



American Heritage Charter School

NON-INSTRUCTIONAL OPERATIONS

8200

Local School Wellness

It is the goal of the 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 Charter School promotes healthy schools 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 morbidity and risk of mortality from many chronic diseases.

The Board directs the Executive Director or Administrator to inform and update the public, including parents, students, health professionals, and others in the community, about the content and implementation of the wellness policy. Such information may be provided on the Charter School website, through dissemination of student handbooks, or in any other manner the Executive Director or Administrator may deem appropriate.

Definition

For the purposes of this policy the school day is defined as 8:00 am to 30 minutes after the end of the instructional school day.

Goals for Wellness Promotion

The Charter School shall review and consider evidence-based approaches in establishing goals for school based activities to promote student wellness. This may include review of the “Smarter Lunchroom” tools and strategies.

To ensure the health and well-being of all students, it is the policy of the Charter School to:

1. Ensure that foods sold at school during the school day meet or exceed the nutritional standards required by the USDA’s National School Lunch Program, the National School Breakfast Program, and the Smart Snacks in Schools regulations. Exceptions can be made for infrequent food sales and fundraisers that occur no more than the number of times determined appropriate by the Idaho State Department of Education during the school year and are not held during school mealtimes. Fundraisers will be tracked at each school

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site by a designee of the Executive Director or Administrator in charge of compliance at that site;

3. Ensure that non-compliant and non-exempt fundraising food sales will not occur on school grounds during the school day. The Charter School operates under United States Department of Agriculture (USDA) program regulations of the National School Lunch Program, National School Breakfast Program, and the Smart Snacks in Schools regulations. These regulations apply to food sold during the school day in school stores, vending machines, and other venues. Healthy fundraising options including selling books, fresh produce, school spirit merchandise, or other non-food items during the school day are allowable. Fundraising activities involving the sale of food consumed outside of school, such as cookie dough, frozen pizza, or similar sales, are exempt from the nutrition standards.
4. Ensure that celebrations that involve food during the school day be limited to no more than one party per class per month and that each party include no more than one food or beverage that does not meet nutrition standards for Smart Snacks in Schools. The Charter School will disseminate a list of healthy party ideas to parents and teachers.

AHCS does not regulate foods brought from home. Time honored traditions like approved treats for birthdays or foods at an afterschool student activity, are not subject to this standards.

The Charter School shall also take measures to promote nutrition and physical activity, engage in nutrition education, and conduct wellness activities. For this purpose, the Charter School may:

1. Host a health fair;
2. Distribute a wellness newsletter or include information on wellness in a newsletters sent to students and parents;
3. Promote healthy eating patterns in health education courses and general education;
4. Provide 50 minutes of physical education or physical activities per week to elementary students and 60 minutes per week to middle school students;
5. Offer a recognition or reward program for students who exhibit healthy behaviors.
6. Offer a Cross-Country and/or other Sports clubs at the school, including an after school physical activity program;
7. Ensure students have access to hand-washing facilities prior to meals;
8. Regularly evaluate the marketing and promotion of the school meal program;
9. Share school meal nutrition information with students and families;
10. Offer students taste-testing or menu planning opportunities;
11. Advertise and promote nutritious foods and beverages on school grounds;
12. Offer nutritious foods and beverages at lower prices than other foods and beverages;
13. Offer fruits or non-fried vegetables everywhere foods are sold;

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14. Use student feedback to improve the quality of the school meal programs;
15. Offer a staff wellness program;
16. Provide Charter School staff with adequate pre-service and ongoing in-service training that focuses on program administration, nutrition, physical activity, safety, the importance of modeling healthy behaviors, and strategies for behavioral change; and
17. Participate in community partnerships to support wellness programs, projects, events, or activities.

Nutrition Standards

To promote student health and reduce childhood obesity, the Charter School shall comply with the nutrition standards established by the USDA with respect to all food that is available on school grounds during the school day.

Community Participation

The Charter School will invite parents, students, food service staff, teachers teaching P.E. or health, health professionals, the Board, school administrators, and the general public to participate in the development, implementation, and periodic review of this policy.

The Executive Director or Administrator shall make available to the public the content of the policy and may include an assessment of the implementation of this policy including:

1. The extent to which the Charter School are in compliance with the wellness policy;
2. The extent to which the Charter School's wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the wellness policy.

Methods of providing this information to the public may include developing or disseminating printed or electronic materials to families of school children and other members of the school community at the beginning of the school year, or posting the local wellness policies and an assessment of their implementation on the Charter School or school website. The assessment of the implementation of the policy shall be conducted at least once every three years.

Record Retention

The Charter School shall retain the following records relating to the wellness policy:

1. The written local school wellness policy;
2. Documentation demonstrating the community was involved in the development, implementation, and periodic review of the wellness policy;
3. Documentation of the assessment of the wellness policy; and

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4. Documentation to demonstrate the public was notified annually as required by this policy.

Monitoring Compliance

The Executive Director or Administrator shall designate one or more Charter School officials or school officials to ensure that each school complies with this policy.

Cross-Reference: 2310 Nutrition Education
 2315 Physical Activity Opportunities and Education
 8230 Nutrition Standards

Legal Reference: Sec. 204, Child Nutrition and WIC Reauthorization Act of 2004
 42 USC § 1758b, Section 204 Healthy and Hunger-Free Kids Act of 2010
 42 USC § 1771 et seq. Child Nutrition Act of 1966
 42 USC § 1751 et seq. National School Lunch Act
 7 CFR Part 210 Nutrition School Lunch and School Breakfast Programs:
 Final Rule
 7 CFR § 210.30 Local School Wellness Policy
 Smart Snacks in School Regulations by the United States Department of
 Agriculture

Other References: Idaho Wellness Policy Progress Report, Idaho State Department of
 Education
 Implementation and Monitoring Plan, Idaho State Department of
 Education
 Wellness Policy Guidelines—Elements of Implementation for Final Rule,
 Idaho State Department of Education
 <http://www.sde.idaho.gov/cnp/sch-mp/snacks.html>

Policy History:

Adopted on: 1/9/2014

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Reviewed on: