

Joshua Academy Charter School Wellness Policy on Physical Activity and Nutrition
Policy updated and implemented 2020-2021

The Board of School Trustees of Joshua Academy supports the health and well-being of the school corporation’s students by promoting nutrition and physical activity at all grade levels.

In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school corporation meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

The School Wellness Policy shall be made available to students and families on the corporation’s website, and by request. A condensed informative version is in the Student Handbook for student/parent information. A full version of Policy will always be available on request.

I. Coordinated School Health Advisory Council

A Coordinated School Health Advisory Council will be formed and maintained at the corporation level to oversee the development, implementation and evaluation of the school corporation’s wellness policy.

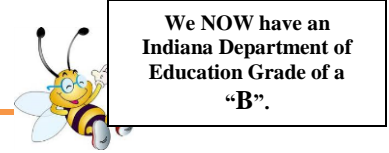
- A.** In accordance with state and federal law, the school corporation will form and maintain a corporation level Coordinated School Health Advisory Council that may include the following:
- Parents/Guardians
 - Food Service Director/Professionals
 - Teachers of Physical Education
 - Student
 - School health care professionals/Registered Dietitians/School Nurse
 - School board member
 - School administrator
 - Any interested member of the public
 - Representatives of interested community organizations

Other potential members of the Council include teachers, teaching assistants, SNAP-Ed educators, and community representatives such as recreation professionals, city planners, industry professionals and voluntary service workers.

B. The Advisory Council shall meet at least annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The Council shall meet two times during the school year (November & February) to discuss implementation activities and address barriers and challenges.

C. The Advisory Council shall report annually to the Superintendent on the implementation of the wellness policy. The Superintendent will make any recommended changes or revisions to the School Board.

D. The School Board will adopt, or revise nutrition and physical activity policies based on recommendations made.



II. Nutrition Education and Nutrition Promotion

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-6) according to standards of the Indiana Department of Education.

III. Standards for USDA Child Nutrition Programs and School Meals

The board will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

Fundraisers selling food items that do not meet the federal nutrition standards are limited to two such fundraisers per year.

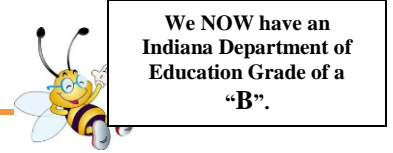
- A. The Board will allow marketing in school buildings and on school grounds during the school day for only those food and beverages provided by the school that meet the federal nutrition standards. Marketing that promotes student health will be permitted in school buildings and on school grounds.
- B. The following do not qualify as better choice beverages: Soft drinks, punch, iced tea, and coffee. Fruit or vegetable-based drinks that contain less than fifty per cent (50%) real fruit or vegetable juice or that contain additional caloric sweeteners. Any drinks that contain caffeine.
- C. All food items brought into the school for snacks and/or classroom parties will follow the handout-“Healthy Ideas for Classroom Snacks” (see attached). Snacks that do not meet nutritional standards will not be allowed. They must be 100 calories or less. All food brought into school must be a store-bought item in the original packaging.
- D. Joshua Academy is a **Nut Free** school. No snacks will be allowed that contain peanuts, peanut butter, pecans, walnuts, tree nuts, peanut oil, nut flavoring, almond extract, and/or any nut products.

V. Physical Activity and Physical Education

The board supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; before- and after-school activities; and walking and bicycling to school. Additionally, the board supports physical activity among elementary students by providing them with at least 20 of the recommended 60 minutes of physical activity per day. This section does not apply to a student who is in attendance on a half-day schedule; or has a medical condition that precludes participation in the daily physical activity provided under this section. On a day when there is inclement weather or unplanned circumstances and the school day has been shortened, Joshua Academy may provide physical activity alternative or elect not to provide physical activity.

VI. Other Activities that Promote Student Wellness

The board supports the health and well-being of our students and staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities. All staff will teach by example and follow the guidelines of the Health and Wellness Policy while on duty and when students are present. Staff may follow personal choice for drink preference by placing in a non-labeled container.



VII. Evaluation

Through implementation and enforcement of this policy, the corporation will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, the corporation will evaluate implementation efforts and their impact on students and staff at least every three years. The board will notify the public of the results of the three-year assessment and evaluation.

The board designates the superintendent to ensure compliance with this policy and its administrative regulations. The superintendent is responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. The superintendent will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of the corporation's three-year assessment and evaluation.

