

WELLNESS POLICY FOR NORTH COUNTY CHARTER SCHOOL

Philosophy: North County Charter School's Board of Directors believes that children and youth who make healthy choices perform better academically and are more likely to succeed in achieving their life goals. The Board also believes that a healthy staff can be more productive and model positive appropriate wellness behaviors.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Nutrition: Academic performance and quality of life issues are affected by the choices and availability of good foods in our schools. Healthy foods support students' physical growth, brain development, and resistance to disease, emotional stability and prevention of transient hunger allowing learning to occur. In the year 2012-2013 we began serving more fresh fruits and vegetables in our cafeteria.

1. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the school's Department of Food and Nutrition Services (Dept. of FNS) or contracted vendors. Menu and product selection shall utilize students, parents and Board of Directors whenever possible.
2. Dept. of FNS policies and guidelines for reimbursable meals shall meet federal and state regulations. Planned meals must meet the recommended calories for age group. Of those recommended calories, no more than 30% shall come from fat and no more than 10% shall come from saturated fat. These are percentages of total calories offered. Recommended level of Vitamins A and C shall be met over a range of a week's menu.
3. Treats offered to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff, with few exceptions, all offerings will have 35% or less of total calories coming from fat or added sugar. Nutrient dense foods like nuts or milk will be exceptions to the 35% rule.
4. Any foods offered to students shall follow the same guidelines as mentioned above. Foods given as incentives or rewards for positive behaviors must adhere to the same guidelines.
5. Vending Machines: There will be no vending machines on campus available to students.

Setting Nutrition Education Goals

1. Nutrition Education will be taught in our school which provides age appropriate instruction including, but not limited to the following areas: food groups, healthy snacks, caloric intake and food labels.
2. Department of Food and Nutrition Services shall make available, upon request, classroom activities for elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

Setting Physical Activity Goals

The philosophy of physical education has changed from a focus on the teaching of sports specific skills to enhancing individual fitness levels for all students to promote/incorporating physical activity into their daily lives. Students are offered a variety of activities to encourage and promote fondness of physical activity.

Physical Education and Activity: Physical activity during recess {30 minutes daily} will be encouraged. The importance of physical activity will be an essential part of our health instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. Students shall be provided varied opportunities for enjoyment, challenge, self expression, and social interaction that will lead to a physically active lifestyle.

Setting Goals for Other School-Based Activities Designed to Promote Staff and Student Wellness

1. Our school shall be in compliance with drug, alcohol, and tobacco free policies.
2. We will provide an accessible and productive environment, free from physical dangers or emotional threat and intimidation. Safe and consistent with applicable occupation and health laws, policies, and rules.
3. Employees will be encouraged to engage in physical activity during the work breaks and/or lunch breaks, and also before and after school.

FAMILY, SCHOOL AND COMMUNITY PARTNERSHIPS

Educators, administrators, parents and health providers must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure student's basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition physical activity, and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural and medical) should be

considered at all times to ensure that all student needs are being met so that no child is left behind.

To that end, long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

We will be partnering with the School District of Indian River County and the Health Department for community based health programs. We will have the Department of Health complete school health screenings including, vision and hearing. We will also partner with the school district with the American Cancer Society for the provision of educational materials and programs for promoting cancer education, prevention and screening. We will partner with a local Dentist to provide materials and instruction in proper dental health. We will also be privy to the School District's current wellness information and wellness activities on the School District's web site. The site also includes a monthly wellness newsletter that is accessible to employees, students and community leaders.

Setting Goals for Measurement and Evaluation

North County's Board of Directors will monitor our wellness policy implementation. A key element will be to check the menus and the amount of physical activity daily.

If you have any suggestions for improvement to our wellness policy, we would appreciate the input.

Last updated 10/21/2013
Board Approved 11/11/2013