

# Integrity Education Centre Wellness Policy

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## **Integrity Education Centre Wellness Policy**

### **Preamble**

Integrity Education Centre is committed to the optimal development of every student. The Charter believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes.

This policy outlines the Charter's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students at Integrity Education Centre have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the Charter in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- The Charter establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives
- The Charter will coordinate the wellness policy with other aspects of school management, including the Continuous Improvement Plan, when appropriate.

This policy applies to all students and staff at Integrity Education Centre.

## **I. School Wellness Committee**

### ***Committee Role and Membership***

- The Charter will convene a wellness committee that meets at least once a to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy

The membership will represent to the extent possible all school levels and include, but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical and health education teachers, school administrators, school board members, health professionals and the general public.

## **Wellness Policy Implementation and Community Engagement**

### ***Implementation Plan***

The Charter will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates actions and timelines specific to each grade level; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy can be found at: [www.integrityeducationcentre.org](http://www.integrityeducationcentre.org).

### ***Annual Notification of Policy***

Each year Integrity Education Centre will make information about this policy, including its content, any updates to the policy and implementation status available through the school website. The Charter will provide as much information as possible about the school nutrition environment.

### ***Revisions and Updating the Policy***

The Committee will update or modify the wellness policy based on School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated at least once a year.**

### **Community Involvement, Outreach and Communications**

Integrity Education Centre is committed to being responsive to community input, which begins with awareness of the wellness policy. The Charter website will be used for outreach encouraging community involvement and support with local wellness initiatives.

The Charter will actively notify the public about the content of or any updates to the wellness policy annually.

## **II. Nutrition**

### **School Meals**

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. The school meals program aims to improve the overall health of school children in preparation to learn and succeed in life by supporting and modeling healthy choices. School meals are an integral part of the education system because good health fosters student attendance and education. We offer a selection of daily choices at all grade levels, empowering students to make their own healthy food choices.

Integrity Education Centre participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Integrity Education Centre is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- The school's child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Encourage recess before lunch to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- Messages about agriculture and nutrition are reinforced throughout the learning environment.
- School hosts field trips to local farms.

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual 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.

## **Water**

To promote hydration, free, safe, **plain** drinking water will be available to all students throughout the school day. The Charter will make drinking water available where school meals are served during mealtimes. If drinking fountain is not present other sources and containers may include water jugs, hydration stations, and other methods for delivering drinking water. Students will be encouraged to carry (approved) water bottles filled with only water with them throughout the day.

## **Foods and Beverages**

### **Elementary/Middle School Beverage Options:**

- Water—**Plain**, non-caloric, noncarbonated water. No size limit.
- Milk—Low-fat (unflavored only) or nonfat milk (flavored or unflavored) Size restrictions--Elementary (8 ounces or less) Middle (12 ounces or less).
- Juice—100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. Size restrictions--Elementary (8 ounces or less) Middle (12 ounces or less).
- No other beverage are allowed.

### **High School Beverage Options:**

- Water—**Plain**, non-caloric, noncarbonated water. No size limit.
- Milk—Low-fat (unflavored only) or nonfat milk (flavored or unflavored) Size restrictions--(12 ounces or less).
- Juice—100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed. Size restrictions--(12 ounces or less).
- Calorie free beverages—any flavored beverages (20 ounces or less) that are labeled to contain 5 calories or less per 8 ounces, or 10 calories or less per 20 ounce; and contains no more than 10 grams of sugar per serving.
- Low calorie beverages—any flavored beverages (12 ounces or less) that are labeled to contain 40 calories or less per 8 ounces, or 60 calories or less per 12 ounce; and contains no more than 10 grams of sugar per serving.
- Beverage may contain caffeine.

## **Celebrations and Rewards**

1. Celebrations/parties and Classroom snacks. The school will provide a list of healthy ideas to parents and teachers, including non-food celebration ideas. Healthy party and snack ideas are encouraged from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Rewards and incentives. The Charter will provide teachers and other relevant school staff a [list of alternative ways to reward children](#) and encourage them to use these best practice non-food methods as alternatives to food and beverages. Also, no foods or beverages will be withheld as punishment for any reason.

### **Fundraising**

All foods sold must meet Smart Snack Regulations. There is no nutrient standard restriction however to promote healthy eating habits one healthy option at each event is encouraged.

### **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. Students and staff will receive consistent nutrition messages throughout school, classrooms, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

### **Nutrition Education**

The Charter will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

### **Essential Healthy Eating Topics in Health Education**

Integrity Education Centre will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety

- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

### III. **Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). Integrity Education Centre will encourage teachers to participate in *Let's Move! Active Schools* ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **should not be withheld** as punishment. *This does not include participation on sports teams.* The school will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the Charter will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The Charter will conduct necessary inspections and repairs.

#### ***Physical Education***

Integrity Education Centre will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All **elementary students** will be encouraged to receive physical education for at least 60 minutes per week throughout the school year.

All **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical/health education.

The District physical education program will promote and encourage student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student. .

### **Essential Physical Activity Topics in Health Education**

Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

### **Recess (Elementary)**

All elementary will have at least **20 minutes of recess** on all days during the school year. This *policy may be waived on early dismissal or late arrival days*). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or handsanitizing stations located just inside/outside the cafeteria to ensure proper hygiene prior to eating.

**Outdoor recess** will be offered when weather is feasible for outdoor play.

In the event that the school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class.



### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

Integrity Education Centre recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students should be encouraged to take **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The Charter recommends teachers provide short (3-5minute) physical activity breaks to students during and between classroom times at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The Charter will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

### ***Active Academics***

It is recommended that teachers incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible and do their part to limit sedentary behavior during the school day.

The Charter will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

### ***Before and After School Activities***

The Charter offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The Charter will encourage students to be physically active before and after school.

## **IV. Other Activities that Promote Student Wellness**

Integrity Education Centre will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The Charter will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Teachers are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics.

### ***Community Partnerships***

Integrity Education Centre will continue relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### ***Community Health Promotion and Family Engagement***

Integrity Education Centre will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

Integrity Education Centre will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Integrity Education Centre will promote staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### ***Professional Learning***

When feasible Integrity Education Centre will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.