

FA Wellness Policy

Freeman Academy (FA) is committed to the optimal development of every student. FA believes that for students to have the opportunity to achieve personal, academic, social and developmental success, we need to create positive, safe and health-promoting learning environments at every level throughout the school year.

This policy outlines FA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy establishes goals and procedures to ensure that:

- Students have access to healthy foods at lunch through the National School Lunch Program.
- FA engages in nutrition and physical activity promotion and other activities that promote student wellness. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- FA staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.

This policy applies to all students and staff at FA.

FA Wellness Committee

FA has developed a Wellness Committee (WC) to establish goals for and oversee school health and safety policies and programs that promote healthy living.

FA Wellness Committee Members:

Suzanne Koerner;	Food Service director
Brad Anderson;	Head of School
Vince Green;	Director of Operations
Craig Wollman;	Math, PE
Carol Stastny;	Sciences, Health

Wellness Policy Implementation, Monitoring, Accountability & Community Engagement

Implementation

FA will develop and maintain a plan for implementation to manage and coordinate the execution of the FA Wellness policy. The FA Wellness Policy can be found at <https://freemanacademy.org/>.

Recordkeeping

FA will retain records to document compliance with the requirement of the wellness policy in the FA Business Office for three years past the current year. Documentation will include but not be limited to:

- The written Wellness Policy
- Documentation demonstrating that the policy has been made available to the public
- Documentation of efforts to review and update the FA Wellness Policy
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the local school wellness policy

Annual Notification of Policy

FA will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. FA will make this information available via the FA website, <https://freemanacademy.org/>. FA will provide as much information as possible about the school nutrition environment. This will include a summary of FA's events or activities related to wellness policy implementation.

Triennial Progress Assessments

At least once every three years, FA will evaluate compliance with the FA Wellness Policy to assess the implementation of the policy and include:

- The extent to which FA is in compliance with the local wellness policy
- The extent to which FA's Wellness Policy compares to a model policy (can be found at <https://doe.sd.gov/cans/documents/17-SDWell.pdf>)
- A description of the progress made in attaining the goals of the FA Wellness Policy
 - Assessment will identify how the policy will be updated to add areas as needed, improve progress toward goals, etc.
 - Documentation of when & how the policy was evaluated will be maintained

The local wellness committee will monitor FA's compliance with this policy. FA will actively notify households/families of the availability of the triennial progress report.

Revisions & Updating the policy

The wellness committee will update or modify the wellness policy based on the results of the triennial assessments and/or as FA priorities change; community needs change, wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued.

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach & Communications

FA will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply.

FA will use electronic mechanisms, such newsletters and the FA website to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy. FA will ensure that communications are culturally and linguistically appropriate to the community. FA will actively notify the public about the content of the wellness policy annually and that the annual/triennial reports are available on the website.

III. Nutrition

School meals

FA is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk options; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving; and to meeting the nutrition needs of school children within their calorie requirements. FA participates in the National School Lunch Program (NSLP) and follows their guidelines.

All meals provided strive to meet the following:

- Are accessible to all students
- Are served in a clean and pleasant setting
- Meet or exceed current nutrition requirements established by the NSLP
- Promote healthy food and beverage choices
- Salad bar options are available daily
- Actively promote and market menu options

School lunch guidelines for supervisors have been developed as follows:

Lunch Guidelines for Supervisors

Grades K-4 will be served by Suzanne or a helper

Grades 5-12 will be served the main dish and then can choose other options on their own

All students need to have ½ cup of fruit, vegetables, or both

K-6 Supervisors, please encourage students to eat their fruits and veggies

Getting Seconds for grades K-6

- Students must eat most of their food and tried everything on their plate
- No seconds on dessert
 - Suzanne will put the dessert on each tray and students should know they need to finish most of the food before partaking. It would be helpful if the supervisor could give students the okay to eat dessert if the students have questions.
- There are always seconds on fruits and vegetables unless Suzanne says otherwise
- It is helpful if the supervisor asks Suzanne if there is enough for seconds and communicates that with the K-6

Salad Bar for K-6

- Students must eat most of their food and tried everything on their plate before going to the salad bar
- 1 scoop of two different foods
- Finish those two scoops before coming back for more

Dumping Trays for K-6

- Please dismiss kids by class or table so there isn't a long line
- Students should wait by the doorway until the previous person is done dumping their tray
- On soup days, the K-2 should dump their soup bowl before going back to get their tray. Less spills!

Staff qualifications & professional development

All school nutrition program directors and staff will meet or exceed hiring and annual continuing education/training requirements set by FA & USDA professional standards for child nutrition professionals.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Students will be allowed to carry water bottles with them throughout the campus.

Competitive foods & beverages

FA currently offers no snacks for sale during the day. Research is being conducted on Smart Snacks and no snacks will be available until they are deemed smart.

Nutrition promotion and education

FA students and staff will receive consistent nutrition messages throughout the school. Nutrition promotion also includes marketing and advertising nutritious foods and beverages and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

FA will teach, model, encourage, and support healthy eating by all students. FA will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education class, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects
- Includes enjoyable activities such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school garden.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods

Physical Activity

FA encourages all students to be physically active during the school day. Physical activity during the school day will not be withheld as punishment for any reason. FA will ensure that its grounds and facilities are safe and that equipment is available to students to be active. FA will conduct necessary inspections and repairs.

Physical Education

FA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All FA elementary students in each grade receive physical education for at least 60 minutes per week throughout the school year.

All FA secondary students are required to take the equivalent of one academic year's worth of physical education, and meeting minimum state PE and Health Education requirements.

Recess

FA will offer at least 30 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that FA must conduct indoor

recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for the students, to the extent practicable.

Before and After School Activities

FA offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods.

Other Activities that Promote Student Wellness

FA will integrate wellness activities across the entire school setting, not just in the lunch room and physical activity facilities. FA will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Community Partnerships

FA will continue to develop relationships with community partners in support of this wellness policy's implementation.

Staff Wellness and Health Promotion

FA wellness committee will focus on staff wellness issues, identify and disseminate wellness resources and perform other functions that support staff wellness. FA will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. FA will promote staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free/low-cost.