107 WELLNESS

I. Purpose

Innovation Academy is committed to supporting a healthy school environment by promoting a positive learning environment, healthy eating, and regular physical activity. Our school believes that providing a healthy environment where children learn and participate in positive lifestyle practices optimizes student potential for academic performance and contributes positively to their self-esteem.

II. General Statement of policy

By working toward the following goals, Innovation Academy supports health wellness and improved educational outcomes of Innovation Academy students.

A. Food and beverages sold or served at Innovation Academy will meet the nutrition recommendations of the USDA guidelines.

B. Students will have access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of the students.

C. Innovation Academy will participate in federal school meal programs.

D. Innovation Academy will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

E. All students will have opportunities, support and encouragement to be physically active on a regular basis

F. Innovation Academy will maintain a Wellness Committee, promoting healthy living to staff and students. The Wellness Committee is open to parents, teachers, staff and students from Innovation Academy.

G. The Wellness Committee shall continue to develop, implement, monitor, review and recommend revisions regarding the Wellness Policy. The Wellness Committee will also serve as a resource to the school for implementation of the policy.

III. Nutrition and Environmental Guidelines

A. Food Environment:

1. The students will be encouraged to start each day with a healthy breakfast, because children who come to school hungry find it difficult to stay alert, concentrate, and learn. A nourishing breakfast program is available for students. School lunch periods should be scheduled during the middle of the school day if it is possible.

2. Students should be provided with enough time to eat meals at school during their scheduled mealtime. Students should be allowed approximately ten minutes for breakfast and twenty minutes for lunch from the time they are seated.
3. The dining areas at school should be clean, and inviting to the students.
4. Enough seating will be provided for all students.
5. Hand-washing facilities will be available for students and they will be encouraged to wash their hands before meals. Hand sanitizer may also be available to students.
6. This school will make every effort to avoid holding/hosting tutoring sessions, club/organizational meetings, or activities during mealtimes, unless students may eat during the activity.
7. Milk (for purchase) and water will be made available to all students during meal times.
8. Innovation Academy will strongly encourage and support healthy eating by students and engage in a nutrition program that is:
    a. Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
    b. Innovation Academy will encourage all students to make age appropriate, healthy selections of food and beverages.
    This includes those items sold outside of the school meal program such as: concession stands, the school store, and fundraising events.

B. Food Service Operations:
1. Innovation Academy will develop a coordinated and comprehensive outreach, promotion, and pricing plan to ensure maximum participation in the school meal program and will make certain that all eligible children who qualify receive free and reduced-price meals.
2. Innovation Academy will ensure that all students eligible to receive free and reduced price meals and milk are not specified or easily identified by others.
3. Innovation Academy will employ a food service director that is properly qualified, certified, or have the credentials (according to professional standards) to administer the school food service program and satisfy reporting requirements.
4. All personnel that participate in child/student nutrition will have adequate preservice training, and strive to participate in ongoing professional development.
5. Innovation Academy will involve families and community organizations in the development of programs to provide school meal options that are culturally sensitive and meet special dietary needs.
6. Innovation Academy will plan menus that meet the nutrition standards recommended in the Dietary Guidelines for Americans and ensure that the school meal program meets all requirements set forth under U.S.D.A. CFR Part 210 and Part 220.

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

1. Food and beverages offered will be nutrient dense including whole grain products, fiber-rich fruits and vegetables.

Note: According to the American Dietetic Association and others, nutrient-dense foods are those foods that are rich in important nutrients (vitamins, minerals, fiber and/ or protein) when compared to their calorie count.

a. Food and beverages offered will include a variety of healthy choices that are of excellent quality, appealing to the students and are served at the proper temperature.
b. Food and beverages offered will minimize the use of trans fats, sodium, and sugar content.
c. Portion sizes will be age appropriate for elementary, middle school and high school students respectively.
d. Nutrition information for products offered in snack bars, a la carte, vending or the school stores should be available.
e. If food is provided for the classroom celebration, it must be commercially prepared. Healthy food choices are encouraged.
f. It is a goal that when fundraisers involve selling food, they should promote positive health habits.
g. "Animals in the Schools" (see school-wide policy on the school website)

