

The Academy Charter School is committed to nutrition education and providing a school environment that promotes and protects student health, well-being and the ability to learn by supporting healthily eating and physical activity.

In understanding the importance of nutritious foods and the need to be physically active to thrive in the Academy Charter School, we have established guidelines to be developed and utilized in a successful wellness program that meets the needs of all our students.

This is our plan:

- The School will engage students, parents, staff, food service professionals' health professionals and other interested community members in developing and implementing, monitoring and reviewing a school wide nutrition and physical policy.

Nutritional Education

- Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12).
- Nutrition education will be integrated into the broader curriculum, where appropriate.
- The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab.
- Field trips: Children will have an opportunity to visit local farms where produce is purchased for school meals.
- Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
- The academy will provide nutritional and physical education to ensure a healthy lifestyle that will embrace our student's habits of healthy eating and physical activity.

School Health Committee

- The committee will consist of the Principle, Nurse, Food Service Director, Phys Ed Teacher, School Phycologist, Health teacher, Student, Representative of the School Board and PTO.
- The committee will meet once a semester to self-review and create wellness awareness.

Nutritional Foods and Beverages served at the Academy Charter School

- Will meet the nutritional standards and recommendations of New York State Child Nutrition Program and USDA Guidelines. All foods sold to students outside of school meals shall meet districts nutrition standards <https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks>
- Offer a verity of fresh fruits and vegetables.

- Use local products.
- Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu
- Free water will be available in the cafeteria during mealtimes.
- Participate in the National Breakfast, Lunch and Smart Snack programs.
- Participate in the National Summer Feeding Program.
- Reach out to the Parents with newsletters on helpful suggestion encouraging good nutrition and activities with their children.
- Ensure all snacks and Birthday parties' foods meet an approved list of Healthy Items.

Food Safety

- Foods brought into the school must be prepared in a recognized state legal food service establishment or your school food service.
- No Home prepared food items allowed.
- Store bought food items must be free of all types of nuts and nut oils.
- Food Services preparation areas will be restricted to food service staff and authorized personal.

Nutritional and Physical activity Promotion

- Forster an environment where the teachers are encouraged develop a training program of physical activity and child nutrition.
- The Academy Charter School plans are to teach, encourage and support healthy eating habits of students by: Offering at each grade level a standards-based program that provides the students with the necessary skills and knowledge to promote and protect their health. This will be achieved through health education classes, science class and food service programs.
- Promoting the consumption of fruits, vegetables, whole grains, and low fat and fat free products.
- Healthy food preparation methods.
- Providing educational information and encouraging healthy eating and physical activity for families, both within the home and outside the home.
- Making training available to the teachers and staff to effectively deliver quality nutrition education.

Staff Wellness:

- The Academy supports and truly cares about the health and well- being of every staff member by:

- Offering a comprehensive Health Insurance program.
- Employee assistance program.
- Health Gym Discounts.
- Physical Activity Opportunities and Physical Education
- Mental health classes

Physical Education

- All students will receive a physical education that meets the New York State Department of Education mandates and aligns to the New York State Standards.
- Having Physical education for grades K-12 taught by a certified/licensed teacher who is endorsed to teach physical education

Daily Recess

- Students will have twenty minutes of supervised daily recess.
- Equipment will be provided and personal supervised recess.

Monitoring and Evaluation

- At the committee meetings a self-evaluation of the programs will be discussed.
- Food Service Director will ensure that the standards and food policies are adhered to.
- A rotating committee member will be assigned the task of monitoring the program on a monthly basis.
- All school nutrition program directors, managers and staff will meet continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.
- If at anytime a parent or guardian wishes to join or be involved in some capacity with the Wellness Committee at your child's school, please contact your child's schools main office.