LEGAL REFERENCE: 42 U.S.C. 1758b
 7 CFR Part 210
 I.C. 20-26-9-18.5

Administrative Regulations:

II. Nutrition education

1. Health education will be provided as part of a comprehensive health education program.
2. The school corporation will provide nutrition education training opportunities when available to teachers and staff for all grade levels.

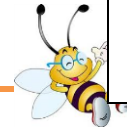
III. Nutrition promotion

1. Nutrition promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
2. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).
3. Nutrition promotion resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.
4. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.

IV. Standards for USDA Child Nutrition Programs and School Meals

A. School Meal Content

1. Meals served through the National School Lunch and Breakfast Programs will:
 - Be appealing and appetizing to children.
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs.
 - Contain 0 percent trans fats.
 - Offer a variety of fruits and vegetables.
 - 100 percent of the grains offered are whole grain rich.



2. All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
3. We will utilize fresh fruits and vegetables from local farmers when practical.
4. Students will have the opportunity to provide input on local, cultural and ethnic favorites.
5. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
6. The food services department will share information about the nutritional content of meals with students and parents/guardians upon request.

B. School Meal Participation

1. Joshua Academy will make available the USDA School Breakfast Program to all students.
2. We will inform and provide families of the availability and location of Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free Kids Act of 2010.
3. Joshua Academy will provide the After-School Meal Program, in accordance with the Healthy, Hunger-Free Kids Act of 2010 to all students participating in the after-school Children’s Zone.

C. Mealtimes and Scheduling

1. Adequate time will be provided to students to eat lunch (at least 15 minutes after being served) and breakfast (at least 10 minutes after being served).
2. School meals will be served in clean and pleasant settings.
4. Students will have convenient access to handwashing and sanitizing stations.
5. Drinking water must be readily available at all mealtimes.
5. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

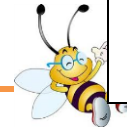
D. Professional Development

1. Professional development and training will be provided annually to food service managers and staff on proper food handling techniques and healthy cooking per food service provider.

V. Nutrition Standards for Competitive and Other Food and Beverages

A. Approved Nutrition Standards based on the nutrition standards of the Institute of Medicine (2007).

1. K-6 à la carte and other foods outside of school meals shall be limited to:
 - No more than 30 percent of total calories from fat,
 - Less than 10 percent of total calories from saturated fats,
 - 0 percent trans fats,
 - No more than 35 percent of calories from total sugars,
 - No more than 200 milligrams of sodium per portion as packaged,
 - No more than 200 calories per package, and
 - 100 percent of the grains offered are whole grain rich.
2. K-6 à la carte and other beverages outside of school meals shall be limited to:
 - Water without flavoring, additives, or carbonation,
 - Low-fat and nonfat milk (in 8- to 12-ounce portions),
 - 100% fruit juice in 4-ounce portions as packaged for elementary/middle school.
 - All beverages other than water, white milk or juice shall be no larger than 12 ounces.



E. Availability

1. A vending machine at an elementary school that dispenses food or beverage items may not be accessible to students.
2. Vending machines for school staff will not be accessible to students.
3. Food and beverages will not be sold in school stores.
4. Students and staff will have free, drinking water for consumption available in water fountains throughout the school building.

F. Concession Stands

1. The concession items sold at school-sponsored events to participants, fans and visitors shall include at least 25 percent healthy beverages and foods, according to the approved nutrition standards.

G. Classroom Celebrations

1. Classroom celebrations will focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
2. Classroom celebrations that include food will be limited to one per month. Food items must comply with federal nutrition standards.
3. Schools shall inform parents/guardians of the classroom celebration guidelines.
4. All classroom celebrations will follow the handout: “Healthy Ideas for Classroom Snacks”.
5. All foods brought into school must be store bought in original packaging with nutritional information and ingredients labeled.

H. Food as a Reward or Punishment

1. Teachers and staff will not use food as a reward. For example, the use of sugar-sweetened beverages or candy as a classroom reward at any school is not appropriate.
2. School staff will not withhold food or drink at snack time and mealtimes as punishment.

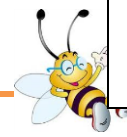
I. Fundraisers

1. Fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising. For a food or beverage item to be sold as a fundraiser, it must meet the approved nutrition standards. Fundraisers subject to this rule are those sold during the school day on school grounds. School day is defined as from midnight the night before to 30 minutes after the end of school.

VI. Physical Activity and Physical Education

A. Physical Education K-6

1. All students in grades K-6 will participate in physical education in order to meet the Physical Education Standards.
2. Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school shall not exceed an average of 30 to 1.
3. The physical education program shall be provided adequate space and equipment to ensure quality physical education classes for students.



B. Daily Recess and Physical Activity Breaks

1. Each elementary school shall provide daily physical activity in accordance with Indiana Code 20-30-5-7.5.
2. All elementary school students will have at least 1 period of active recess per day that is at least 20 minutes in length as recommended by the National Association for Sport and Physical Education (NASPE). This recess period will be outdoors when possible. If outdoor recess is not possible due to inclement weather, teachers will provide an indoor physical activity break in the classroom.
3. All teachers will be encouraged to use physical activity breaks during classroom time as often as possible.
4. Schools should discourage extended periods of inactivity (2 or more hours). During events such as mandatory school-wide testing, teachers will give students periodic breaks for moderate physical activity.

C. Physical Activity Opportunities Before and After School

1. Schools will offer intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
2. After-school enrichment providers may include physical activity in their programs, to the extent space and equipment allow.

D. Physical Activity and Remedial Activities/Punishment

1. Students will not be removed or excused from physical education to receive instruction in other content areas.
2. School staff will not use excessive physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

VI. Other School Based Activities

A. Walking and Bicycling to School

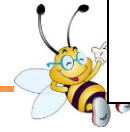
1. Where appropriate and safe, schools will allow walking and bicycling to school.
2. To the extent possible, the school corporation will make improvements, so it is safer, easier and more enjoyable for students to walk and bicycle to school.
3. The school corporation will explore the availability of both local and federal funding (e.g., Safe Routes to School funds administered by the Indiana Department of Transportation) to finance such improvements.

B. Use of School Facilities Outside of School Hours

1. School spaces and facilities, such as the playground and gym, will be made available to students, staff and community members before and after the school day; on weekends; and during school vacations whenever possible. School policies concerning safety will apply at all times.

C. Staff Wellness

1. The school corporation will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff.
2. Schools will allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use whenever possible.
3. Staff will be encouraged to participate in community walking, bicycling or running events.
4. Physical education will be taught by a licensed physical education instructor.

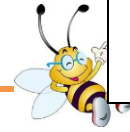


5. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
6. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk in accordance with IC 22-2-14-2.

VII. Evaluation of Wellness Policy

A. Implementation and Data Collection

1. The Principal is responsible for retaining all documentation of compliance with this policy and its regulations. The Principal will ensure that the school follows the corporation’s wellness policy by assessing wellness implementation strategies every three school years. The principal will provide the report to the school board. The principal’s report shall contain the following information: the school’s progress toward meeting the wellness goals over the previous three school years; the website address for the wellness policy and how the public can receive a copy of the policy; a description of the progress in meeting the goals, a summary of the event or activities related to the implementation of the policy; the name, position, and contact information of the school official coordinating the health advisory council or the school’s wellness team.
2. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Health Advisory Team and will be responsible for the three-year assessment of the school’s compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations; the extent to which the school is in compliance with the policy. As a result of this assessment and evaluation the policy and regulations will be revised as needed.
3. The three-year assessment and evaluation report will be made available to the public by posting it on the school corporation website and/or by request.



Healthy Ideas for Classroom Snacks

- *Fresh Fruit
- *Fresh Vegetables
- *Dried Fruits – raisins, craisins, apples, cranberries, apricots, banana chips
- *Individual packaged fruit snacks under 100 calories
- *Veggie Chips or Veggie Sticks
- *String Cheese, Cheese Sticks
- *Pretzels or Popcorn
- *Graham Crackers or Animal Crackers
- *Goldfish, Wheat Thins, Triscuits, Cheez-it, Baked Snack Crackers
- *Applesauce, Fruit Cups in Juice
- *Baked Sweet Potato Chips
- *Baked Tortilla Chips, Baked Chips
- *Breakfast/Cereal Bars such as Nutri-Grain, Special-K Bars
- *Quaker Oatmeal Bars
- *Yogurt Bars such as Nutri-Grain Yogurt Bars
- *GoGurt or Yogurt Cups
- *Small Size Whole Grain Muffins
- *Flavored Rice Cakes
- *Fat Free or Low-Fat Pudding Cups
- *Ritz Cheese Filled Crackers
- *Frozen Yogurt Bars
- *Joshua Academy is a nut free school. Please look at labeling for ingredients.**
- *Snacks which do not meet nutritional standards will not be allowed. They must be 100 calories or less.**
- *Birthday treats must follow the Wellness Policy. We currently allow the small 100 calorie cupcakes- No large iced cupcakes.**
- *No Carbonated Soda Beverages.**
- *All food brought into school must be store bought in original packaging with nutritional information and ingredients labeled.**