

Solid Rock Academy Wellness Policy

Wellness philosophy and SRA plan

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents in the past two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity and obesity, often are established in childhood.

According to the Centers for Disease Control and Prevention, 33 percent of high school students do not participate in sufficient vigorous physical activity and 72 percent do not attend daily physical education classes;

National research shows that only 2 percent of children (ages 2 to 19) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, Solid Rock Academy is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the SRA's plan to employ the objectives as outline below:

- the academy will engage students, parents, teachers and others in developing and reviewing district wide nutrition and physical activity policies.
- all students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- foods and beverages sold or served at school, during the school day, will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and of KRS 158.854(1)/702KAR 6:090. In addition, schools may offer for a la carte sale items that can be part of a reimbursable breakfast or lunch, according to the federal meal pattern regulations.
- qualified child nutrition professionals and school administrators will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students. Officials also will accommodate the religious, ethnic and cultural diversity of the student body in meal planning. Additionally, SRA will provide a clean, safe, pleasant settings and adequate time for students to eat.
- to the maximum extent practicable, SRA will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks] and Summer Food Service Program.
- Our school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. They also will establish links between health education school meal programs, and with related community services.

Means to achieve these goals:

School health councils

SRA will create, strengthen or work within existing school health councils to develop, implement, monitor, and review as necessary, revise school nutrition and physical activity policies. The council will serve as a resource to implement those policies.

Nutritional quality of foods and beverages sold and served on campus

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 only low-fat and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Food Service should 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, Food Service should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a web site, on cafeteria menu boards, placards or other point-of-purchase materials.

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:

- SRA will operate the School Breakfast Program.
- SRA will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- SRA will notify parents and students of the availability of the School Breakfast Program.
- SRA will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-priced Meals

Solid Rock Academy 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 school meals . Toward this end, SRA will use a colored coded roster; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Summer Food Service Program

During the summer vacation, a Summer Food Service Program will be available in census areas where 50 percent or more of students are eligible for free or reduced-price school meals. The Food Service Division will act as a sponsor or vendor of this program.

Meal Times and Scheduling

Solid Rock Academy:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will not schedule meal periods at appropriate times, e.g., lunch scheduled 2 ½ hours after breakfast;

- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities; and
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the academy's responsibility to operate a food service program, ongoing professional development will be provided for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers, according to their levels of responsibility.

Any person serving as a school food service director or person otherwise responsible for menu planning shall be credentialed as a "school food service and nutrition specialist" or certified by a Level 2 certificate issued by the School Nutrition Association. School cafeteria managers shall annually receive at least two hours of continuing education in applied nutrition and healthy meal planning and preparation.

Sharing of Foods and Beverages

SRA will discourage students from sharing their foods or beverages with one another during meal or snack times because of given concern about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually

All foods available on campus (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fund-raisers, school stores, etc.) will comply with current USDA Dietary Guidelines for Americans and by [KRS 158.854\(1\)](#) / [702KAR 6:090](#).

Elementary School

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals. Foods and beverages sold a la carte will meet the requirements for a meal component recognized for a reimbursable meal.

Middle and High Schools

In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student

stores or fund-raising activities) during and after the school day, will meet the following nutrition and portion size standards:

Beverages

The regulation requires that beverages sold through vending machines, school stores, canteens or as a la cart items on the cafeteria lines are restricted to:

- plain or flavored milk containing no more than 1 percent milk fat (that is, 1 percent or skim);
- plain or flavored, non-carbonated water containing zero calories;
- 100 percent fruit or vegetable juice or any combination equaling 100 percent;
- any other beverage containing no more than 10 grams of sugar per serving; and
- the volume size is limited to 17 ounces in elementary schools and 20 ounces in middle and high schools, except for water.

These standards apply to beverages available as a la carte items on the cafeteria line during breakfast and lunch. In compliance with the Competitive Food Regulation, beverages meeting these standards will only be available through the machines and stores from 30 minutes after the last lunch period and after continues after the close of the school day. With the exception of a regular sports drink (example: Gatorade) will be available after the close of the school day.

