

ARCHWAY PROGRAMS' LOCAL WELLNESS POLICY

CREATIVE ACHIEVEMENT ACADEMY

The mission of Archway Programs (hereto referred to as the District) is to promote a healthy lifestyle for students, parents and staff, which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our District Wellness Policy, which will incorporate nutrition education and standards, physical activity and any other school related activities to empower students, staff and the community to live healthier lives. We make our policy available to the public.

School Meals

The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains and fat-free and low-fat milk; moderate sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. All schools within the District participate in USDA child nutrition programs, including National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs.

- All school meals are accessible to all students at no cost.
- The District offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water is available to all students throughout the school day and throughout the school campus including during mealtimes.
- Students will be allowed at least 30 minutes to eat breakfast and at least 30 minutes to eat lunch counting from the time they have received their meal.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeteria. The District will promote healthy food and beverage choices for all students throughout the campus, as well as encourage participation in school meal programs.

- Promote healthy food and beverage choices using Smarter Lunchroom strategies.
- School hosts field trips to local farms.
- Serve a full reimbursable meal in order for students to get a complete, balanced, and nutritious meal.
- Students, teachers or administrators announce the day's menu in daily announcements.

Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens.
- Nutrition education will be integrated into other classroom instruction through subjects such as math, science, and language arts.
- The District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with Dietary Guidelines for Americans. The District will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from MyPlate;
 - Balancing food intake and physical activity;
 - Food safety;
 - Social influences on healthy eating, including media, family, peers, and culture;
 - How to find valid information or services related to unhealthy eating.
 - Resisting peer pressure related to unhealthy dietary behavior.

Physical Education

The District 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.

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 District students will participate in physical education that meets or exceeds state standards.
- All physical education teachers in Archway Programs will be required to participate in at least once a year professional development in education.
- All physical education classes in District are taught by licensed teachers who are certified or endorsed to teach physical education.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not a substitute for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks or physical education) will not be required or withheld as punishment for any reason.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- District will implement physical activity into the classroom as necessary.
- All elementary students will be offered at least 20 minutes of recess on all or most days during the year.
 - Recess takes place ½ hour before lunch.
 - 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 indoor recess guidelines that promote physical activity for students, to the extent practicable.
 - Recess will complement, not substitute, physical education class. Recess teachers or staff will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District 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.

- The District will promote to parent/guardians/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring/Implementation

- The District will convene a district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.
- The wellness committee membership will represent all school levels (Upper and Lower schools) and include (to the extent possible), but not limited to: parents/guardians and caregivers; students; representatives of the school nutrition program (i.e., school nutrition director); physical education teachers; health education teachers; schools health professionals (i.e., health education teachers, school health services staff, and mental health and social services staff); school administrators (i.e., executive director, education, principal), school board members; health professionals (i.e., dietitians, nurses); and general public.
- The District will compile publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in May, and will include information from each school within the District. This report will include, but is not limited to:
 - The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
 - A description of each school's progress in meeting the wellness policy goals;
 - A summary of each school's events or activities related to wellness policy implementation;
 - The name, position title and contact information of the designated District policy leaders identified in the section below; and
 - Information on how individuals and the public can get involved with the District Wellness Committee.
- The District will actively notify households/families of the availability of the annual report through the District newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as District 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 as indicated at least once every three years.**

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