

LIONSGATE ACADEMY

615 WELLNESS

Original Adoption Date: 11/18/2014

Revision Date(s): 2/16/2016

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I. PURPOSE

It is Lionsgate Academy's policy to ensure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating, physical activity, and healthy lifestyle.

II. GENERAL STATEMENT OF POLICY

- A. The board of directors recognizes that developmentally-appropriate nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. Lionsgate Academy's environment will promote and protect students' health, well-being, and ability to learn by encouraging healthy choices, healthy eating and physical activity.
- C. Lionsgate Academy encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing Lionsgate Academy's nutrition and physical activity policies.
- D. All students will have access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students will have opportunities, support, and encouragement to be physically active in a developmentally appropriate way on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students as defined by federal, state and local child nutrition guidelines.
- G. Lionsgate Academy will, within reasonable limits, work to accommodate the religious, ethnic, cultural, and developmental diversity of the student body in meal planning.
- H. Lionsgate Academy will provide clean, safe, and pleasant settings and adequate time for students to eat.

III. ACCOUNTABILITY

The executive director shall execute administrative procedures that ensure the implementation of and compliance with Lionsgate Academy's Wellness Policy and guidelines. Status of the implementation will be provided by the chair of the Lionsgate Wellness Committee to the executive director to be included in the district-wide annual report.

IV. COMMUNICATIONS

The Lionsgate Wellness Committee will develop and implement a communications plan which includes staff and student training and communication to families to ensure understanding of, rationale for, and needs and actions of the Wellness Policy.

V. GUIDELINES- WELLNESS POLICY IMPLEMENTATION

A. Foods and Beverages in Schools

- a. Food Available to Students
 - i. All foods and beverages provided by the school during the school day (including concessions, vendors, and a la carte cafeteria items) will be consistent with the current federal nutrition guidelines.
 - ii. Lionsgate Academy and food service personnel will take measures to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
 - iii. Lionsgate Academy encourages parents, staff, organizations and individuals to support a healthy school environment by following the federal child nutrition guidelines for all foods and beverages brought into schools.
- b. Beverages
 - i. Lionsgate Academy will ensure that all drinking fountains are sanitary and in working order and that students will have access to drinking fountains during the school day.
- c. Food Safety and Personnel
 - i. Lionsgate Academy will provide students access to handwashing or hand sanitizing before they eat meals or snacks.
 - ii. Lionsgate Academy and food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
- d. Scheduling of Meals
 - i. Lionsgate Academy will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
 - ii. Lionsgate Academy will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- e. Food and Behavior
 - i. Lionsgate Academy discourages the use of food as a reward for academic performance or behavior and will not withhold food or beverages (including food served through school meals) as a consequence of behavior. Special consideration will be given for students with an IEP, 504 accommodation, approved behavior plan, or with special health or dietary requirements.
- f. Celebrations
 - i. Classroom celebrations will encourage healthy choices and physical activity that will make positive contributions to the student's health. The Lionsgate Wellness Committee will disseminate a list of healthy celebration ideas to staff and families that follow federal, state and local guidelines.

B. Nutrition Education and Promotion

- a. Through district curriculum and programming, Lionsgate Academy will:
 - i. Provide nutrition education that follows national and state standards and focuses on understanding the relationship between personal behavior, individual health and the impact of food choices
 - ii. Provide nutrition education that is developmentally appropriate, culturally relevant and includes participatory activities

- i. Teachers will be encouraged to incorporate nutritional information into subject lessons when appropriate.
- b. Lionsgate Academy's school cafeteria will promote healthy choices and nutrition education through the posting of nutrition education materials.
- c. Students will be encouraged to develop healthy eating habits both during and after the school day.
- d. Lionsgate Academy will support families' efforts to provide healthy food choices for children and will share information about healthy food choices available in school and suggestions for home.
- e. Lionsgate Academy will utilize competitive pricing, signage, product placement and promotional strategies to encourage healthy food choices consistent with federal child nutrition guidelines.
- f. Lionsgate Academy will strive for advertising of products and services that promote wellness and healthy lifestyles.

C. Physical Activity

- a. Through district curriculum, Lionsgate Academy will:
 - i. Educate students to recognize the benefits of physical activity and its impact on all aspects of their life.
 - ii. Provide opportunities to strengthen the skills and knowledge needed to maintain a healthy lifestyle.
- b. Teachers will be encouraged to develop opportunities for physical activity such as short breaks or activities that can be incorporated into subject lessons.
- c. Understanding the importance of physical activity in a child's ability to focus and learn in the classroom, withholding of participation in physical education will be used on a limited basis and only when the student's behavior is preventing them from participating safely.

D. School Sponsored Activities Outside of the School Day

- a. Lionsgate Academy will support and promote physical activities for students and families through a broad range of school activities and physical education offerings. These offerings will meet the needs, interests and abilities of all students.
- b. Lionsgate Academy will support the use of Lionsgate Academy facilities for physical activities by students, staff, and the community.
- c. Lionsgate Academy will support school and community partnerships that encourage physical and emotional health.

E. Implementation/Compliance

- a. Lionsgate Academy administrators, staff and those responsible for co-curricular activities will ensure that all school activities, including classroom practices, are consistent with the Lionsgate Academy Wellness Policy.
- b. The executive director or designee will ensure compliance with the Wellness Policy and report annually to the School Board via the annual report.

F. Lionsgate Academy Wellness Committee

- a. Lionsgate Academy will maintain a Lionsgate Wellness Committee to support the goals of the Wellness Policy.
- b. The Lionsgate Academy Wellness Committee membership will include representation from the following:

- i. School and Lionsgate Academy-level administration, including Food and Nutrition Services, with at least one representative from each site;
 - ii. Staff, including physical education teachers and school health professionals;
 - iii. Students, parents, the community, and School Board or designee.
- c. The Lionsgate Academy Wellness Committee will be responsible to the executive director or designee for:
 - i. Establishing standards for all foods and beverages available to students at Lionsgate Academy during the school day, when appropriate, in accordance with federal child nutrition guidelines and Lionsgate Academy policy;
 - ii. Establishing methods to monitor results of the Wellness Policy;
 - iii. Periodically compiling data reported from schools to assess compliance with the Wellness Policy;
 - iv. Providing a communication plan to the executive director or designee;
 - v. Reporting to the executive director or designee on the progress made by Lionsgate Academy in attaining the goals of the Wellness Policy, and
 - vi. Making recommendations about the Wellness Policy when necessary.

Legal References:

Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296

U.S. Department of Agriculture Services Program Regulations 210, 215, 220, 225 and 245

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

C.F.R. § 220.8 (School Breakfast Program Regulations)

Local Resources:

Minnesota Department of Education, www.education.state.mn.us

Minnesota Department of Health, www.health.state.mn.us

Action for Healthy Kids Minnesota, www.actionforhealthykids.org