IV. Community Collaboration

A. Communications with Parents
1. Innovation Academy recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. Innovation Academy recognizes that health status and behaviors are influenced not only by the attitudes and practices of an individual, but also by personal relationships, as well as community and societal factors.
2. Innovation Academy will disseminate health information to parents/guardians through the Innovation Academy handouts, and the school website. Parents are encouraged to be involved in communication and decision-making through the Wellness Committee. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
3. Innovation Academy will provide information about physical education and other school-based physical activity opportunities before, during and after the school day and will support parents' efforts to provide their children with opportunities to be physically active outside of school.
4. Innovation Academy encourages parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

B. Product Marketing in Schools
1. To the best of its ability, Innovation Academy will work to provide foods and beverages available to students that support the health and wellness curriculum, promote optimal health, and provide healthy and appealing food choices while adhering to the following standards for nutritional value of foods and beverages:
    a. Calories from saturated trans-fat - No more than 10%
    b. Calories from total fat - No more than 30%

c. Total sugar – No more than 35% by weight
d. Whole grain – 100%
e. Total sodium – No more than 230 mg of sodium per serving for chips, cereals, crackers, oven baked potatoes, baked goods; no more than 480 per serving for pastas, meats, and soups and no more than 600 mg per serving for pizza, sandwiches and main dishes as closely as can be determined.
f. Fruits and vegetables -- a choice of fruits and non-fried vegetables will be offered for sale at any location where foods are sold in school and on school grounds. Such items could include, but are not limited to: fresh fruits and vegetables; 100% fruit or vegetable juices; fruit based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried or canned fruits in fruit juice; cooked, dried or canned vegetables that meet fat and sodium guidelines.
g. Beverages – Encouraged: 100% fruit or vegetable juices; fruit based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners or artificial sweeteners, unflavored low-fat or fat-free milk and water. Discouraged: drinks containing caloric or artificial sweeteners, sports drinks, caffeinated iced teas, fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners and beverages containing caffeine.

V. Opportunities Before and After School

Innovation Academy encourages the participation of all students in activities such as co-curricular activities, extra-curricular activities, Community and family activities that promote physical activity. Physical activity is encouraged through three seasons of competitive sports. Teams from junior high to varsity levels may be available for both male and female students. All Innovation Academy coaches meet certification requirements. PreK-5 students participate in a recess period each day of the week (weather permitting).

VI. Curriculum

A. Innovation Academy will provide education that will encourage lifelong healthy eating habits and physical activity. Innovation Academy will work toward a relationship between physical education, health education, school lunch program, and community (when possible).

B. Integrating Nutritional Education into the Classroom
   1. Innovation Academy will provide nutrition education and engage in nutrition promotion by:
      a. Offering at each grade level basic nutritional knowledge and skills to encourage and promote health;
      b. Encouraging nutritional strategies into subjects including: health and physical education including: math, science, language arts, social sciences and other elective subjects.
      c. Promoting fruits and vegetables, whole grains products, low-fat dairy products, and healthy food preparation methods.

d. Stressing the balance between caloric intake and energy expenditure (exercise).
e. Keeping class parties to a minimum during the school year, and offer healthy alternatives to highly-processed, sugar-filled foods/treats.

C. Physical Education
1. All students at Innovation Academy will be provided with physical education as determined by Innovation Academy guidelines.
2. On average, students will spend at least 50 percent of physical education class participating in moderate physical activity.

D. Integrating Physical Activity into the Classroom Setting
1. In an effort to encourage lifelong physical activity, other opportunities for physical education must be offered beyond physical education class.
2. Classroom teachers are encouraged to develop and utilize opportunities during class to provide short, physical activity breaks during class.

E. Promoting a Healthy Lifestyle
Health Education Units will reinforce physical education by working to promote a physically active lifestyle.

F. Rewards and Punishment

Food items should not be used to reward positive behavior according to the Minnesota Department of Education guidelines.

VII. Implementation and Monitoring of Wellness Policy

A. The wellness policy, after approval, will be implemented throughout the school. The policy will be available on the school web site and a hard copy will be distributed to all staff.

B. The Wellness Committee will establish methods such as a questionnaire or survey to monitor results of the policy and measure compliance throughout the school. Areas in need of improvement will be determined and progress will be assessed and reported to administration.

C. The food service staff will ensure compliance within the food service areas regarding nutrition guidelines and procedures set forth by the state and will report to the administrator as appropriate.

D. The school store and after school concessions will also provide nutritional options for purchase.

E. The committee will review the policy annually and make any recommended changes to administration and the Steering Committee.