

Atlanta Neighborhood Charter School

820 Essie Ave., SE

Atlanta, GA 30316

WELLNESS POLICY

Preamble/Statement of Responsibility

Atlanta Neighborhood Charter School (ANCS) desires to provide children the needed access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. ANCS believes that good health fosters student attendance, a student's ability to learn effectively and to achieve high standards in school.

ANCS is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of ANCS that:

- ∞ ANCS will engage students, parents, teachers, food service professionals, health professionals, and other interested community members to work within the existing school's health and wellness committee to review and make suggestions regarding nutrition and physical activity policies.
- ∞ All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- ∞ ANCS will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- ∞ ANCS will participate in available federal school meal programs (including the School Breakfast Program and National School Lunch Program [including after-school snacks])
- ∞ ANCS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Nutrition, Nutrition Standards, and Health Education

Atlanta Neighborhood Charter School aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- ∞ is offered at each grade level as part of a sequential, comprehensive, standards-based program designated to provide students with the knowledge and skills necessary to promote and protect their health;
- ∞ is part of not only health education classes but also classroom instruction in subjects such as math, science, language arts, social studies, and elective subjects;
- ∞ includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities such as contests, promotions, taste testing, farm visits, and school gardens;

- ∞ promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- ∞ emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- ∞ links with the school meal program, other school foods, and nutrition-related community services;
- ∞ teaches media literacy with an emphasis on food marketing; and
- ∞ includes training for teacher and other staff.

Physical Activity

All students in grades K-8, including students with disabilities, will receive daily physical education (or its equivalent of 90 minutes/week for elementary school students and 200 minutes/week for middle school students) for the entire school year. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity is encouraged verbally and through the provision of space and equipment. Middle school students will have access to daily supervised recess.

ANCS will discourage extended periods (i.e., periods longer than 2 hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for student to remain indoors for long periods of time, ANCS will give students periodic breaks during which they are encouraged to stand and be moderately active.

ANCS' After-school Program will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

ANCS will continue to work with local public works, public safety, and/or the police department to make it safer and easier for students to walk and bike to school with funding provided by “Safe Routes to School”.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- ∞ be appealing and attractive to children;
- ∞ be served in clean and pleasant settings;
- ∞ meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- ∞ offer a variety of fruits and vegetables;
- ∞ serve two milk options containing 1% fat content or less; and
- ∞ ensure that half of the served grains are whole grain.

ANCS will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, ANCS will share (upon request) information about the nutritional content of meals with parents and students.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- ∞ ANCS will operate the School Breakfast Program.
- ∞ ANCS will utilize methods to serve school breakfasts that encourage participation.
- ∞ ANCS will notify parents and students of the availability of the School Breakfast Program.
- ∞ ANCS will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Atlanta Neighborhood Charter School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

ANCS will discourage students from sharing their foods or beverages with one another during meal or snack time, given concerns about allergies and other restrictions on some children's diets.

Fundraising, Vending, and Other Opportunities to Promote Healthy Eating

Healthy food and beverage choices will be encouraged for vending and ala carte. ANCS will work with vendors to provide choices and selection for healthy food and beverages in their vending machines. A healthy school environment should not be dependant on revenue from high-fat, low nutrient foods to support school programs. Decisions about the sale of competitive foods should be based on nutrition goals for students, not for profit making.

ANCS will encourage parents to send in healthy snacks. Examples might include: yogurt, fruit snacks, boxed raisins, frozen fruit ban, fruit, granola bars, etc. Teachers will send home a list of healthy food item suggestions to parents.

At any ANCS function (parties, celebrations, festivals, etc.), healthy food choice options will be available to students. Snacks served during the school day for class parties, birthdays, award incentives, etc. should include healthy choices and should promote a positive nutrition message.

Other School-Based Activities

ANCS's After-school Program should include supervision by trained staff, and provide developmentally and age-appropriate physical activity for all participants. Encourage healthy eating habits in after school programming that services our students.

It is the goal of ANCS to promote the students' physical, emotional, and social well being through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, school nurse services, nutritious school meals, health education, and opportunities for physical education and activity.

Atlanta Neighborhood Charter School will support parents' efforts to provide a healthy diet and daily physical activity for their children. ANCS encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and no disposable tableware will be used whenever possible. Each school campus will have a recycling program.

Measurement and Evaluation

ANCS will conduct an assessment of the school's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess

progress, and determine areas in need of improvement. As part of that review, the health and wellness committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.