

Rochester Off Campus Charter School

Wellness Policy

[Sec.204 Local Wellness Policy: Not later than the first of the school year beginning after June 30th, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, physical activity to promote student wellness, and other school-based activities that are designed to promote wellness. The Act requires the involvement of parents, students, representatives of the food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person in charge with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.

I. PURPOSE

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

II. GUIDELINES

A. Food and Beverages Served/Sold During the School Day

1. Foods and beverages available during the school day will include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperatures.
2. Foods and beverages available during the school day will minimize the use of trans and saturated fats, sodium and sugars as defined by the Dietary Guidelines for Americans.
3. Beverages
 - Allowed: Water, vegetable and fruit juices (that contain at least 50% fruit juice), and milk.
 - Not Allowed: Carbonated beverages, sports drinks, and fruit drinks

(containing less than 50% fruit juice)
until 12:00 p.m...

B. Fundraising During the School Day

1. To support children's health and school nutrition-education efforts, the school will encourage fundraising that promotes the sale of non-food items or services.
2. Food items sold will be approved by the staff for food safety and nutritional value.

C. Physical Activity

1. Students will be required to participate in a minimum of two physical education classes in their high school education.
 - a. Students will be exposed to life long recreational activities.
 - b. Students will understand the importance good physical health.
2. Opportunities for physical activity will be incorporated into other subject lessons (such as science, math, and social studies).

3. Physical activity will be incorporated into homeroom curriculum.

- a. Tournaments (volleyball, basketball, softball, etc.) will be organized by the school.
- b. Weekly activities (walks, games, etc.) will be included in homeroom planning.
- c. Activity days will be planned throughout the school year.

III. IMPLEMENTATION AND MONITORING

- A. To satisfy the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the school staff will monitor and evaluate the school's implementation of the Wellness Policy.
- B. The Wellness Committee will meet twice yearly to review and update the policy. (The first week of the 1st and 2nd semester have been identified as the review dates.)
- C. After approval by the school board, the Wellness Policy will be implemented starting with the 2006-07 school year.