

## **New Life Academy of Excellence School Local Wellness Policy**

New Life Academy of Excellence is committed to the development of every student. NLAE believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create an environment that promotes and supports wellness, physical activity and healthy nutrition. We can contribute to the basic health status of students by facilitating learning through the support and promotion of healthy nutrition and physical activity.

New Life Academy of Excellence will maintain a local Wellness Policy that will outline the school's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all students, and staff of New Life Academy of Excellence.

New Life Academy of Excellence will assemble a wellness committee that will be comprised of parents, students, community members, and employees. The local wellness policy committee is charged with the responsibility of developing a plan to implement and measure the effectiveness of the local wellness policy. The designated official of the local wellness policy committee will be the current School Nutrition Manager, Dalisha Jordan.

Alongside the School Nutrition Manager, this policy will be monitored by the wellness policy committee to ensure compliance. The wellness policy committee will review the policy every year to determine the scope of policy compliance and the extent of progress being made toward the student wellness goals. As part of this assessment, the committee will review current trends in nutrition and physical activity. Upon review and as necessary, the committee will make recommendations to New Life Academy of Excellence for consideration on modifications to this policy annually.

New Life Academy of Excellence will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness. The targeted goals outlined in this policy are designed to reflect best practices in the area of child nutrition and physical activity.

**The targeted wellness goals are divided into the following four categories:**

- Section 1- Nutrition guidelines for all foods available during the school day;
- Section 2- Nutrition education and promotion;
- Section 3- Physical Activity;
- Section 4- Other activities that promote student wellness.

### ***Student Wellness Policy Goals***

#### **Section 1- Nutrition guidelines for all foods available during the school day**

##### **A. School meals served through the National Lunch Program targeted goals include:**

- a. Meals that are accessible to all students;
- b. Meals that are appealing and attractive to children;
- c. Meals that meet current nutrition requirements established by local, state, and Federal statutes and regulations;
- d. Meals that offer a variety of containing high nutritive value.

**B. Food sold during the school day (e.g. vending, sales, grade-level stores, and fundraising activities) must meet the USDA Smart Snacks in School Nutrition Standards.**

a. Beverages:

i. The following may be sold:

- Plain Water
- Unflavored low-fat milk
- Flavored or unflavored non-fat milk (and milk alternatives);
- 100 percent fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.

ii. Beverages must also meet portion size requirements:

- Elementary school may sell up to 8-ounce portions of allowable milk and juice beverages, while middle school may sell up to 12-ounce portions.

b. Foods:

i. Any food sold in school must:

- Have as a first ingredient a fruit, vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable;
- Be a “whole grain-rich” grain product.

ii. Foods must also meet several nutrient requirements:

- Calorie limits:
  - Snack items ≤200 calories
  - Entrée items: ≤300 calories
- Sodium limits:
  - Snack limits: ≤200mg
  - Entrée limits: ≤480mg
- Fat limits:
  - Total fat: ≤35% of calories
  - Saturated Fat: <10% of calories
  - Trans fat: zero grams
- Sugar limits:
  - ≤35% of weight from total sugars in foods

**C. Fundraising activities targeted goal:**

It is encouraged that fundraising activities not involve food in an effort to support children’s health and school nutrition education. It is recommended that fundraising entities utilize activities that promote physical activity (e.g. walk-a-thons, Jump Rope for Heart, fun runs, etc.). Fundraising involving foods, unless a part of an excused event, must meet the Smart Snacks standards for foods and beverages sold individually.

**D. Snacks targeted goal:**

Snacks served during the school day or in after school enrichment programs should make a positive contribution to children’s diets and health. It is encouraged that children are served

fruits and vegetables as the primary snack with water or milk as the primary beverage. The school should ensure that any snack served meets the Smart Snacks standards.

**E. Celebrations targeted goal:**

Classroom celebrations are defined as being confined to a single classroom. Individual classroom parties are not impacted by the Smart Snacks standards. It is recommended that building staff members evaluate their celebrations, and are encouraged to be nutritionally **conscience of the food and beverages being provided.**

**F. Rewards targeted goal:**

Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. The school will provide teachers and other relevant school staff a list of alternative ways to reward children.

