



Wellness Policy

I. BACKGROUND

Section 204 of PL 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, states: “No later than the first day of the school year beginning after June 30, 2006, each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency...”

II. PURPOSE AND SCOPE

The Amber Charter School (ACS) is committed to promoting nutrition and fitness for the students within the school community. ACS supports guidelines for nutrition education, physical fitness, food and beverages served to students within our schools, and the establishment of a Nutrition and Fitness Advisory Committee.

Nutrition Education and Physical Activity

- ACS will strive to have time allotted for physical activity within the school day to be consistent with state and federal law.
- ACS is committed to providing daily recess, recognizing the importance of recess to this age group. Teachers will be encouraged to promote physical activity when possible during recess.
- ACS will encourage lifetime wellness by providing education around good nutrition and the benefit of increased physical activity for children.

Guidelines for Foods and Beverages Sold and Served

- All foods and beverages sold individually by the contracted food service provider or provided by the school for any school-sponsored events will meet nutrition standards and focus on healthier foods and beverages. These choices will follow the guidelines to be developed by the Nutrition and Fitness Advisory Committee and approved by the Board of Trustees.
- Meals served through the National School Lunch and Breakfast Programs will attempt to be appealing and attractive to children, served in clean and pleasant settings, and meet or exceed nutrition requirements established by local, state, and federal statutes and regulations.
- Schools will provide adequate time for students to eat lunch. Lunches and opportunities for snacks will be scheduled at times consistent with students’ need for nutrition and

fluids within the school day.

MISSION

The Amber Charter School will maintain a Local Wellness Policy Committee that serves the following purposes:

1. Establish standards for all foods and beverages available to students during the entire school day
2. Establish goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness
3. Develop guidance and serve as a resource to school sites for Local Wellness Policy implementation
- 4 .Establish a plan for monitoring, measuring, and evaluating Local Wellness Policy implementation
5. Review and evaluate the Local Wellness policy standards and implementation
6. Recommend all policy related standards for final approval and report findings of policy implementation evaluation to the Board of Education.

MEMBERSHIP

The Local Wellness Policy Committee membership at the Amber Charter School will include the following individuals:

1. Parent
2. Students
3. School Food Service
4. School Nurse
5. Teacher

SCHOOLS MEALS PROGRAM

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of New York.

The Amber Charter School will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans.

Students will be encouraged to start each day with a healthy breakfast.

COMMUNICATION WITH PARENTS

Amber Charter School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will:

- Send home nutrition information and post nutrition tips on the school's website

- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;

SCHOOL MEALS

Amber Charter School will offer a School Lunch and Breakfast Program that meets the meal patterns and nutrition standards established by the U.S. Department of Agriculture.

Amber Charter School assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

Meals served through the National School Lunch and Breakfast Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by state and federal law;
- serve only low-fat (1%) and Reduced Fat (2%)

BREAKFAST

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, the school will:

- operate the breakfast program
- notify parents and students of the availability of the School Breakfast Program;
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

MEAL TIMES

The school:

- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;

SHARING OF FOOD AND BEVERAGES

Amber Charter School discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

PHYSICAL ACTIVITY

- **Recess.** Students will have at least 30 minutes of supervised recess every day, preferably outdoors, during which the school will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

- **Physical Education (K-6).** All students in grades K-6, will receive physical education twice a week by a certified physical education teacher. Students will be engaged in a moderate to vigorous activity during at least 50 percent of the physical education class time.
- **Physical Activity and Punishment.** Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- **Physical Activity Opportunities after School.** After school child care programs will provide and encourage, verbally, and through the provision of space, equipment and activities, daily periods of moderate to vigorous physical activity for all participants.

PLAN FOR MEASURING IMPLEMENTATION

Monitoring;

- Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the assistant principal or principal

Policy Review

To help with the initial development of the school's wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results will be used to identify and prioritize needs.

Assessments will be repeated every 3 years to help review policy compliance, assess progress and determine areas in need of improvement. The school will revise the wellness policies as needed.