In addition, schools may offer for a la carte sale any item that can be part of a reimbursable breakfast or lunch, according to federal meal pattern regulations.

Foods

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100 percent fruit or vegetable juice; fruit-based drinks that are at least 50 percent fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

During breakfast and lunch, sales are limited to those conducted as part of the school breakfast and lunch programs and schools may offer for a la carte sale on the cafeteria line any item that meets the following standards:

- calories from fat are limited to no more than 30 percent of total calories; [exceptions: reduced fat cheese (2 percent), nuts, seeds, nut butters];
- calories from saturated fat are limited to no more than 10 percent of total calories;

- grams of sugar are limited to no more than 32 percent of total weight with a ceiling of 14 grams (exceptions: fresh, frozen, canned or dried fruits and vegetables);
- milligrams of sodium per serving are limited to 300 in chips, cereals, crackers, baked goods, and other snack items;
- milligrams of sodium per serving are limited to 450 in pastas, meats, and soups;
- milligrams of sodium per serving are limited to 600 in pizza, sandwiches, and main dishes;
- the portion/pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky is limited to 2 ounces;
- the portion/pack size for cookies is limited to 1 ounce;
- the portion/pack size for cereal bars, granola bars, pasties, muffins, doughnuts, bagels, or other bakery-type items is limited to 2 ounces;
- the portion/pack size for non-frozen yogurt is limited to 8 ounces; and
- the portion/pack size for frozen dessert items, including low fat (1 percent milk fat) or fat free ice cream, frozen juice bars, or frozen real fruit items is limited to 4 ounces.

In addition, SRA may offer for a la carte sale any item that can be part of a reimbursable breakfast or lunch, according to the federal meal pattern regulations.

Thirty minutes after the last lunch period (Competitive Food Regulation) and after school, SRA may offer for sale through vending machines, stores, canteens, etc., food items that meet the following standards:

- calories from fat are limited to no more than 30 percent of total calories; [exceptions: reduced fat cheese (2 percent), nuts, seeds, nut butters];
- calories from saturated fat are limited to no more than 10 percent of total calories;
- grams of sugar are limited to no more than 32 percent of total weight with a ceiling of 14 grams (exceptions: fresh, frozen, canned or dried fruits and vegetables);
- milligrams of sodium per serving are limited to 300 in chips, cereals, crackers, baked goods, and other snack items;
- milligrams of sodium per serving are limited to 450 in pastas, meats, and soups;
- milligrams of sodium per serving are limited to 600 in pizza, sandwiches, and main dishes;
- the portion/pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky is limited to 2 ounces;
- the portion/pack size for cookies is limited to 1 ounce;
- the portion/pack size for cereal bars, granola bars, pasties, muffins, doughnuts, bagels, or other bakery-type items is limited to 2 ounces;
- the portion/pack size for non-frozen yogurt is limited to 8 ounces; and

- the portion/pack size for frozen dessert items, including low fat (1 percent milk fat) or fat free ice cream, frozen juice bars, or frozen real fruit items is limited to 4 ounces.
- The item must meet all of the criteria or it cannot be sold. A list of some allowable items is available on the KDE Nutrition and Health Services site.

Fundraising Activities

To support children's health and school nutrition-education efforts, SRA school fund-raising activities involving food/beverages will take place 30 minutes after the last lunch period (in compliance with the competitive food regulation). In addition, schools will encourage fundraising activities that do NOT involve food or use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually.

Snacks

Snacks served in after-school programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks, milk/fruit juice as the primary beverage, and water as a secondary beverage.

- Schools that provide snacks for after-school programs through the Food Service Division will receive reimbursements through the National School Lunch Program where guidelines are followed.