**Section 2- Nutrition Education and Promotion**

**Nutrition Education Smarter Lunchroom Techniques:**

New Life Academy of Excellence uses evidence-based strategies from The Smarter Lunchrooms Movement to encourage selection and consumption of healthy food choices in the lunchroom. NLAE will utilize at least 5 of the following Smarter Lunchroom strategies:

1. Sliced or cut fruit is offered.
2. Vegetables are offered on all service lines.
3. A serving of vegetables is incorporated into an entrée item at least once a month (e.g. beef and broccoli bowl, spaghetti, black bean burrito).
4. White milk is organized and represents at least 1/3 of all milk in each designated milk cooler.
5. Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
6. Creative, descriptive names are used for featured items on the monthly menu.
7. Attractive, healthful food posters are displayed in dining and service areas.
8. Students, teachers, or administrators announce today's menu in daily announcements.
9. Students provide feedback (informal – 'raise your hand if you like...' or formal - focus groups, surveys) to inform menu development.
10. A monthly menu is posted in the main office.

**Nutrition Promotion Smarter Lunchroom Techniques:**

New Life Academy of Excellence will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur by implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.

**Targeted goals include:**

1. The school environment, including the lunchroom and classroom, should provide clear and consistent messages that promote and reinforce healthy eating.
2. Students will have access to useful nutrition information. Posters, worksheets and newsletters will be available throughout the school.

3. The school will provide parents with healthy snack ideas and lists of foods for healthy celebrations.
4. Nutrition education will teach skills that are behavior focused.
5. The nutrition benchmark included in Georgia's physical education standards should be taught as part of the structured and systematic unit of instruction during physical education classes.

### **Section 3- Physical Activity**

#### **Targeted goals include:**

1. Children and adolescents should participate in at least 60 minutes of physical activity every day. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any. NLAE will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.
2. All elementary students in each grade will receive physical education for at least 45 minutes per week throughout the school year. All secondary students (middle school) are required to take the equivalent of one academic year of physical education.
3. All elementary schools will offer at least 20 minutes of recess on all days during the school year (This policy may be waived on early dismissal).
4. Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The school will recommend teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

### **Section 4- Other activities that promote student wellness**

#### **Targeted goals include:**

1. Encourage more physical activities by minimizing sedentary activities. Such as watching movies, playing computer games, etc.
2. Encouraging classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.
3. Tutoring, club or organizational meetings should not be scheduled during mealtimes, unless students may eat during such activities.
4. Afterschool Enrichment program will encourage healthy snacking and physical activity.
5. School personnel will not withhold food or beverages from students as a punishment.
6. Teachers and other personnel will not deny or require physical activity as a means of punishment.

### **Section 5- Marketing and Advertising**

It is the intent of the school to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with NLAE wellness policy. Marketing and advertising of foods and beverages include but aren't limited to (vending machines displays, posters, menu boards, food service equipment, etc.).

### **Section 6- Assessments**

New Life Academy of Excellence will conduct an assessment of the local wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local wellness policy, and include:

- The extent to which New Life Academy of Excellence is in compliance with the wellness policy;
- The extent to which the school's wellness policy compares to model local wellness policies; and
- A description of the progress made in attaining the goals of the school's wellness policy.

The school wellness committee will update or modify the wellness policy based on the results from the triennial assessment and/or as the school's priorities change; community needs change; wellness goals are met; and new Federal or state guidance or standards are issued.

### **Section 7- Informing the Public**

New Life Academy of Excellence will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. NLAE will also notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results.

#### **Targeted goals include:**

1. Wellness policy updates will be provided to the students, parents and staff, as applicable in the form of the school website, newsletter and handouts to ensure the public is informed and that input is encouraged.
2. NLAE will provide all parents with information on where to find a complete copy of the local school wellness policy at the beginning of the year.
3. The school will ensure that the most current version of the wellness policy and triennial assessments are always available on the school website for the public to view.

### **Section 8- Community Involvement**

New Life Academy of Excellence is committed to making the community aware of the wellness policy, and being receptive of any community suggestions, feedback and input. The school will communicate ways in which students, parents, school administrators, and community stakeholders can participate in the development, implementation, and annual review of the local wellness policy through a variety of mean, including but not limited to:

1. Students will be asked for input and feedback thought the use of surveys and attention will be given to their comments, suggestions and concerns.
2. If parents, school administrators, and community stakeholders, or the general public have any suggestions or contributions for the local wellness policy or would like to participate in the development, implementation and review of the wellness policy, they are encouraged to contact Dalisha Jordan, School Nutrition Manager at [djordan@newlifeacademyga.com](mailto:djordan@newlifeacademyga.com).

**Wellness Committee Members- 2018-2019 School Year**



*"A School Where Educating Is Our Number One Goal"*