education, food served in schools, and physical activity each affect student wellness. We also recognize the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. Therefore, we will use the above requirements as a baseline **and** expand the policy to cover additional student wellness areas. **Capital City Public Charter School** will use the above requirements as a baseline and expand the policy to include the following:

1. Goals for nutrition education, nutrition promotion, physical activity, and other school-based activities that promote student wellness.
2. Nutrition guidelines for all foods available on campus during the school day with the objectives of promoting student health and reducing childhood obesity.
3. Assurance that those guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
4. A plan for measuring the impact and implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the school is in compliance with the wellness policy, the policy compares to model wellness policies, and progress is made in attaining wellness policy goals.

5. Involvement of parents, students, and representatives of the school food authority, school board, administration, and public in the development of the local wellness policy.
6. Goals, in accordance with the Healthy Schools Act of 2010, for: improving the environmental sustainability of the school; increasing the use of locally grown foods; and increasing physical activity in school.

Section 1: Ensuring Quality Nutrition Education, Health Education and Physical Education

Capital City Public Charter School aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

Health and Nutrition Education

Capital City Public Charter School will provide health education that:

- is offered at least 75 minutes per week at each grade level, K-8, 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; Health and Physical Education is required for high school students for a semester and a half as required for graduation.
- is incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- incorporates nutrition education and 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); and
- links with school meal programs, other school foods, and nutrition-related community services;

Physical Education and Physical Activity

Capital City Public Charter School acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of **Capital City Public Charter School** that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being.

Capital City school fitness programs include exhaustive curricula that entail components ranging from participation in the Presidents Council to quarterly physical fitness assessments and goal setting plans. Lesson plans generally meet or exceed State Education requirements. The fitness model incorporates a "bridge" plan that aligns with afterschool programs, preparing students for

after school sports participation, should they choose it. Students are prepared and directed to set goals, and are given pathways for achieving them. As an expression of the expeditionary model of learning here, students are encouraged to think outside of the box, and to explore different avenues of health and wellness learning. Students might take a power walk, do an expedition to study a different sports culture, take a pacer test, work out in the school weight-lifting and fitness studio, or join a class that exposes them to the art of planning and teaching P.E. They may also move to the choreographed dance steps of a video/music recording. Long-range plans are conceived to prepare students for a lifetime of health and wellness.

The components of the **Capital City Public Charter School**'s physical education program include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as martial arts, cheerleading, modern dance, yoga, creative movement, zumba, ballet & tap dancing, break dancing, kickball, stage combat clubs, dance team, Hip Hop club, and capture the flag. Each year Capital City strives to increase the total amount of physical activity the students participate in daily.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, cross country running, flag football, soccer, volleyball, swimming, basketball, wrestling, tennis, track & field, softball, and lacrosse. **Capital City Public Charter School** will ensure that:

- Students in grades K-5 receive at least 150 minutes per week of physical education, and students in grades 6-8 receive at least 225 minutes per week of physical education; Health and Physical Education is required for high school students for a semester and a half (or 1.5 credits) as required for graduation.
- Physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- Fifty percent of physical education class time is devoted to actual physical activity;
- Suitably adapted physical activity shall be provided as part of the Individualized Education Plan (IEP) developed for students with disabilities;
- Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- Physical activity is neither required nor withheld as punishment.

Section 2: Establishing Nutritional Guidelines for All Foods Served and Sold on Campus During the School Day

A component of the educational mission of the **Capital City Public Charter School** is teaching students to establish and maintain life-long healthy eating habits. This mission shall be accomplished, in part, through selling and serving healthful food in the schools. **Capital City Public Charter School** will ensure that:

Free and Reduced-Price Meals

- All qualified students will become eligible for free lunch;
- Maximum participation in the school meal program will be achieved by developing a coordinated, comprehensive outreach and promotion plan, and by putting systems in place that ensure the elimination of the stigma of accepting “free” lunch (such as a card swipe system);
- Schools will provide students with at least 20 minutes to eat after sitting down for breakfast, at least 30 minutes after sitting down for lunch, and sufficient time for each student to pass through the food service line;
- Schools will operate a Universal “Free for All” School Breakfast Program in the cafeteria; and
- All foods served meet, at minimum, the following nutritional requirements of the USDA’s Healthier US School Challenge Program at the Gold Award level and District of Columbia Healthy Schools Act (HSA).

After School 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. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Foods and Beverages Sold Individually in Vending Machines, A la Carte Lines, Fundraisers, and School Stores

Vending machines, a la carte lines, fundraisers, and school stores shall only offer foods and beverages that meet the competitive foods and beverages criteria of the USDA’s Healthier US School Challenge at the Gold Award level and Smart Snacks Standards.

Food Marketing in Schools

School-based marketing will be consistent with nutrition and health education and promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for school meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Rewards

Capital City Public Charter School will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

Third-Party Vendors

Capital City Public Charter School will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 90 minutes after the school day ends, in accordance with Healthy Schools Act and USDA Smart Snacks Standards.

Section 3: Assurance that Guidelines for School Meals are Not Less Restrictive than Those Set at the Federal Level by the Secretary of Agriculture

The Head of School, Principals, and Chief Operating Officer will review this policy and ensure that the policies are not less restrictive than those set by the Secretary of Agriculture or state law.

Section 4: Improving Environmental Sustainability

Capital City Public Charter School will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- contracting with food service vendors that utilize locally grown, and locally processed and unprocessed foods from growers engaged in sustainable agriculture practices; and
- school-wide recycling programs.
- the utilization of a large onsite edible garden and several smaller gardens located around the building.

Section 5: Community Involvement

Capital City Public Charter School will seek involvement from the school and surrounding community in the development and implementation of the local wellness policy. Representatives will include parents, students, teachers of physical education and school health professionals, and representatives of the school administration, school food authority, and community. Additionally, **Capital City Public Charter School** will disseminate the wellness policy to parents through posting it in the school office, on the school website, and through our parent-teacher organization.

Section 6: Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

Capital City Public Charter School shall develop a steering committee to monitor the wellness policy. This committee shall be responsible for evaluating the policy annually and making available to the public an assessment on the implementation of the wellness policy, including the extent to which the school is in compliance with its wellness policy, the extent to which its wellness policy compares to model wellness policies, and progress made in attaining wellness policy goals. The steering committee will also ensure that the wellness policy is revised at least once every 3 years in accordance with the Healthy Schools Act.

The State Education Office will also monitor the status of the school's local wellness policy while conducting reviews and site visits to ensure that the school's activities remain in compliance with its local wellness policy.