



American Heritage Charter School

NONINSTRUCTIONAL OPERATIONS 8200

Healthy Lifestyles

It is the belief of the American Heritage Charter School to strive to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the education process. The American Heritage Charter School promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Charter School supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. To ensure the health and well being of all students, it is the policy of the American Heritage Charter School Board to:

- 1) Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices.
- 2) Ensure that fundraising food sales and parties for students which are held during school hours will not conflict with the lunch and breakfast programs. The Charter School operates under program regulations of the National School Lunch, National School Breakfast and National After School Snack programs.
- 3) Support and promote proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the Charter School nutrition guidelines. Wholesome foods produced in Idaho should be available and actively promoted in a healthy school environment. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. Encourage all staff to focus on the Dietary Guidelines for Americans.
 - a) The Food Service Director will plan menus according to the National School Lunch Program.
 - b) Meals will average between 550-650 calories per meal for K-5th, 600-700 for 6-8th grade and 750-850 for 9-12th.
 - c) Meals will have an average sodium content less than 1230 mg The percent of calories from saturated fat will average less than 10%.

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~James Madison



- 4) Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs. Fundraisers that include sales of food that do not meet the standards required to be sold in school are limited to three or less per year.
 - a) Each elementary age student will receive at least 25 minutes of physical education instruction at least twice a week.
 - b) All students will have the opportunity to participate in an annual walkathon.
- 5) Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to insure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
- 6) Promote healthy eating patterns through classroom nutrition education coordinated with the comprehensive health education program including education, health and food services;
 - a) Have a guest speaker on healthy living at least once a year.
 - b) Hold at least one healthy living activity (e.g. Health Fair, Fun Run, etc.) for the entire family each year.
 - c) Offer at least one afterschool activity/club that involves physical activity for at least five months of the school year.
 - d) Provide students with a structured lesson on healthy living twice a year during physical education class.
- 7) Provide school staff involved in nutrition education and in supporting a healthy school environment, with adequate pre-service and ongoing inservice training that focuses on strategies for behavioral change.
 - a) The Food Service Manager will attend at least one annual training by the state on nutrition.
- 8) Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.
 - a) The wellness policy committee will include two parents and two students from the school.
 - b) The wellness policy will be published on the American Heritage Charter School Website.
 - c) Contact information will be provided for public input on the Wellness Policy.
- 9) Regularly evaluate the effectiveness of the healthy lifestyles policy in promoting healthy eating and change the program as appropriate to increase its effectiveness.
 - a) A committee will be formed each year by May 15, consisting of a school board member, a Head Teacher, the Food Services Director, the physical education teacher, two parents, and one male and one female student.
 - b) Requests for committee members will be made through our Parent-Faculty Association monthly newsletter, a parent email, and our website.
 - c) On an annual basis, the committee will evaluate the school's compliance with the Wellness Policy, assess the progress made towards achieving the goals of the Wellness



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Policy, and propose any changes or improvements needed for the Wellness Policy for the coming school year.

- d) The findings of the committee will be published on the AHCS website each year by May 31.

Legal Reference: Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004
Healthy, Hunger-Free Kids Act of 2010

Policy History:

Adopted on: January 9, 2014

Revised on: April 25, 2019

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