



Taylor's Crossing Public Charter School Wellness Policy

Policy Subcommittee 2017-2018

***Kim High – Staff
Beth Long – Food Service
Hannah Childers – Student
Kyler Butikofer – Student
Dan Wendt - Administration
Blaine McInelly – P.E. Faculty
Theresa Adelizzi - Parent
Erica Radford - Board***

Mission Statement

At Taylor's Crossing Public Charter School we strive to provide a healthy environment that nurtures a positive understanding of health, nutrition, physical activity, and wellbeing. We implement and support a lifelong healthy lifestyle through curriculum, advertising, role modeling and following guidelines provided within our wellness policy as well as local, state, and federal rule.

Rationale

- *Overweight children are likely to miss four times more school than children who are not overweight. Idaho schools receive funding based on attendance and therefore absenteeism has a negative impact on public education and funding.*
- *Poor nutrition, lack of physical activity and being overweight can lead to complications such as elevated blood cholesterol and blood pressure, gallbladder disease, osteoarthritis and joint problems, asthma, type II diabetes, depression, anxiety and sleep apnea.*
- *Good nutrition and adequate physical activity help children grow, develop and do well in school.*

Policy Guide for the School Health Advisory Committee

1. The Taylors Crossing Public Charter School Board of Trustees will appoint a School Health Advisory Committee (SHAC). Members of the SHAC Committee could include representatives from; administration, school foodservice, school board, faculty, staff, parents, students and the public.
2. The mission of the SHAC shall be to address nutrition and physical activity issues and to develop, implement and evaluate guidelines that support a healthy school nutrition environment, in compliance with the wellness policy. This committee will offer revisions to these guidelines annually or as needed.
3. The school will be evaluated yearly by the members of the Wellness Committee. The committee will conduct a review each year to identify areas for improvement. The committee will develop a plan of action for improvement and will present recommendations to The Board of Directors for annual adoption.
4. Selected SHAC members and school campus representatives (principals, counselors, etc) are encouraged to conduct student surveys in the spring of each year.
5. The SHAC will hear reports from each campus group after each review period. Before the end of each school year the committee will recommend to the Board of Trustees any revisions to the district wellness policy it deems necessary.

Wellness Policy Guidelines

Public Law 108265,

The Child Nutrition and WIC Reauthorization Act of 2004. Section 204 of this law requires sponsors participating in the National School Lunch Program and/or School Breakfast Program to develop a local Wellness Policy that addresses student wellness and the growing problem of childhood obesity by the beginning of School Year 20062007. The legislation also places the responsibility of developing a wellness policy at the local level, so that the individual needs of each district can be addressed. The most effective policies are those tailored to the specific needs of a local school or district. Required Components As required by law, a local wellness policy, at a minimum, shall include:

1. Goals for nutrition education, physical activity and other school based wellness activities;
2. Nutrition guidelines for all foods available on each school campus under the local educational agency (LEA) during the school day with the objectives of promoting student health and reducing childhood obesity;
3. A plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's local wellness policy;
4. Assurance that guidelines for reimbursable school meals shall not be less restrictive than regulation issued by the USDA. Required Involvement

As required by law, at a minimum, the LEA shall involve the following in the development of the school wellness policy:

1. Parents
2. Students
3. Representatives of the LEA
4. School Board
5. School Administrators
6. Members of the public

Wellness Policy

Nutritional Education Goals

1. Nutrition education will be offered in the school, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.
2. School will follow health education and physical activity achievement standards as outlined by the State Department of Education and/or State Board of Education. Students in kindergarten through grade 12 will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors through a partnership with an Idaho State University Family Consumer Science Facilitator.
3. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable.

Physical Activity Goals

1. We will send home information with students regarding local sport opportunities.
2. We will organize a school activities including grades 5-8 basketball and volleyball Club Ball opportunities with area charter schools, as well as sanctioned IHSAA basketball and volleyball participation for high school students. Additionally, we will continue to offer the afterschool Drama Club and Ballroom Club
3. We will encourage additional physical activities wherever possible within the local districts, at home, and in the community.
4. As part of the school's Fuel Up to Play 60 program a free afterschool jump rope clinic will be offered to the local community as well as to our K-12 students at least one day a week.

Promoting School Based Wellness Activities

1. Playground equipment and materials will continue to be provided to encourage activity during recess.
2. Students will be provided opportunities for physical activity during school hours. They will be encouraged to participate and work with each other as a means of acquiring healthy habits and development of character, which in

turn teaches students how to have healthy relationships with one another. Developing healthy relationships is a skill that helps in overall wellness in an individual. Students will be encouraged to develop the habit of regular physical activity that will carry on into adulthood.

3. Both elementary and high school students will have physical activity built into regular classroom learning experiences through the use of skits, classroom participation activities, scheduled organized activities such as game nights, dances, etc. and sports equipment provided for all recess and lunch periods.

Nutritional Program

1. We will continue to meet state and federal health requirements for health and physical education.
2. Grades K-6 will continue to participate in Physical Education 5 days a week.
3. We will continue to offer a healthy breakfast to all students.
4. We will continue to provide lunch that surpasses government health standards.

Nutritional Guidelines To Promote Student Health and Reduce Childhood Obesity For All Foods on Campus

1. School will continue to use whole grain rather than white flour. All cold cereal is made with whole grains.
2. School will not have vending machines, in effort to further promote school lunch while limiting less healthy alternatives.
3. School will offer free and healthy breakfast to all students
4. School will encourage healthy choices during lunch
5. School organizations are encouraged to consider nonfood or healthy foods for fundraising. Alternate fundraising ideas will be made available.
6. According to the HHFA of 2010 the school will not fry foods.
7. School will continue to follow the National School Lunch Program.
8. Water will remain available throughout the school.

Legal Reference: Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, Taylor's Crossing Public Charter School, is prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity.

Other References

<http://www.sde.idaho.gov/site/cnp/nslp/manual/Chapter12Wellness.pdf>

<http://www.sde.idaho.gov/site/cnp/wellness/>

Reviewed/Adopted March 2018