

WELLNESS

As required by law, the Board of Directors establishes the following wellness policy for the Oakland International Academy.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the Academy's students. Furthermore, research concludes that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the Academy shall:
1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
  2. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
  3. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
  4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
  5. Nutrition education shall extend beyond the school by engaging and involving families and the community.
  6. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

7. Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.

B. With regard to physical activity, the Academy shall:

Physical Education

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
2. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
3. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge.
4. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
5. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks established by the State.
6. Properly certificated, highly qualified teachers shall provide all instruction in physical education.
7. All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.
8. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
9. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
10. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.
11. Planned instruction in physical education shall include cooperative as well as competitive games.
12. Planned instruction in physical education shall take into account gender and cultural differences.

Physical Activity

1. All students in grades K- 6 shall be provided with a daily recess period at least twenty (20) minutes in duration. Recess shall not be used as a reward or punishment.
2. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
3. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

C. With regard to other school-based activities the Academy shall:

1. The schools shall provide at least twenty (20) minutes daily for students to eat.
2. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
3. The school shall provide attractive, clean environments in which the students eat.
4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
5. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
6. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
7. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the US Department of Agriculture (USDA).
- C. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- D. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.
- F. All foods available to students in Academy programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- G. All food service personnel shall receive pre-service training in food service operations.

The Educational Service Provider/School Leader shall develop Administrative Guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the principal of each school. The Board designates the Educational Service Provider/School Leader as the individual charged with operational responsibility for verifying that the School meets the goals established in this policy.

Board of Directors of the Academy hereby directs its leadership team to implement strategies that will keep the School in compliance with the latest Federal and State initiatives on Wellness and Nutrition for its staff and students.

The Educational Service Provider/School Leader shall report on the Academy's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

**BOARD RESOLUTION**

**WHEREAS** children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive; and

**WHEREAS** good health fosters student attendance and education; and

**WHEREAS** obesity is increasing rapidly in the United States, affecting adults and children of all races, ethnicities, and income levels; and

**WHEREAS** the prevalence of overweight children aged 6-11 has more than doubled in the last 20 years and the number of overweight adolescents aged 12-19 has more than tripled in that same time; and

**WHEREAS** overweight children and adolescents are more likely than not to remain overweight, become obese adults, and develop related chronic illnesses; and

**WHEREAS** reversing the obesity epidemic among children will require a long-term, well-coordinated approach to reach young people where they live, learn, and play; and

**WHEREAS** schools can effectively partner with other public, non-profit, and private sector organizations in an effort to re-shape social and physical environments and provide information and practical strategies to help children and adults adopt more healthy lifestyles; and

**WHEREAS** the Child Nutrition and WIC Reauthorization Act of 2004 established a new requirement that all Academies with a Federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity no later than the beginning of the 2006 – 2007 school year;

**THEREFORE BE IT RESOLVED** that it is the intent of the Board of Directors of Oakland International Academy the Educational Service provider to comply fully with 42 USC 1751 Section 204, which requires that any local educational agency participating in the National School Lunch Program establish a local school wellness policy; and

**BE IT FURTHER RESOLVED** that the School Leader shall seek the involvement of parents, students, representatives of the school food service program, the school board, school administrators, and the public as this Academy's wellness policy is developed, and shall recommend a policy to the Board; and

**BE IT FURTHER RESOLVED** that the Board reserves the right to modify the recommended policy as it deems necessary.

Adopted 2/14/08