



Taylor's Crossing Public Charter School Wellness Policy

Mission Statement

*Policy Subcommittee
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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

- The Taylors Crossing Public Charter School Board of Trustees will appoint a School Health Advisory Committee (SHAC). Members of the SHAC could include representatives from; administration, school foodservice, school board, faculty, staff, parents, students and the public.
- 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.
- The campus should be routinely evaluated by three members of the SHAC
- (SHAC evaluation team) accompanied by the principal. The team will conduct a review of their respective campus in the fall of each year to identify areas for improvement. The SHAC evaluation team, accompanied by the principal, will develop a plan of action for improvement. The evaluation team will present recommendations to the SHAC and appropriate staff. For example, school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment.
- Selected SHAC members and school campus representatives (principals, counselors, etc.) are encouraged to conduct student surveys in the spring of each year.
- 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 111-296, Healthy, Hunger Free Kids Act:

The Act requires each local educational agency participating in the National School Lunch Program or other federal Child Nutrition programs to establish a local school wellness policy for all schools under its jurisdiction. Each local education agency must designate one or more local education agency officials or school officials to ensure that each school complies with the local wellness policy. At a minimum, a local school wellness policy must:

- **Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.**
- **Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district.**
- **Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.**
- **Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.**
- **Be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.**

Per Healthy Hunger Free Kids Act (Public Law 111-296), the following people are invited to participate in the development, implementation, and revision of the wellness policy:

- **Parents**
- **Students**
- **School Food Service**
- **School Board**
- **School Administrators**
- **Members of the public**

Wellness Policy

Nutritional Education Goals

1. Nutrition education will be offered in the school cafeteria and in the classroom, 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 prekindergarten through grade 12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
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 and clubs.
3. We will encourage additional physical activities wherever possible within the schools, at home, and in the community.

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. Students will have physical activity built into regular classroom learning experiences through the use of skits and classroom participation activities.

Nutritional Promotion

1. We will continue to meet state requirements for health and physical education.
2. We will continue to offer free breakfast to all students.
3. 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 use whole grain rather than white flour whenever possible. 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 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. School will no longer 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, Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296
Other References

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

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