

WOODBURY LEADERSHIP ACADEMY

Adopted: August 12, 2014

Amended: December 19, 2018

533 WELLNESS

I. PURPOSE

The purpose of this policy is to assure that Woodbury Leadership Academy (WLA) is committed to providing school environments that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A.** WLA will engage students, staff, board members and families in developing, implementing, monitoring and reviewing the Wellness Policy.
- B.** WLA will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.
- C.** All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- D.** Foods and beverages made available on campus will meet the nutrition recommendations of the U.S. Dietary Guidelines of Americans.

III. GUIDELINES

- A. Foods and Beverages – During Meal Time**
 - a.** WLA will schedule meal periods at appropriate times and provide students with sufficient time to eat.
 - b.** WLA will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
 - c.** Students will be provided time to have access to hand washing or hand sanitizing before eating meals.
 - d.** A list of healthful meal items may be provided to families.
 - e.** Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
- B. Food and Beverages – Outside of Meal Time**
 - a.** Snacks: Snacks during the school day or after school should make a positive contribution to student's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

- b.** Celebrations: WLA may limit celebrations/parties that involve food to special events such as holidays and the last day of school. A list of healthful snack items may be provided to families.
- C. Food and Beverages – Rewards**
- a.** The use of food or beverages as rewards for academic performances or good behavior is discouraged.
 - b.** The withholding of foods or beverages as a punishment is prohibited.
- D. Physical Activity**
- a.** Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
 - b.** Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
 - c.** Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

IV. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

- A. WLA will encourage students to:
 - a. Follow a healthy eating pattern across their lifespan;
 - b. Focus on variety, nutrient density and amount;
 - c. Limit calories from added sugars and saturated fat and reduce sodium intake; and
 - d. Shift to healthier food and beverage choices.
- B. Students, staff and families will receive consistent nutrition messages throughout classrooms, gymnasium, and cafeteria.
- C. WLA will allow marketing and advertising of foods and beverages that meet the Smart Snacks in School nutrition standards.

V. MONITORING AND POLICY REVIEW

- A. The governance committee will be responsible for monitoring and evaluation of this policy with input from all members.
- B. The administration will monitor compliance with the wellness policy and provide an annual report of Woodbury Leadership Academy's compliance with the policy to the school board upon request from the school board.

- C. WLA does not participate in federal Child Nutrition Programs, including the National School Lunch Program or the School Breakfast Program. If WLA decides to participate, we will be required to develop and implement a wellness policy as established by the Child Nutrition and WIC Reauthorization Act of 2004, and recently enhanced by the Healthy, Hungry-Free Kids Act of 2010 (HHFKA). Wellness policies can be integrated into the Whole School, Whole Community, Whole Child (WSCC) model for school health, and can help put into action several provisions of the Every Student Succeeds Act, including Title I and Title IV.