



Champion Schools
Wellness Policy

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INTRODUCTION

Our district, hereby referred to as “Champion Schools” is dedicated to fostering the optimal development of every student. Extensive research has shown that two key factors, namely good nutrition and regular physical activity, significantly contribute to positive student outcomes.

Research-based Benefits of Good Nutrition and Physical Activity for Student Success

Recent research highlights the significant impact of two key components on student outcomes: good nutrition and physical activity. These factors, when incorporated before, during, and after the school day, have been found to have a strong correlation with positive outcomes for students.

Good Nutrition and Academic Performance

A noteworthy example is the U.S. Department of Agriculture's (USDA) School Breakfast Program, which has been associated with a range of benefits for students. Students who participate in this program have shown higher grades and improved standardized test scores. Additionally, their rates of absenteeism have decreased, and they have demonstrated enhanced cognitive performance (CDC).

On the other hand, inadequate consumption of specific foods, including fruits, vegetables, and dairy products, has shown a negative association with academic performance among students (CDC).

Physical Activity and Student Success

Research also indicates that students who engage in regular physical activity throughout the day tend to experience numerous positive outcomes. These include better grades, improved attendance, enhanced cognitive performance, and positive behavior (CDC).

By emphasizing good nutrition and encouraging physical activity, educators can significantly contribute to the success and well-being of their students.

The following terms will be defined as follows when used in this document:

1. **School Campus:** Refers to areas that are owned or leased by the school and used at any time for school-related activities. This includes the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums, as well as parking lots.

2. **School Day:** Refers to the time period between midnight the night before and 30 minutes after the end of the instructional day.

Please note that these definitions have been revised to ensure accuracy and relevance.

WELLNESS GOALS

Nutrition Promotion

- Encouraging Meal Program Participation: Students are encouraged to participate in school meal programs such as School Breakfast and National School Lunch for a well-rounded nutrition.
- Access to School Meal Menus: School meal program menus are conveniently posted on the school website, allowing students and parents to make informed choices.

Nutrition Education

- Professional Training: Teachers and staff receive comprehensive training in nutrition education to effectively deliver this important information to students.
- Integrating Nutrition Education: Nutrition education is integrated into various subjects such as math, science, language arts, social sciences, and electives, ensuring that students receive a well-rounded understanding of healthy eating throughout their academic journey.

Physical Activity

- Positive Approach to Physical Activity: Physical activity, including recess, classroom physical activity breaks, and physical education classes, is never used or withheld as punishment. It is viewed as a positive and essential part of students' overall well-being.
- Adequate Supplies and Equipment: Schools maintain inventories of physical activity supplies and equipment while actively collaborating with community partners to ensure there are sufficient resources available to encourage physical activity for all students.

Enhancing Student Wellness through School-Based Activities

1. Encouraging Physical Activity and Healthy Eating at School-Sponsored Events

- Elevating wellness at school-sponsored events: We prioritize student well-being by integrating wellness components, such as physical activity and healthy eating

opportunities, into various school-sponsored events. This ensures that students have access to healthy choices and opportunities to engage in active behaviors.

2. Fostering Healthy Habits through Community Engagement

- Promoting healthy eating and physical activity to parents, caregivers, families, and the wider community: Throughout the school year, we actively communicate information about nutrition and physical activity to parents and caregivers, ensuring they have the resources to support their child's wellness journey. Additionally, we extend this outreach to the wider community, cultivating a culture of wellness beyond the school campus.

By incorporating these strategies, we aim to promote healthier lifestyles and overall well-being among our students.

NUTRITIONAL STANDARDS AND GUIDELINES

Our Commitment to Healthy School Meals

At our school, we prioritize providing children with nutritious meals that support their overall health and well-being. Our meals are carefully crafted to include a variety of fruits, vegetables, whole grains, and fat-free or low-fat milk. We ensure that our meals are moderate in sodium, low in saturated fat, and contain zero grams of trans fat per serving, as indicated by the nutrition label or manufacturer's specification.

Our goal is not only to meet the nutritional needs of our students but also to improve their diet and overall health. By offering healthy meal programs, we aim to address childhood obesity and promote lifelong healthy eating habits. We understand the importance of setting a positive example of healthy eating and accommodate cultural food preferences and special dietary needs, making it possible for students to make healthy choices.

