

## **CITY ACADEMY**

# **Local Wellness Policy**

### **Preamble**

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, this Local Wellness Policy was developed by City Academy in collaboration with educators (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public.

City Academy recognizes and acknowledges, through its policy on coordinated school health programs, that, "schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy." City Academy believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

## **CITY ACADEMY**

### **Local Wellness Policy for City Academy**

City Academy is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

#### **Nutrition Education**

Every year, all students, Pre-K-6, shall . In addition, nutrition information is dispersed to students and their families in monthly newsletters.

#### **Nutrition Standards**

City Academy shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.

City Academy shall encourage students to make nutritious food choices.

City Academy shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

City Academy shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students.

City Academy's Food & Nutrition Services Coordinator shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

#### **Physical Education and Physical Activity Opportunities**

City Academy shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Missouri Physical Education Content Standards and Benchmarks*.

Every year, all students, JK-6, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

All grades shall receive physical education for 30 minutes, five times per week.

## **Other School-Based Activities Designed to Promote Student Wellness**

City Academy shall implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

- STAGES St. Louis will provide a 6-week afterschool program with an emphasis on dance and musical theatre.
- Yoga for Youth will provide students with tools of self discovery that foster hope, discipline and respect for self, others and community.
- Step Team will provide students with a healthy form of self-expression through rhythmic movement of hands and feet.
- Girl Scouts provides leadership development experiences, including hiking and other activities that will prepare them for the future.
- Ultimate Sports provides students with a not so typical sports class – games such as Ultimate Frisbee, Land Polo and Spike Ball will be played.
- Basketball Essentials provides beginning basketball players with an opportunity to learn the game of hoops
- Jump Rope for Heart is an activity for all grades EC-6<sup>th</sup>. Jump Rope for Heart will provide a two-week jump rope unit to educate students about the impact of physical activity on their hearts and bodies through jumping rope. Ultimately, students will have a “jump rope celebration” during which they will jump rope for an hour and raise funds for the American Heart Association. This event will also attract significant parent participation.
- Sports Zones will garner the full interest of students with the opportunity to visit more than one zone and participate at their interest level
- Cheer Basics will provide students with the fundamentals of cheerleading
- Street Blues Hockey Program provides students with an opportunity to play street hockey
- Cub Scouts provides learn by doing experiences such as hiking, camping, playing sports and building things.

## **Implementation and Measurement**

City Academy shall implement this policy and measure how well it is being managed and enforced. City Academy shall develop and implement administrative rules consistent with this policy. Input from educators (including specialists in health and physical education), parent/guardian, student, representative of the school food service program, school board member, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. City Academy shall report to the school board, as requested, on City Academy's programs and efforts to meet the purpose and intent of this policy.

## **Local Administrative Rules Regarding City Academy Local Wellness Policy**

In order to enact and enforce City Academy's Local Wellness Policy, the Principal and the administrative team will develop these local administrative rules. Administrative team members should be comprised of educators (including specialists in health and physical education), parents/guardian, student, representative of the school food service program, school board member, school administrators, and the public.

To assist in the creation of a healthy school environment, City Academy shall establish a Coordinated School Health Team that will provide an ongoing review and evaluation of the City Academy Local Wellness Policy and these local administrative rules.

City Academy will organize a Coordinated School Health Team and invite appropriate school stakeholders to become members of the Coordinated School Health Team.

A Coordinated School Health Team will include representatives from the following areas:

- Administration.
- Food services.
- Health education
- Health services
- Parent/guardian
- Student
- Community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies)
- Physical education

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect
- Respect for others
- Healthy eating
- Physical activity

These local rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of City Academy's Local Wellness Policy. Any school stakeholder wishing to express a viewpoint, opinion, or complaint regarding these local rules should contact:

Attn: Coordinated School Health Team  
City Academy  
4175 N. Kingshighway Blvd.  
Saint Louis, MO 63115

314.382.0085 Phone  
314.382.0228 Fax

Students, staff, and community will be informed about the Local Wellness Policy annually.

### **Nutrition Education**

Nutrition education, a component of comprehensive health education, shall be offered every year to all students of City Academy. City Academy may offer age appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

City Academy shall implement a quality nutrition education program that addresses the following:

*Curriculum:*

- Has a curriculum aligned with the *Missouri Health Education Content Standards and Benchmarks*.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

*Instruction and Assessment:*

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.

*Opportunity to Learn:*

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of videos, handouts, wall or bulletin board posters or banners, postings on City Academy website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

### **Nutrition Standards**

City Academy shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). City Academy shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with City Academy's policy of promoting a healthy school environment shall be discouraged.

