


# HOWARD GARDNER MULTIPLE INTELLIGENCE CHARTER SCHOOL

	Students/Families	SF18-1001
	Wellness Policy	ADOPTED DATE: October 16, 2018 REVIEWED DATE: April 20, 2021 REVISED DATE: April 20, 2021

## Purpose

Howard Gardner Multiple Intelligence Charter School (HGMICS) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The School is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

## Authority

The School adopts this policy based upon recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the School establishes that the School shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access reasonable cost to foods and beverages that meet established nutrition guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades K-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with Pennsylvania Department of Education curriculum regulations and academic standards.

## Delegation of Responsibility

The Chief Executive Officer or designee shall be responsible for the implementation and oversight of this policy to ensure that HGMICS programs and curriculum are compliant with this policy, related policies and established guidelines or administrative regulations.

Staff members responsible for programs related to HGMICS wellness shall report to the CEO or designee regarding the status of all such programs.

The CEO shall annually report to the Board on the School's compliance with law and policies related to school wellness. The report may include an assessment of the school environment regarding school wellness issues, evaluation of food services program, review of all foods and beverages sold in school for compliance with established nutrition guidelines and recommendations for policy and/or program revisions.

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The CEO or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an easily accessible and understood manner and include:

- The extent to which HGMICS is following law and policies related to school wellness.
- The extent to which this policy compares to model wellness policies.
- A description of the progress made by HGMICS in attaining the goals of this policy.

At least once every three (3) years, HGMICS shall update and modify this policy as needed, based on the results of the most recent triennial assessment and/or as the School and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

HGMICS shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates, and implementation of this policy via the School website, parent/student handbook, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy, information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting the Wellness Committee leadership.

### **Recordkeeping**

HGMICS shall retain records documenting compliance with the requirements of the School Wellness policy that shall include:

The written School Wellness policy.

Documentation demonstrating that the School has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.

Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the School to inform the public of their ability to participate in the review.

(a) Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

### **Wellness Committee**

HGMICS shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one administrator, food service representative, student, parent/guardian, school nurse, health/physical education teacher, K-8 certified teacher and a member of the public.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing, and periodically reviewing and updating a School Wellness.

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policy that complies with applicable laws and regulations and to make recommendations to the CEO for adoption of any updates or revisions to the policy.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process. The School Nurse will serve as a resource to the Committee to examine student health issues and to assist in organizing follow-up programs. The Wellness Committee will monitor the four goals of nutrition education, nutrition promotion, physical activity, and physical education as central to a school environment that promotes health and wellness.

### **Nutrition Education**

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education in the School shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. Nutrition education lessons and activities shall be age appropriate.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity. Nutrition education shall extend beyond the School environment by engaging and involving families and the community.

### **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

HGMICS shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.

HGMICS food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables, and legumes, and to decrease plate waste. Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students. HGMICS shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

### **Physical Activity**

HGMICS shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. A physical and social environment that encourages safe and enjoyable activity for all students shall be

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maintained. Extended periods of student inactivity, two (2) hours or more, shall be discouraged and physical activity breaks shall be provided for students during classroom hours.

HGMICS shall partner with parents/guardians and community members and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity.

### **Physical Education**

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health enhancing physical activity. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

### **Other School Based Activities**

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the day.

Nutrition professionals who meet hiring criteria established by the School and in compliance with federal regulations shall administer the school lunch program. Professional development and continuing education shall be provided for lunch program staff, as required.

The School shall provide adequate space and time to eat school meals, as defined by the School, for eating and serving school meals.

### **Nutrition Guidelines for All Foods/Beverages at School**

All foods and beverages available during the school day shall be offered to students with consideration for promoting student health and reducing obesity. Foods and beverages provided through the National School Lunch Program (NSLP) shall comply with established federal nutrition standards. Food and beverages offered or sold at school or parent sponsored events outside the school day shall offer healthy alternatives in addition to more traditional fare.

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Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

### Food Allergies

HGMICS shall establish administrative procedures to address food allergy management to:

1. Reduce and/or eliminate the likelihood of severe and potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

**Competitive foods** are defined as foods and beverages offered or sold to students on the school campus during the school day that are not part of the reimbursable school lunch. For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day. For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

### Fundraiser Exemptions

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards unless an exemption is approved in accordance with the applicable administrative guidelines.

HGMICS may allow a limited number of exempt fundraisers as permitted by PDE each school year, i.e. up to five (5) exempt fundraisers. Requests from faculty, students, and Parent Forum for approval for an exempt fundraiser must be submitted to the Wellness Committee for approval at least two months before the beginning date of the fundraiser. Requested fundraisers will be reviewed on a first come basis.

### Non-sold Competitive Foods

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the School.

1. Rewards and Incentives - Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.
2. Classroom Parties and School Celebrations
  - a. Effective January 2019, School celebrations will offer a minimal amount of foods containing added sugar as the primary ingredient and will provide healthy alternatives that promote good nutrition.
  - b. Effective August 2019, classroom birthday parties will be limited to one per month. Parent/Guardians will be asked to bring an item from the approved healthy snack list if they choose to participate.

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3. Shared Classroom Snacks - Shared Classroom snacks will be monitored by the classroom teachers and provide an opportunity to promote good nutrition. Only healthy snacks will be provided.

4. Teacher – Student Lunch: The emphasis of the School STAR reward Teacher-Student Lunch is the opportunity for personal attention and interaction. Food should be limited to the daily lunch either bought or brought for the day.

HGMICS shall provide a list of suggested healthy food and beverage choices, and nonfood ideas, to parents/guardians and staff, which may be posted via the School website, parent/student handbook, posted notices and/or other efficient communication methods.

### **Marketing/Contracting**

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with the established administrative regulations. Exclusive competitive food and/or beverage contracts shall be approved by the CEO, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.