KIPP Delta Policy Review Cover Page

**Date**:

**Title of Policies**:

1. **School Wellness Policy**

**Purpose of the Policies**: These policies, adopted August 2012, provide an orderly process for employees to resolve, at the lowest possible level, their concerns related to the personnel policies or salary payments of this KIPP Delta Public Schools.

**Policy Origination**: Updates to the original policy, at the request of the G & N Committee.

**Review Process**: These policies had previously been reviewed by outside counsel and approved as presented by the Board for adoption. KIPP Delta staff do not believe the revisions contained in these policies necessitate additional legal review. These policy edits were reviewed by KIPP Delta’s senior leadership team and Mike Wright.

**Revision Overview & Rationale:** This policy has been updated to include specific language on how to file a grievance against the Executive Director. All revisions are tracked in the document (page 3). The Executive Director grievance process mirrors the existing KIPP Delta grievance process.

**Congruence with other KIPP Delta Policies:** Management has not conducted a thorough review of all KIPP Delta Policies to ensure that the changes to this policy affect other existing policies. The existing policy may already be in congruence with other policies, but that is not clear at this time. A full review of KIPP Delta Policies is slated to begin in Spring 2020.

**Management’s Recommendation**: Full adoption.

**School Wellness Policy**

The policies outlined in this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all schools in the KIPP Delta Public Schools region. Our commitment to providing nutritious foods for all students, as well as nutrition education and regular physical activity, are described here. This wellness policy was developed by the region’s Wellness Committee.

**Nutrition Standards for All Food and Beverages Sold or Served at School**

1. **National School Lunch & School Breakfast Programs**

All schools promote healthy nutrition by participating in federal school meal programs snacks are provided as part of the National School Lunch Program.) School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. In addition:

* 1. All reimbursable meals will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and the Healthy, Hunger-Free Kids Act of 2010. (Refer to the Healthy, Hungry-Free Kids Act of 2010 Menu Planning Regulations: http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf.)
  2. The school meal programs will be administered by a team that will include a Director of School Nutrition, Cafeteria Managers and School Nutrition Assistants. Cafeteria staff will be provided training on USDA meal plans/reimbursable meals/Offer Versus Serve so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety.
  3. Students will be encouraged to consume more whole grain-rich foods, fruits, vegetables and legumes, and to decrease plate waste via Offer Versus Serve (grades 2-12).
  4. Our schools will divert all or part of their USDA commodity entitlement funds to the Department of Defense Fresh Fruits and Vegetables Program.
  5. Students will be provided at least 10 minutes to eat breakfast and 15 minutes to eat lunch after being served.
  6. Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced.
  7. All campuses will be “closed” meaning that students are not permitted to leave the school grounds during the school day.
  8. Tutoring, club, or organizational meetings will not be scheduled during mealtime, unless students may eat during such activities.
  9. Students will have access to handwashing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them.
  10. Information on the nutritional content and ingredients of meals will be furnished on request.
  11. Participation in school meal programs will be promoted as follows:
      1. Community Eligibility Provision Schools: the following schools will participate in the Community Eligibility Program (CEP): KIPP Delta Elementary Literacy Academy (ELA), KIPP Delta College Preparatory School, KIPP Delta Collegiate High School, KIPP Blytheville College Preparatory School, KIPP Blytheville Collegiate High School.
      2. The intent of the Community Eligibility Provision (CEP) is to increase participation and improve access to free, healthy school meals and to eliminate the administrative burden of collecting household applications. Under the CEP, all students will eat breakfast and lunch at no charge.
      3. At CEP schools, parents will be notified of the availability of the free breakfast and lunch programs. At non-CEP schools, parents will be encouraged to determine eligibility for reduced or free meals by completing a Federal Eligibility Application.
      4. Elementary schools will use nontraditional breakfast service to increase participation, such as breakfast served in the classroom.

1. **Competitive Foods and Beverages**

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered “competitive foods”. Currently, KIPP Delta Public Schools does not offer a la carte items to be sold in the cafeteria; therefore, competitive foods include items from vending machines, school stores and for in-school fundraisers. All competitive foods will comply with the district’s nutrition standards, as well as all applicable state and federal standards, including the USDA’s “Smart Snacks in Schools” standards.

* 1. **Nutrition Standards for Food: Any food sold in school should**:
     1. Be a “whole grain-rich” grain product; or
     2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
     3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
     4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concerns in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
  2. **Foods must also meet several nutritional requirements**:
     1. Calorie limits:
        1. Snack items: ≤ 200 calories
        2. Entrée items: ≤ 350 calories
     2. Sodium limits:
        1. Snack items: ≤ 230 mg
        2. Entrée items: ≤ 480 mg
     3. Fat limits:
        1. Total fat: ≤ 35% of calories
        2. Saturated fat: ≤ 10% of calories
        3. Trans fat: zero grams
     4. Sugar limit:
        1. ≤ 35% of weight from total sugars in foods

