

Adopted: August 14, 2014
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COMMUNITY OF PEACE ACADEMY POLICY No. 5.5.10 WELLNESS

I. PURPOSE

The purpose of this policy is to further encourage and support a school environment that will optimize children's health, well-being, and ability to learn. While there are many factors that CPA recognizes and supports as vital to the physical and psychological health of our children, at present this policy specifically addresses only the areas of nutrition and physical activity/education.

II. POLICY STATEMENT

Community of Peace Academy is committed to providing a school environment that encourages and supports children's health, well-being, and ability to learn. Community of Peace Academy recognizes that balanced nutrition and regular physical activity foster good physical, mental, and emotional health. Students with good physical, mental and emotional health are more likely to have improved attendance, and can more easily attend to their learning. Therefore, CPA will:

- 1) encourage and support all students, PreK-12, to be physically active on a regular basis
- 2) encourage and support all students, PreK-12, to develop and practice healthy eating habits.

III. NUTRITION AND FOOD SAFETY

CPA will encourage and support all students, PreK-12, to develop and practice healthy eating habits.

A. Nutritional Quality of Foods and Beverages Sold and Served through Nutrition Services:

1. Foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
2. Nutrition Services will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body

in meal planning; will accommodate the special dietary needs of students and will provide clean, safe and pleasant settings and adequate time for students to eat.

3. Nutrition Services will sell food as a balanced meal.
4. CPA will participate in available federal school meal programs. This includes the School Breakfast Program, National School Lunch Program (including after-school snacks), and Summer Food Service Program.

B. Behaviors regarding mealtimes at school.

1. CPA will encourage hand washing prior to eating meals or snacks.
2. CPA will ensure that school schedules are arranged to allow adequate time for students to eat breakfast and lunch.
3. CPA will discourage the scheduling of clubs, activities, or organizational meetings during mealtimes unless students are allowed to eat during such activities.
4. CPA, when aware of these situations, will assure that children who receive the majority of their daily caloric intake at school, will receive extra nutrition and social work support.

C. Nutritional Quality of Foods served outside of Nutrition Services:

1. Snacks purchased for students by CPA staff for use during the school day or in after-school activities will make a positive contribution to children's diets. Guidelines and suggestions for nutritious snacks will be provided to the CPA staff.
2. Classrooms that ask families to donate classroom snacks, will educate families regarding the benefits of healthier snacks, listing some healthy snack possibilities.
3. Any food sold to students during the school day will meet Smart Snacks in Schools criteria established by the USDA.
4. Celebrations. Classrooms should limit celebrations that involve food during the school day to no more than one party per month. Each party should include no more than one food or beverage that does not meet the nutrition standards for foods and beverages sold individually.
5. Rewards and incentives will be used that do not undermine the health of students or reinforce unhealthy eating habits. Staff will strive to use nonfood rewards as appropriate (rewards such as stickers, praise, recognition during the daily announcements, etc.) CPA also will not withhold food or beverage as punishment.
6. Exceptions to these nutritional guidelines will only be allowed if such an exception is specifically stated in a student's IEP or BIP.
7. Food allergies of students will be noted and shared with both nutrition services and appropriate teachers and staff. In some instances, when the allergy is especially severe, classmates or their families may be notified (with the permission of the family of the child with the allergy).

8. Student Council will be encouraged each year to consider the nutritional content of foods served at after-school activities (such as dances and games). Student Council members will be encouraged to include some food choices that meet the nutritional guidelines as outlined in the resource provided to staff and parents.
9. This policy allows the marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

D. Food Safety

Due to the increase in food allergies, diabetes, and other health conditions affecting school-aged children, as well as the risk of food-borne illness, CPA will adhere to the following guidelines to ensure the health and safety of students anytime food is brought into school.