At our school, we actively participate in important child nutrition programs, such as the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). We are dedicated to providing nutritious meals through these programs, as well as other relevant Federal child nutrition initiatives. Our goal is to ensure that all students have access to:

1. **Accessible Meals:** We strive to make our meals accessible to all students, regardless of their circumstances.
2. **Appealing and Attractive Options:** We understand the importance of making our meals enticing and appealing to children, encouraging them to make healthy choices.

3. **Clean and Pleasant Settings:** Our meals are served in clean and pleasant settings, creating a positive and welcoming dining environment.
4. **Meeting Nutrition Requirements:** Our meals meet or surpass the nutrition requirements set by local, state, and Federal laws and regulations. Please note that our school offer reimbursable meals that adhere to [USDA nutrition standards](#).

Additionally, we actively promote healthier food and beverage choices through the implementation of Smarter Lunchroom techniques. Some of these techniques, but not limited to, include:

1. **Visible and Accessible Fruits:** We prominently display fruit options in the line of sight and reach of our students.
2. **Vegetables for All:** Vegetables are offered on all service lines, ensuring that students have access to these nutritious options.
3. **Healthy Dips for Raw Vegetables:** When serving raw vegetables, we provide healthy, low-fat dips like hummus, salsa, or ranch to accompany them.
4. **Constant Availability of Milk:** Our milk cases and coolers are consistently stocked throughout the meal service, ensuring that students have access to milk.
5. **White Milk Option:** We offer white milk in all beverage coolers, giving students a healthy choice.
6. **Encouraging Complete Meals:** We politely encourage students who may not have a full reimbursable meal to "complete their meal" by selecting a fruit or vegetable.
7. **Flexible Service Areas:** Students can create a reimbursable meal in any service area available to them.
8. **Monthly Meal Menu:** We provide a monthly meal menu to students, families, teachers, and administrators, ensuring everyone is informed and up-to-date on the options available.

At our school, we strongly prioritize the following initiatives to ensure the health and well-being of our students:

1. **Promoting Federal Child Nutrition Programs:** We actively promote and encourage students and families to participate in various federal child nutrition programs. By doing so, we aim to raise awareness about the available programs and help families access the support they need to provide nutritious meals for their children.
2. **Accommodating Special Dietary Needs:** We understand that every student has unique dietary requirements. Our dedicated staff works closely with families to accommodate special dietary needs and ensure that all students have access to safe and nourishing meals that cater to their individual needs.
3. **Timely and Appropriate Lunch Services:** We believe that lunchtime should be both reasonable and appropriate. Our school strive to serve lunch at a time that aligns with

students' schedules, allowing them to have a balanced meal without feeling rushed or disrupted during their daily activities.

4. **Ample Time to Enjoy Meals:** We recognize the importance of providing students with sufficient time to enjoy their meals. Our school encourage a relaxed and stress-free environment

Competitive Foods and Beverages Policy Update

At our school, we are dedicated to providing healthy food and beverage options to support our students' well-being. To ensure that we are promoting nutritious choices, the nutritional requirements for all foods and beverages sold on campus during the school day, including "competitive" items, will align with the [USDA Smart Snacks in School](#) nutrition standards. These standards are designed to enhance student health, encourage the consumption of wholesome foods, and foster a supportive environment for the development of healthy eating habits. By adhering to these guidelines, we strive to keep our students happy, healthy, and thriving.

To promote healthier eating habits and enhance the well-being of students, all food and drinks sold to students on the school campus during the school day, excluding those provided by the reimbursable school meal programs, will meet or surpass the nutrition standards set by the [USDA Smart Snacks guidelines \(7CFR§210.11\)](#). These standards will be enforced in all areas and services where food and beverages are sold, such as cafeterias' à la carte options, vending machines, school stores, and snack or food carts. This ensures that the school maintains up-to-date and improved practices supporting healthy food choices.

Celebrations and Rewards: Healthier Alternatives

In order to promote healthy habits and choices, our school is committed to encouraging the use of nutritious food and beverages during celebrations and rewards. While not required to meet [USDA Smart Snacks nutrition standards](#), we provide resources to parents and teachers for healthier alternatives in the following activities:

1. Celebrations and Parties:
 - We offer a list of healthy party ideas, including non-food celebration options, to parents and teachers.
 - Additional healthy party ideas can be found from the [Alliance for a Healthier Generation](#) and the USDA.
2. Classroom Snacks brought by Parents:

- Parents can refer to a list of foods and beverages that meet [Smart Snacks nutrition standards](#) to ensure their contribution aligns with our commitment to healthy eating.
3. Rewards and Incentives:
 - Teachers and relevant school staff receive a [list of alternative ways to reward children](#), promoting positive behavior and achievements.