1. **Nutrition Standards for Beverages**
   1. **All schools may sell:** 
      1. Plain water (with or without carbonation)
      2. Unflavored low-fat milk
      3. Unflavored or flavored fat-free milk and milk alternatives permitted by NSLP/SBP
      4. 100% fruit or vegetable juice and
      5. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners
   2. **Elementary schools may sell up to 8-ounce portions, while middle schools and the high school may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water**.
   3. **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students:**
      1. No more than 20-ounce portions of
      2. Calorie-free, flavored water (with or without carbonation); and
      3. Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
      4. No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces
   4. **Other Requirements: Fundraisers**
      1. The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under the standards.
      2. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
      3. The standards provide a special exemption for fundraisers that do not meet the nutrition standards. The district will comply/adhere to the State Board Rule on the exempted fundraiser limit.
   5. **Access to Drinking Water**
      1. Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Supervisory staff will facilitate access to water in the cafeteria.
      2. Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains and other methods for delivering drinking water are maintained.
2. **Nutrition Education and Promotion**

**Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:**

* 1. Our schools will promote nutrition and health by displaying posters such as MyPlate and Offer Versus Serve in the school cafeteria.
  2. Nutrition education will promote fruits, vegetables, whole-grain rich products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
  3. Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them).
  4. Staff will only use the approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited.
  5. Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations, workshops, and nutrition fairs. The school menu will be posted online.
  6. Staff is encouraged to model healthful eating habits, and discouraged from sharing food with children during regular class time, outside of activities related to the nutrition education –curriculum.
  7. Families will be requested to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.

**Specifically, the nutrition curriculum will encompass**:

* 1. Promotion of adequate nutrient intake and healthy eating practices;
  2. Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, and analysis of health information;
  3. Examination of the problems associated with food marketing to children;
  4. Nutrition themes including, but not limited to USDA’s MyPlate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

1. **Other**
   1. Marketing School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:
      1. Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy.
      2. **Withholding food as punishment is strictly prohibited.**
2. **Physical Activity**
   1. **Physical Education** 
      1. All K-12 students will receive daily physical education for the entire school year.
      2. Physical Education will be standards-based, using national and state-developed standards.
      3. Physical Education classes will be sequential, building from year to year, and the content will include motor skills, concepts, and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity.
      4. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation.
      5. Students will be able to demonstrate competency through the application of skills.
      6. Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.
      7. Our schools will provide adequate space/equipment and conform to all safety standards.
      8. Our schools prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.
   2. **Physical Activity** 
      1. All students will have opportunities for physical activity beyond physical education class on a daily basis.
      2. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle.
      3. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around.
      4. Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.
   3. **Recess** 
      1. All elementary school students will have supervised recess during which moderate to vigorous physical activity will be encouraged.
      2. Outdoor recess will only be withheld in the event of extreme weather. In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines to ensure adequate physical activity for students.
   4. **Physical Activity Programs** 
      1. Elementary, middle, and high school will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs. High school and middle school will offer interscholastic sports programs to all students.
3. **Evaluation and Enforcement** 
   1. The school website-(kippdelta.org) will have the local school wellness policy uploaded for public viewing.
   2. The Wellness Committee will review and update the local school wellness policy at planned wellness meetings if needed.
   3. Wellness Committee meetings will be held every quarter with advanced notification of the date, time and place via email.
   4. The public shall be advised by checking the website, (kippdelta.org) for a recent assessment on the implementation of the local school wellness policy.

The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing regional priorities, and other issues.

In its effort to improve the school nutrition environment, promote student health, and reduce childhood obesity, the district will adhere to the Arkansas Rule Governing Nutrition and Physical Activity in Arkansas Public School. Adhering to these rules will include, but is not limited to district efforts to comply with the following:

1. To appoint a district school health coordinator who shall be responsible for ensuring that each school fulfills the requirements of this policy;
2. To implement a grade-appropriate nutrition education program that will develop an awareness of and an apperception for nutrition and physical activity throughout the curriculum;
3. To enforce existing physical education requirements and engage students in healthy levels of vigorous physical activity;
4. To strive to improve the quality of physical education curricula and increase the training of physical education teachers;
5. To follow the Arkansas Physical Education and Health Education frameworks in grades K-12;
6. To not use food or beverages as rewards for academic, classroom, or sports performances;
7. To ensure that drinking water is available without charge to all students;
8. To establish class schedules and bus routes that do not directly or indirectly restrict meal access;
9. To provide students with ample time to eat their meals in pleasant cafeterias and dining areas;
10. To establish no more than nine (9) school-wide events with permit exceptions to the food and beverage limitations established by the rule previously mentioned. The schedule of the events shall be by the school, approved by the principal, and shall be part of the annual school calendar;
11. To abide by the current allowed food and beverage portion standards;
12. To meet or exceed the more stringent of Arkansas’ or the U.S. Department of Agriculture’s Nutrition Standards for reimbursable meals;
13. To restrict access to vending foods, competitive foods, and foods with minimal nutritional value as required by the law and rule;
14. to provide professional development to all district staff on the topics of nutrition and/or physical activity;
15. to utilize the School Health Index available from the Center for Disease Control (CDC) to assess how well the district is doing at implementing this wellness policy and at promoting a healthy environment for its students;

Date Adopted: