NEW OUTLOOK ACADEMY

LOCAL WELLNESS POLICY

Purpose

New Outlook Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority

The Board adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.
To ensure the health and well-being of all students, the Board establishes that New Outlook Academy shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.

2. Access to nutritional food and beverages will continue to be provided free of charge for all students.

3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day, as well as on evenings and weekends.

4. Curriculum and programs for grades 7-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The Executive Director shall be responsible for the implementation and oversight of this policy to ensure New Outlook Academy's programs and curriculum are compliant with this policy, related policies and established guidelines or administrative regulations.

The School Director shall annually report to the Executive Director regarding compliance in the school.

Staff members responsible for programs related to school wellness shall report to the Executive Director regarding the status of such programs.

Recordkeeping

The School Director shall report annually to the Board on the district's compliance with law and policies related to school wellness. The report may include:

- Assessment of school environment regarding school wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines (at present we do not offer any food or beverages for sale to students as we are an RCCI).
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from staff, students, parents/guardians, community members and the Wellness Committee.

The Executive Director and the established Wellness Committee shall conduct an assessment at least one time every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which the school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the school in attaining the goals of this policy.

At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as school and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

New Outlook Academy shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the district website, student

handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.

New Outlook Academy shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness policy.

2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the district to inform the public of their ability to participate in the review.

4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

Wellness Committee

The district shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, school administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher, and community member. It shall be the goal that committee membership will include representatives from the school building and reflect the diversity of the student body.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

- Nutrition education in the school shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

- Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

- Nutrition education lessons and activities shall be age-appropriate.

- Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.

- School food service and nutrition education classes shall cooperate to create a learning laboratory.

- Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.

- Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

- The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. The district shall develop standards for such training and professional development.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

- New Outlook Academy shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

- School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

- Food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

- Consistent nutrition messages shall be disseminated and displayed throughout the school, classrooms, and cafeteria.

- Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

- New Outlook Academy shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children upon their return to the home.

Physical Activity

- New Outlook Academy shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play during program, sports, etc.

- Students shall participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, and fitness and performance benefits daily.

- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

- Physical activity breaks shall be provided for students during classroom hours.

- The school shall partner with parents/guardians and community members and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity to the extent practicable.

- Physical activity shall not be used or withheld as a form of punishment.

- A Walking Wellness Room (with treadmills) has been added to the first floor. Students are encouraged to utilize this room to help with their physical fitness, as well as provided mental health benefits derived from exercising.

- A Fitness Club has been established for any students interested in participating. It incorporates cardio and weight training lead by a staff member. The Club meets twice per week.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.

- Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

- Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

- A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

- Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

- A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

- Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

- Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

- Physical education shall be taught by certified health and physical education teachers.

- Appropriate professional development shall be provided for physical education staff.

- Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.

- Physical activity shall not be used or withheld solely as a form of punishment

Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the district and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.

- New Outlook Academy shall provide adequate space for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.

- Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.
- Students shall have access to hand washing or sanitizing before meals and snacks.

- Access to the food service operation shall be limited to authorized staff.

- Nutrition content of school meals shall be available to students and parents/guardians.
- New Outlook Academy shall provide appropriate training to all staff on the components of the School Wellness policy.

- Goals of the School Wellness policy shall be considered in planning all school based activities.

Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in the school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School

Breakfast Programs shall comply with established federal nutrition standards.

Nutritional contacted will be provided to students and/or parents upon request.

New Outlook Academy will serve students a healthy meal in a cafeteria style setting. Students are always offered with their meal:

- Homemade soup and salad bar
- Fresh Fruit & Vegetables
- Choice of Milk

New Outlook Academy teachers and staff eat lunch with the students and monitor their nutritional choices. Staff continues to encourage students daily to create a well-balanced meal using a combination of our healthy food options.

Competitive Foods

New Outlook Academy does not allow vending machines on campus. No other food or beverages are sold to the students outside of school meals during the school day on campus. The school does not allow parties with outside food. Occasionally, rewards for perfect attendance, etc., are given to students. These are prepared by the food service department to help prevent food safety and allergen concerns.

Marketing/Contracting

New Outlook Academy does not permit marketing of foods and beverages to students on the campus during the school day.

Management of Food Allergies in The School

New Outlook Academy shall establish Board policy and administrative regulations to address food allergy management in the school in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.

2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.

3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.