Fundraising

In order to promote healthier choices for students, our school have established new fundraising guidelines aligned with the USDA [Smart Snacks in Schools nutrition standards](#). These guidelines allow for the sale of foods and beverages that meet or exceed these standards during the school day. However, we also encourage the use of non-food fundraisers and initiatives that promote physical activity.

Below are the key points of our fundraising guidelines:

1. Smart Snacks in Schools: Foods and beverages sold during fundraisers on the school campus must meet or exceed the USDA Smart Snacks in Schools nutrition standards.
2. Healthy Fundraising Ideas: We provide parents and teachers with a list of healthy fundraising ideas that align with these guidelines. This list includes non-food fundraisers as well as initiatives promoting physical activity, such as walk-a-thons, Jump Rope for Heart, fun runs, and more.
3. Additional Resources: For more healthy fundraising ideas, you can visit the [Alliance for a Healthier Generation](#) and the [USDA](#).

Foods and Beverages Marketing in Schools

Food and beverage marketing in schools refers to the advertising and promotional activities aimed at promoting the sale of food and beverage products. This includes various forms of communication, such as oral, written, or graphic statements, that are made by producers, manufacturers, sellers, or any other entities with a commercial interest in the products. It is important for schools to establish guidelines to ensure that marketing efforts align with the district's wellness policy and promote healthy eating habits among students.

Types of Food and Beverage Marketing

Food and beverage marketing can take different forms within the school environment, including:

1. **Branding:** This includes brand names, trademarks, logos, or tags, typically found on the actual products or their containers.
2. **Displays:** Marketing materials displayed on vending machine exteriors or school equipment, such as marquees, message boards, scoreboards, or backboards.
3. **Food Service Equipment:** Corporate branding on cups, menu boards, coolers, trash cans, and other food service equipment, as well as on posters, book covers, pupil assignment books, or school supplies made available to students.
4. **Advertisements:** Placement of advertisements in school publications or mailings.
5. **Promotions:** Distribution of free product samples, taste tests, or coupons, as well as providing free samples containing product advertising.

Promoting Health and Minimizing Distractions

Our school is dedicated to creating an environment that prioritizes the health and well-being of our students. We strive to educate them about making informed choices regarding nutrition, health, and physical activity. To achieve this goal, it is essential to minimize commercial distractions and ensure that marketing on school property aligns with the health information we provide through nutrition education and health promotion efforts.

Guidelines for Marketed Foods and Beverages

Any foods and beverages marketed or promoted to students during the school day must meet or exceed the USDA [Smart Snacks in School nutrition standards](#). This means that only those foods that comply with or exceed these nutrition standards are permitted to be marketed or promoted to students. By adhering to these guidelines, we can ensure that the products being marketed to students align with our commitment to promoting healthy eating habits.

Considerations for Contracts and Purchasing

When reviewing existing contracts or considering new ones, as well as purchasing or replacing equipment and products, our school will take into account the marketing guidelines outlined in our local wellness policy. While immediate replacement of school equipment is not required, we will aim to replace or update equipment in alignment with the policy when contracts are up for renewal or whenever it is financially feasible. This approach allows us to gradually align all items with the marketing policy over time, promoting consistency and up-to-date practices.

Remember, by prioritizing student health and aligning marketing efforts with nutrition standards, we can create a school environment that supports healthy choices and minimizes potentially harmful commercial influences.

PARTICIPATION, IMPLEMENTATION AND MONITORING

Wellness Leadership: Promoting Health and Well-being in Schools

In order to promote a healthy environment within our school community, we are dedicated to establishing a strong Wellness Leadership program. This program will involve the creation of a Wellness Committee, tasked with overseeing and implementing various policies and decisions related to student well-being and overall health.

Roles and Responsibilities

The Wellness Committee will be composed of a diverse group of stakeholders, including:

- Parents or caregivers
- Students
- School nutrition program leaders (e.g., school nutrition director, operations manager)
- Teachers
- School administrators
- School board members
- Health professionals
- General public

Committee Leadership

A school leader, or a designated individual, will take on the role of Wellness Coordinator. This person will be responsible for convening and overseeing the committee, ensuring that all relevant matters are discussed and addressed effectively.

