

Crispus Attucks YouthBuild Charter School

Section: Pupils
Title: Student Wellness Policy No. 246
Adopted: October 12, 2006 by Crispus Attucks Board of Directors
Adopted: October 16, 2006 by Crispus Attucks YouthBuild Charter School Board of Directors
Revised: Adopted December 11, 2014 by Crispus Attucks Board of Directors
Revised: Adopted December 15, 2014 by Crispus Attucks Charter School Board of Directors

Purpose Crispus Attucks YouthBuild Charter School recognizes that student wellness and proper nutrition are related to students' physical well being, growth and development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, 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.

To ensure the health and well being of all students, the Board establishes that Crispus Attucks YouthBuild Charter School shall provide to students:

- A Comprehensive nutrition program consistent with federal and state requirements
- Physical activity opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs that are geared to grade 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

Crispus Attucks Association, Inc. is the Lead Local Management Agency and shall be responsible to monitor and evaluate the food service program to ensure compliance with the policy and regulations for federal and state laws.

The CEO or designee shall be responsible to monitor Charter School programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Staff members responsible for programs related to student wellness shall report to the CEO regarding the status of such programs.

The CEO or designee shall annually report to the Board on compliance with the law and policies related to student wellness.

Wellness Committee

The Crispus Attucks YouthBuild Charter School is a program of the Crispus Attucks Association of York, PA. Crispus Attucks serves as the Local Management/ Education Agency.

Crispus Attucks Association shall appoint a Wellness Committee to promote student wellness, proper nutrition education, and regular physical activity as part of the total learning experience.

The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Wellness Committee shall provide periodic reports to the CEO or designee regarding the status of its work, as required.

Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

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

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

Nutrition education lessons activities shall be age appropriate and behavior focused.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education. Teachers shall cooperate with food services, other agencies, community organizations to provide opportunities for appropriate student projects related to nutrition.

Linking nutrition education with physical education shall reinforce lifelong lifestyle balance. Consistent nutrition messages shall be publicized throughout the school learning environment. Nutrition messages shall extend beyond the school environment by involving families and communities.

Physical Education

The charter school shall strive to provide opportunities for developmentally appropriate physical activity for students to achieve optimal health, wellness, fitness, and performance benefits through the Mental Toughness YouthBuild program that begins each school day and several additional times throughout the school year.

Other School Based Activities

Crispus Attucks Association, Inc. 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: not less than fifteen (15) minutes to sit down for breakfast; and not less than thirty (30) minutes to sit down time for lunch.

Meal periods shall be scheduled at appropriate hours.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet the LEA criteria shall administer the school meals program.

Professional development shall be provided for nutrition staff and staff involved at the point of meal service.

Food Safety Training shall be offered to teachers and management and administrative staff that meet the HACCP guidelines. Training shall be offered annually.

Access to the food service areas shall be limited to authorized staff.

Snack food or snack beverages shall not be provided as student rewards.

Nutrition content of school meals shall be available to students and parents/guardians.

To the extent possible, Crispus Attucks shall utilize available funding and outside programs to enhance student wellness.

Food shall not be used in the schools as a reward or punishment.

Appropriate training shall be scheduled to all staff on the components of the Student Wellness Policy.

Goals of the Student Wellness Policy shall be considered in planning all school-based activities.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

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

Crispus Attucks YouthBuild Charter School shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for students by communicating relevant information through various methods.

Nutrition Guidelines

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

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Competitive Foods

Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

All foods available in the charter school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. The school participates as in the National School Lunch and School Breakfast Programs. Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative, as well as applicable laws, statutes, and regulations, including the Nutrition Standards for Competitive Foods in Pennsylvania Schools for the School Nutrition Incentive as written, as well as the Smart Snacks Nutrition Standards for Foods. Reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

Ala Carte options: Crispus Attucks Association, Inc does not offer meal service options.

Safe Routes to School

Crispus Attucks shall access, and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

Crispus Attucks shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

Administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

References:

CHILD NUTRITION AND WIC AUTHORIZATION ACT of 2004 - P.L 108-265, Section 4

School Code – 24 P.S. Sec. 504.1, 1337.1, 1422, 1422.1, 1512.1, 1513