City Academy shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 4 ounce servings.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.

City Academy shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues.

City Academy shall discourage using food as a reward.

City Academy shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

City Academy shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc.

(Example: Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be permitted at special events that begin after the conclusion of the instructional day. For the federal law memorandum stating, "it is not permissible for a school to serve foods of minimal nutritional value during a meal service period..." refer to the following link: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>.)

## **Physical Education and Physical Activity Opportunities**

Developmentally appropriate physical education shall be offered every year to all students of City Academy.

In addition, physical education topics shall be integrated into the entire curriculum when appropriate. City Academy shall implement a quality physical education program that addresses the following:

### *Curriculum:*

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *Missouri Physical Education Content Standards and Benchmarks*.
- Influences personal and social skill development.

### *Instruction and Assessment:*

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

### *Opportunity to Learn:*

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.
- Offers instructional periods totaling 150 minutes per week
- Provides facilities to implement the curriculum for the number of students served.

City Academy shall provide daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade six. Recess should be in addition to physical education class time and not be a substitute for physical education. The school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time.

City Academy shall provide opportunities for some type of physical activity for students apart from physical education class and organized sports. Physical

activity opportunities might include: before- and after-school extracurricular physical activity programs and use of school facilities outside of school hours.

### **Other School-Based Activities Designed to Promote Student Wellness**

City Academy shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

#### *Dining Environment*

- The school shall provide:
  - a clean, safe, enjoyable meal environment for students,
  - enough space and serving areas to ensure all students have access to school meals with minimum wait time,
  - drinking fountains in all schools, so that students can get water at meals and throughout the day,
  - encouragement to maximize student participation in school meal programs, and
  - identity protection of students who eat free and reduced-price meals.

#### *Time to Eat*

- The school shall ensure:
  - adequate time for students to enjoy eating healthy foods with friends in schools,
  - that lunch time is scheduled as near to the middle of the school day as possible, and
  - that recess for elementary schools is scheduled before lunch so that children will come to lunch less distracted and ready to eat.

#### *Food or Physical Activity as a Reward or Punishment*

- The school shall:
  - prohibit the use of food as a reward or punishment in schools,
  - not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time,
  - not use physical activity as a punishment, and
  - encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess.

#### *Consistent School Activities and Environment*

- The school shall:
  - ensure that school activities and the environment support health behaviors,
  - ensure that all school fundraising efforts support healthy eating and physical activity,
  - provide opportunities for on-going professional training and development for foodservice staff and educators in the areas of nutrition and physical education,

- o make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours,
- o encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
- o encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
- o provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians,
- o encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs), and
- o implement physical activity across the curriculum throughout the school day or in all subject areas.

### **Implementation and Measurement**

All employees of City Academy are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules.

Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity. City Academy shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

### **Model Local Wellness Policy**

#### **Writing and Review Team Members**

Milton Mitchell, Jr., Principal  
 Darcella Prechard, School Board Member  
 Jake Fisher, Physical Education Instructor  
 Julie Bugnitz, Art Instructor (Health)  
 Candice Muhammad, CAPS member  
 Ahmad Muhammad, 6<sup>th</sup> Grade Student  
 Marilyn Hawkins, Food & Nutrition Services Coordinator

### **Integrating Physical Activity into Classroom Subjects:**

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

- Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects; language arts, math, science and social studies.
- Display poster or banners with physical activity themes:

### **Using Physical Activity to Reward Students**

- Have an extra recess; Walk with a teacher during lunch; Dance to favorite music in the classroom; Hold Friday Physical Activity Time where students earn extra physical activity time based on their good behaviors during the week; and Challenge another homeroom to a sport or activity.

### **Ideas for School Parties**

- Make your party a dance; Modify traditional games for classroom use; Hold contests or relays.

### **Resources:**

- *All Children Exercising Simultaneously (ACES) day*: A one day event where millions of children of all ages exercise at the same time worldwide in a symbolic event of fitness and unity.
- *Hoops for Heart*: Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising.  
[www.americanheart.org](http://www.americanheart.org)
- *National Physical Education & Sport Week*: Designated week for encouraging and promoting physical activity. [www.aahperd.org/naspe/may](http://www.aahperd.org/naspe/may)

### **Recess Before Lunch**

Recess Before Lunch gives students the opportunity to excel in both health and academics. Find everything you need to establish a recess before lunch program including, how to implement, resources and supporting information, and educational and marketing materials.

[www.opi.state.mt.us/schoolfood/index.html](http://www.opi.state.mt.us/schoolfood/index.html)