Rewards

Best practices for Solid Rock Academy to consider; SRA are encouraged to not use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

As examples of best practices for safety/sanitation purposes, SRA will require that food items brought in for celebrations be prepackaged retail items only (homemade items are discouraged). Items for celebrations may be purchased through the Food Service Division.

Physical activity opportunities and physical education

Daily Physical Education (P.E.)

As examples of best practices for SRA to consider, the goal of these recommendations is to encourage all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, to receive physical education or physical activity of 30 minutes per

day, not to exceed 150 minutes per week. All physical education classes will be taught by a certified physical education teacher. Students will spend at least 75 percent of P.E. class time participating in moderate to vigorous activity.

Teachers should make all reasonable efforts to avoid long periods of time when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.

Students shall not be deprived of physical activity as a consequence for behavior or academic performance.

Appropriate accommodations shall be made for students with special needs as required by law and sound professional judgment.

Daily Recess

All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.

SRA will discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Opportunities Before and After School

All elementary, middle and high schools are offered extracurricular physical activity programs, such as physical activity clubs and/or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. SRA offers a range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs. Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

After-school child care and enrichment programs should provide and encourage - verbally and through the provision of space, equipment and activities - daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel should not use physical activity (*e.g.*, running laps, doing pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as a consequence for behavior or academic performance.

Use of School Facilities

School policies concerning safety will apply at all times.

Recommended P.E. 'Best Practices'

- Student in grades K - 12, receive 150 minutes of physical education each week
- Teacher/student ratio in physical education classes do not exceed state limits
- Physical education curriculum is consistent with PL/VS Program of Studies and Core Content for Assessment
- Health-related physical fitness is a primary component of the physical education curriculum
- All student are physically active at least 75 percent of scheduled physical education class time
- Physical education classes are educationally sound, enjoyable and are psychologically, physically and emotionally safe
- School promotes community physical activities
- Physical education classes are taught by certified physical education teachers
- Physical education teachers participate in content specific professional development activities
- Special needs students and/or students with special health concerns are welcomed and accommodated in all physical education classes
- School playgrounds meet established OSHA standards for playground safety

Nutrition and physical activity promotion and food marketing

Nutrition Education and Promotion

Solid Rock Academy aims to teach, encourage and support healthy eating by students. School will provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program designed 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 integrated in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing and farm visits

- 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 school meal programs, other school foods and nutrition-related community services; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers should provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

Solid Rock Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. SRA may offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school Web sites and provide nutrient analyses of school menus. School will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. SRA may provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations and parties, rewards and fund-raising activities. In addition, SRA may provide opportunities for parents to share their healthy food practices with others in the school community.

Solid Rock Academy may provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports may include sharing information about physical activity and physical education through a Web site, newsletter or other take-home materials, special events or physical education homework.

Food Marketing in Schools

School-based marketing should be consistent with nutrition education and health promotion. As such, schools will be encouraged to limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged. Marketing activities that promote healthful behaviors include vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fund-raisers and coupons for discount gym memberships.

Staff Wellness

Solid Rock Academy highly values the health and well-being of every staff member and will encourage activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district or school should establish and maintain a staff wellness committee. The committee should develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle. The staff wellness committee should share its plan with the school site-based decision-making council annually.

Monitoring and plan review

Complying with the Wellness Plan

The director or designee will ensure compliance with established district wide nutrition and physical activity wellness policies. At SRA, the principal or designee will ensure compliance with those policies and will report on the school's compliance to the director or designee.

School food service staff, at the school will ensure compliance with nutrition policies within school food service areas and will report on this matter to the director. In addition, SRA will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

Using the appropriate portions of the Coordinated School Health Index (CSHI), the superintendent or designee will develop a summary report annually on district wide compliance with the district's established nutrition and physical activity wellness policies, based on survey input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals and school health services personnel in the district.

To help with the initial development of the district's wellness policies, each school will conduct a baseline CHSI assessment of its nutrition and physical activity environments and policies. The results will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated annually to help review the plan compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review our 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. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

This institution is an equal opportunity provider