Committee Objectives

The Wellness Committee will strive to achieve the following objectives:

1. Develop and implement evidence-based wellness policies that promote a healthy school environment.
2. Provide guidance and support for school nutrition programs, ensuring that students have access to nutritious meals.
3. Collaborate with teachers and administrators to integrate wellness education into the curriculum and school activities.

4. Foster a positive and inclusive school community that prioritizes mental health and well-being.
5. Engage parents, caregivers, and the general public in promoting wellness initiatives and encouraging healthy habits both at school and at home.

By establishing a proactive and inclusive Wellness Leadership program, we aim to create a school community that values and prioritizes the health and well-being of all its members.

The Wellness Committee members are included in the table below, which is updated when/if membership changes:

NAME	Title or Relationship to School	Contact Information (email and/or phone)	Role on Committee
Carolyn Sawyer	Superintendent	csawyer@championschools.org	Wellness Coordinator
Julie Thaut	Nutritionist	jthaut@championschools.org	Member
Nadine Villalba	Nutritionist	nvillalba@championschools.org	Member
Elizabeth Fernandez	Nutritionist	efernandez@championschools.org	Member
<u>Philip Cahal</u>	Director of Operations	pcahal@championschools.org	Member

Implementation

The district will create and maintain a comprehensive plan to effectively execute and manage the wellness policy. This plan will include clear actions, assigned responsibilities, desired outcomes, and specific timelines for implementation. It will specifically align with the goals set for nutrition promotion, nutrition education, physical activity, and other activities that promote overall wellness.

Evaluation

To ensure continuous improvement, our district will conduct regular assessments of the wellness policy's implementation. These assessments will take place at least once every three years. The

Wellness Coordinator will lead the assessment process by convening the Wellness Committee and engaging other stakeholders. The findings of the assessment will be compiled into a report.

The triennial assessments will consist of the following components:

1. Evaluation of compliance with standards and guidelines outlined in the Wellness Policy
2. Monitoring progress towards the goals defined in the Wellness Policy
3. Comparative analysis of our Wellness Policy with the [Alliance for a Healthier Generation's model wellness policy](#)

The assessment team(s) will use an appropriate rubric or checklist to evaluate the school's adherence to standards and progress towards goals. Additionally, the evaluation will include a comparison of our local wellness policy with the model policy provided by the Alliance for a Healthier Generation. The resulting report will include the completed assessment tools, notes, and recommendations for improvement. These reports will be made publicly available on our school website to ensure transparency and accountability.

Revision of the Wellness Policy

The Wellness Policy will be revised as needed to ensure it remains up to date and responsive to various factors. These factors include, but are not limited to:

- Changes in local, state, or federal policies.
- Identified needs from students, staff, parents/families, or other stakeholders, which they can bring to the Wellness Coordinator.
- Reviews of completed triennial evaluation reports.

The revision process will involve convening the Wellness Committee, either in whole or in part, to discuss and revise the policy. It is important to note that if revisions are required due to changes in local, state, or federal policies, consultation with qualified experts may be conducted without committee meetings.

Informing the School Community

Whenever revisions are made to the Wellness Policy, the district will ensure that all members of the school communities and the public are informed. This information will be shared through our website.

Public Involvement

Our district values community input and seeks active participation in the development, implementation, and monitoring of the Wellness Policy. We will actively communicate ways in which members of the Wellness Committee and others can contribute.

Additionally, we will notify parents/families of any significant changes made to school meal programs, compliance with school meal standards, the availability of child nutrition programs, and how to apply. We will make use of electronic mechanisms such as email, website and social media notices, as well as non-electronic means such as newsletters and presentations to ensure that all families are actively notified of updates to the Wellness Policy and are provided with opportunities to get involved and support the policy.

It is our commitment to ensure that all communications are culturally and linguistically appropriate to the community, and are accomplished through means similar to how we communicate other important information with parents.

Annual Notifications

The district will notify the public and the community at large about the content of the Wellness Policy at least once a year via our website. Additionally, we will provide information on the availability of annual and triennial reports.

By implementing these practices, we strive to keep the Wellness Policy current, relevant, and in alignment with the needs of our school community.

RESOURCES AND REFERENCES

Center for Disease Control and Prevention. (2014). "Health and Academic Achievement."

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Alliance for a Healthier Generation. (2018). "Alliance's Model Wellness Policy."

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