



Imagine Schools Local Wellness Policy on Physical Activity and Nutrition

Belief Statement

Imagine Schools 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. Therefore, it is the policy of Imagine Schools that:

- Imagine Schools 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. (Nutrition Education)
- All students will have opportunities, support, and encouragement to be physically active on a regular basis. (Physical Activity)
- Imagine Schools 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. (Promoting Student Wellness)



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- Imagine Schools will participate in available federal school meal programs, including the National School Lunch Program. (Nutrition Promotion)
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*. (Nutrition Guidelines)
- Imagine Schools will ensure compliance with the established nutrition and physical activity policies. (Implementation and Monitoring)

To Achieve These Policy Goals:

I. Nutrition Education

Imagine Schools aims to teach, encourage, and support healthy eating by students.

- *Nutrition education* is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health **(6th -8th Grade)**
- *Nutrition education* links with school meal programs, other foods, and nutrition-related community services.
- Staff will be encouraged to model healthy eating and physical activity as a valuable part of life.
- Schools will strive toward integrating a coordinated school health approach.
- Students and parents will be provided the opportunity to give feedback on wellness goals.



II. **Physical Education and Physical Activity**

Physical Education

- All students, including students with disabilities, special health-care needs, and in alternative educational setting, will receive physical education;
- Physical education classes will have, on average, the same student/teacher ratios used in other classes; 30:1 or less.
- Adequate indoor and outdoor space and equipment will be provided.
- All physical education will be taught by a Highly Qualified physical education teacher, or a Certified Physical Education teacher who will receive professional development.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) can be substituted for meeting the physical education requirement.

Physical Activity

- Opportunities for physical activity will be incorporated into other subject lessons; classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate
- After-school child care, enrichment programs, and intramural sports will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants
- School spaces and facilities may be available to students, staff, and community members before, during and after the school day, on weekends, and during school vacations. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times;



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- Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical education as punishment.
- All **Middle** school students will have at least 30 minutes everyday of supervised recess (weather permitting)

III. **Activities to Promote Student Wellness**

- Healthy choices are promoted through the use of posters, classroom activities, salad bars available to all students;
- A SHAC (School Healthy Advisory Council), consisting of all USDA required participants (including physical education teachers and school health professionals), work to develop, implement, monitor and review and, as necessary, revise school nutrition and physical activity policies.

IV. **Nutrition Promotion**

- Healthy choices are promoted with the use of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Imagine Schools will work closely with the FSMC to increase participation in school meal programs;
- After obtaining food, students will be given a minimum of 20 minutes to eat lunch;



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- All food service personnel will have adequate training in food service operations, including professional development in the area of food and nutrition, and required to hold a food handlers card; kitchen managers will all be certified through ServSafe;
- Students are provided with a pleasant and safe environment in which to eat lunch; (ie clean floors and tables, exit doors and access to drinking fountains)
- Nutrition information will be made available to parents, if requested.
- Peanut free zones and special dietary needs are provided, as needed.
- Students are discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- School-based marketing will be consistent with nutrition education and health promotion. As such, Imagine will limit food and beverages marketing to the promotion of foods and beverages that meet the nutrition standards for meals or foods and beverages sold individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

V. **Nutrition Guidelines**

- All food items, accessible to students, will be regulated and consistent with federal and state nutrition guidelines;
- Does your school regulate school stores? **NA**
- School regulated a la carte items that follow nutritional guidelines set forth by USDA



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- It is encouraged that any food or treats served at class parties/celebrations will be monitored by Classroom Teachers. Strong consideration of items served will be communicated for allergy classrooms.
- **Does your school regulate food sold for fundraising at all times?** No – Fundraisers involving food being sold are done after school hours so that parent involvement is provided.
- Imagine Schools will comply with federal and state nutrition guidelines; products used will be high in fiber, low in added fats, sugar and sodium, consistent with calorie requirements and served in appropriate portion size; 100% of the grains served will be whole grains
- **Does your school address food not being used as a reward?** Yes it is addressed
- Water and milk (fat-free and low-fat) are the only beverages available to students.
- Access to free, safe, and fresh drinking water is available throughout the school day.
- Snacks served in before and after care programs follow the nutritional guidelines of the Department of Health Services;
- School staff will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages.

VI. Stakeholder Involvement and Participation

Imagine Schools will create, strengthen or work within other Imagine Schools health councils to develop, implement, monitor, review and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources for implementing those policies. The Regional Council will review the Regional Wellness Policy annually; all school Stakeholders are invited to participate.



VII. Local Discretion

School spaces and facilities may be designated for nut-free zones, school gardens, and community outreach programs.

VIII. Public Notification

Imagine Schools will facilitate with any and all Imagine LEA's in regards to different ways of communicating and encouraging participation throughout the community;

IX. Implementation and Monitoring

- Imagine Schools will inform and update the public (including parents, students and community members) about the content and implementation of the Local Wellness Policy;
- Imagine Schools will periodically measure and assess the Local Wellness Policy to determine any areas in need of improvement.

X. Local Designation

Regional Council consists of the following:

1. NSLP Coordinator
2. Health Aide
3. Physical Education Teacher
4. Parent Group
5. Regional NSLP Sponsor Representative
6. School Administrator
7. Student Representative



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