

Amani Public Charter School Wellness Policy

Updated 9.2019

In 2004, Congress recognized that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. To formalize and encourage this role, Congress passed a law (P.L. 108-265). Each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq) shall establish a local school wellness policy by school year 2006.

Amani Public Charter School has constructed a wellness policy to meet the federal requirement to assure the health of our scholars. Heart disease, cancer, and diabetes are responsible for two-thirds of deaths in the United States. Major risk factors for these diseases include, unhealthy eating habits, physical inactivity, and obesity, which are often established in childhood. In promoting student's health and well being, we have set goals in physical activity, nutrition, and hygiene. Our goals are based on federal, New York State, and NASPE learning standards, as well as, supported by scientific research.

Children at Amani Public Charter School consume a large portion of their daily food intake at school therefore the school food environment can have an important influence on their diets. Student's lifelong eating habits are greatly influenced by the types of foods and beverages available to them. So we as a "safe and secure" school must establish standards to address all food and beverages sold or served to students.

Eating a healthy breakfast is associated with improved cognitive function (especially memory), reduced absenteeism, and improved mood. Hunger and disruptive eating patterns might increase the risk for malnutrition. Malnutrition can negatively affect overall health, cognitive development, and school performance.

<http://www.cdc.gov/healthyyouth/nutrition/facts.htm>

Amani Charter requirements for nutrition standards are:

- * Amani Public Charter School will promote nutritious breakfast, lunch, snacks and beverage choices consistent with current dietary guidelines by the USDA and NYS department of education.
- * Is designed to be financially self-supporting. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value.
- * Will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

- * Will provide a food service manager, qualified to administer the school food service program and satisfy reporting requirements.
- * Will ensure all food service personnel have adequate pre-service training in food service operations.
- * Parents will be encouraged to only send food items that will make positive contributions to the child's diet and health
- * The school environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals.
- * Food should not be used as a reward or punishment.
- * Will supply information about the nutritional content of meals/ meal items to parents and students. Such information will be available on menus and the website.
- * Food and beverages for fundraisers must be approved by the Wellness Policy Committee, in order to move toward a goal of healthier nutrition.
- .
- * Food brought in for celebrations and/or classroom parties should consist of healthier choices and water should be encouraged as beverages.
- *Staff will be encouraged to promote their own wellness.

Amani Charter Goals for promoting nutrition education:

- * Meals and snacks will meet or exceed the USDA nutritional requirements. Revolution Foods currently in place.
- * There will be nutrition education integrated into areas of the curriculum, such as in health, math, science, language arts and social studies, where appropriate.
- * Nutrition awareness materials will be available in the nurse's office and cafeteria
- * Nutritional content of menu items and allergen information will be available upon request from the food service company.
- * Nutrition education will be provided to parents/guardians Amani staff and community via newsletter, seminars and tips on website.
- * Nutrition education opportunities will be provided to students. To teach students the long term benefits of choosing a healthy diet.
- * Healthy vending options will be available through the vendor Insta Healthy... e.g.: "Fresh Healthy Vending"

- * All Amani staff will be encouraged to maintain a healthy nutritionally mindful lifestyle.
- * Surveys of food provided and nutritional education will be given out semi-annually.
- * Development of an annual wellness fair in which students participate to educate caregivers and each other.

Amani Charter Requirements and Opportunities for Physical Activity

- * Provide opportunities for physical activity during the school day through physical education classes, recess periods, and during classroom breaks (ex: Flash dance during class).
- * Students receive the nationally recommended amount of daily physical activity, which is at least 90 minutes per week.
- * Monday through Thursday, students will spend at least 50-75 percent of physical education class time participating in moderate to vigorous physical activity.
- * Physical education curriculum will comply with all state and federal requirements.
- * Teachers and other school and community personnel will not use physical activity as a punishment (ex: running laps, pushups).
- * Ensure student's participation in physical activity during physical education and recess, by monitoring and encouraging and setting up sufficient equipment to maximize participation.
- * Display understanding of safety procedures by following them in PE each day, and by not inflicting injury to self and others.
- * During PE and health class, students learn the benefits of physical activity and healthful lifestyle.

Physical Education Goals for Promoting Physical Activity

Scholars achieves and maintains a health-enhancing level of physical fitness by implementing warmup and stretching routines that includes muscle groups that are used

in specific activities and explains the need for warmup and cool down.

Develop positive attitudes and experiences towards physical education or for physical activity by creating a positive learning environment with little emphasis on competition so that students do not feel intimidated or threatened.

During PE class, students will learn the fundamental skills and knowledge to become successful and knowledgeable participants. If they are competent, knowledgeable, and enjoy the challenges that the physical education unit provides it could very well carry over into adulthood and be part of their lifetime participation.

Monitoring and policy review:

The executive director will ensure compliance with established nutrition and overall wellness policies. The Director of Operations will ensure compliance with the food service provider, USDA, NYS Department of Education and will report any resulting changes to the wellness policy committee.

The executive director will report annually on the wellness policy to the school board, PTA and the wellness policy committee.

The wellness policy committee will be chaired by the Director of Operations and consisting of school nurse, a physical education instructor, the Principal and a community representative which will ensure compliance of established nutritional goals.