1. All food brought to school for consumption by students, whether for classroom snacks or to celebrate birthdays and other special occasions, must be store-bought, in the original packaging, containing the ingredient list and nutritional labels. This list of ingredients will be reviewed by appropriate school staff to ensure the safe consumption of food.
2. Due to health and safety regulations, CPA cannot accept home-baked goods for classroom snacks, or to celebrate a special occasion. Home-baked goods will be returned to the student to take home.
3. On occasion, CPA may organize a class potluck that involves students and/or parents bringing food cooked at home to share with others. Such potlucks will be communicated to parents in advance, and parents will be asked to sign a permission slip giving their child permission to participate.

IV. PHYSICAL EDUCATION CLASSES AND OPPORTUNITIES

CPA will encourage and support all students, PreK – 12, to be physically active on a regular basis.

1. CPA will strive to make continuous progress toward physical education classes that meet or exceed the National Standards.
2. Fifty percent of students in grades 2-12 will meet the National Fitness Level or higher on the Presidential Fitness Test.
3. Students will demonstrate an understanding of skills and techniques to achieve and maintain life-long fitness.
4. Students in grades K-8 will have one semester of physical education per year and a minimum of one hour of physical education per week of the semester.

5. High School students will be required to complete two semesters of physical education classes as a graduation requirement at a minimum of 45 minutes per day per semester.
6. Students at the PreK and elementary levels will participate in frequent, active recess.
7. CPA will provide students with the opportunity to participate in extracurricular activities that are both formal and informal. CPA will strive to increase these offerings as funding allows.
8. CPA will hire only certified physical education teachers and licensed instructors.
9. CPA will maintain safe and developmentally appropriate fitness equipment and activity areas.
10. CPA Staff will refrain from using physical education classes and/or exercises as a consequence of negative behavior. CPA Staff will refrain from using a loss of physical education participation as a consequence of unrelated behaviors.

V. NUTRITION/PHYSICAL HEALTH EDUCATION

1. Nutrition education and physical fitness education will be provided as part of a comprehensive health education program for students in grades K-6. This program will be cross-curricular and use a multiple intelligence approach.
2. Nutrition education will be taught as part of the health education program in high school during grades 9 and 10.
3. CPA will have a nutritionist available on a regular schedule to educate and support students with special nutritional needs.
4. CPR and First Aid training will be available at no cost to all CPA employees.

VI. COMMITTEE OVERSIGHT

The Wellness Policy falls under the jurisdiction of the Community of Peace Academy Facility, Health and Safety Committee, which meets monthly during the academic school year. Participation on the committee is permitted for the general public and the school community (including parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) to participate in the wellness policy process.

VII. TRAINING, MONITORING, AND POLICY REVIEW

Training: The CPA School Nurse will present this policy yearly during the August staff workshops. In addition, this policy will be included in the staff handbook. For families, the “General Statement of Policy” (stated at the beginning of this document) will be included in the family handbook. The entire policy can be viewed on the CPA website or obtained by families from the Health Office.

Oversight, Support and Implementation: CPA School Nurse will be responsible for overseeing wellness policy work, providing ongoing support to CPA staff for the implementation of this policy

Policy Review: The Wellness Policy will be reviewed, as needed, by the Facility, Health and Safety Committee, with any revisions brought to the Board of Directors for approval.

VIII. POLICY DISTRIBUTION AND POLICY UPDATES

CPA will make the policy and updates to the policy available to students, staff, families, and the general public.

1. The policy will be posted on the CPA website.
2. The policy will be included, in summarized form, in the Family Handbook.
3. A record of policy updates including committee members involved in those updates will be included in the Facility, Health and Safety Committee meeting minutes and the Board of Director Meeting minutes.
4. Policy updates made during the school year after the distribution of the Family Handbook will be communicated electronically to staff and families.
5. The policy will be reviewed and revised at a minimum every three years. A copy of the most recent triennial assessment will be kept on file. Policy review will include an assessment of:
 - a. Compliance with the wellness policy.
 - b. Progress toward the goals outlined in the policy.
 - c. How well the policy compares to model wellness policies.