

## **The Circle of Life Academy Local School Wellness Plan**

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provision set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

### **I. Purpose and Goal:**

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being and ability to learn by supporting healthy eating and physical activity.

### **II. General Statement of Policy**

- The Circle of Life LEA and School Board recognizes that nutrition education, physical education, and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well being, and are essential components of the education process, and that good health fosters student attendance and education.
- The school environment shall promote and protect student's health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- The Circle of Life Academy encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring and reviewing school nutrition and physical activity policies.
- Children need access to the proper amounts of healthy foods and opportunities to be physically active in order to reach potential growth, actively learn and thrive into adulthood.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Qualified food service personnel will provide students with access to a variety of nutritious and healthy foods which meet the federal and state nutrition requirements .

## **2. Pleasant Eating Environment**

- Drinking water will be available for students and staff members at meals and during the day.
- School personnel will assist all students in developing the healthy practice of washing hands before eating.
- Lunch period is scheduled in or near the middle of the day.
- School personnel will schedule enough time so that students do not have to wait in the serving line very long.
- Adequate time to eat in a pleasant dining environment with enough seating for all students will be provided. The minimum eating time for each student will be 10 minutes for breakfast and 20 minutes for lunch as recommended by NASBE.
- The Circle of Life Academy encourages socializing among students and between students and adults. Adults will properly supervise the dining and serving areas and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students show healthy eating habits.
- Parents are encouraged to dine with the students in the cafeteria during feast days.
- There should be no scheduled activities such as pep rallies, assemblies, or meetings during the scheduled lunch period.
- Food will not be used as a reward or punishment for student behaviors, unless it is detailed in a student Individualized Education Plan (IEP).

## **3. Nutrition Education & Promotion**

- The Circle of Life Academy will encourage and support lifelong healthy eating and engage in nutrition promotion that is offered as part of the health and physical education curriculum designed to provide students with the knowledge and skills necessary to promote and protect their health.

## **5. Communications with Parents**

- Circle of Life recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being.
- Circle of Life will provide information about physical education, nutrition and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physical active outside of school.

## **6. Implementation and Monitoring**

- Upon approval by the school board the Wellness Policy will be implemented throughout the school district.
- To satisfy the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the Wellness Committee will monitor and evaluate the school district's implementation of the Wellness Policy. Upon approval of the Wellness Policy, the Wellness Committee will meet annually to update the policy.
- The School Administrator will ensure compliance with the Wellness Policy and will provide an annual report of the school district's compliance with the policy to the school board.
- The Wellness Policy will be posted on the school website.

Approved by the Circle of Life Academy School Board on 9-27-18.