

Wellness Policies on Nutrition and Physical Activity

Philosophy

Renaissance Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Standards

Renaissance Academy will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical activity policies.

All students in grades K-9 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. They will accommodate the reasonable religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings and adequate time for students to eat.

To the maximum extent practicable, Renaissance Academy will participate in available federal school meal programs. Renaissance Academy will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Renaissance Academy Health Council

Renaissance Academy will create a school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

Nutritional Quality of Foods and Beverages on Campus

Meals served through the National School Lunch Program will be appealing and attractive to children, be served in clean and pleasant settings, meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations, and offer a variety of fruits and vegetables.

Free and Reduced-priced Meals

Renaissance Academy will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal Times and Scheduling

Renaissance Academy will:

- Provide students with at least 20 minutes after sitting down for lunch.
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of Renaissance Academy Food Service Staff

Qualified nutrition professionals will administer the school meal programs. Renaissance Academy will encourage continuing professional development for all nutrition professionals. Programs should include appropriate certification and/or training programs for school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Renaissance Academy will discourage students from sharing their foods or beverages with one another during meal or snack times.

Elementary Schools

The school food service program will approve and provide food and beverage sales to students in elementary schools. Food in elementary schools should be sold as balanced meals.

Middle/Junior High and High Schools

In middle/junior high and high schools, foods and beverages sold individually outside the reimbursable school meal programs during the school day, will meet nutrition and portion size standards.

Fundraising Activities

Renaissance Academy will encourage fundraising activities that promote physical activity.

Rewards

Beginning August 1, 2011 Renaissance Academy will not use foods or beverages, especially those that do not meet nutrition standards for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Celebrations

Beginning August 1, 2011 Renaissance Academy should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: Renaissance Academy will endeavor to involve and teach students, parents and teachers about the importance of food intake and energy expenditure.

Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television. Renaissance Academy will also ensure the following:

- Opportunities for physical activity will be incorporated into other subject lessons. and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

Renaissance Academy will encourage parents to pack healthy lunches and snacks. The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion.

Staff Wellness

Renaissance Academy highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.