



## Wellness Policies on Physical Activity and Nutrition

Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive. Good health helps foster student attendance and education. Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases including unhealthy eating habits, physical inactivity, and obesity often are established in childhood.

Thus, St. Croix Preparatory Academy (SCPA) is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of SCPA that:

- The school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing school nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- To the maximum extent practicable, SCPA will participate in available federal school meal programs.
- SCPA will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

To achieve these policy goals:

- I. Maintain a School Wellness Committee.  
SCPA will create, strengthen, or work within existing school wellness committees to develop, implement, monitor, review and as necessary revise school nutrition and physical activity policies.
- II. Use best practices to ensure a high standard of nutritional quality of foods and beverages sold and served on campus.

### **School Meals**

Meals served on campus will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;

- Meet at a minimum, nutrition requirements established by local, state and federal statues and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA); and
- Ensure that half of the served grains are whole grain.

SCPA will work with the food provider to share information about the nutritional content of meals with parents and students.

### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- SCPA will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **Free and Reduced-priced Meals**

SCPA will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Towards this end, SCPA utilizes an electronic identification and payment system.

### **Meal Times and Scheduling**

St. Croix Prep will:

- provide students with at least 20 minutes for lunch;
- not schedule tutoring, clubs, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- schedule lunch periods around recess periods;
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks.

### **Sharing of Foods and Beverages**

SCPA will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Lower School**

The school food service program will approve and provide all food beverage sales to students in Lower School. Given young children's limited nutrition skills, food in the Lower School should be sold as a balanced meal. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

### **Middle School and High School**

In Middle and High School, all foods and beverages sold individually outside the reimbursable school meal program (including those sold through a la carte, vending machines or fundraising activities) during the school day (12:01 a.m. to 4:30 p.m.) will meet the following nutrition and portion size standards:

### **Beverages**

- Allowed: water, fruit and vegetable juices and fruit based drinks (12oz.) that contain at least 50% fruit juice that do not contain additional caloric sweeteners; unflavored low-fat or fat-free milk and nutritionally-equivalent nondairy beverages (to be defined by the USDA);
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine.

### **Foods**

A food item sold individually will:

- have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- have no more than 35% of its weight from added sugars;
- contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; contain no more than 480 mg of sodium per serving for pastas, meats and soups; contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and do not contain additional caloric sweeteners; cooked, dried or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).

### **Portion Sizes**

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

### **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will only use food that meet the above nutrition and portion size standards for foods and beverages sold individually during the school day (12:01 a.m. – 4:30 p.m.). SCPA will encourage fundraising activities that promote physical activity.

### **Snack**

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on fruits and vegetables as the primary snacks and water as the primary beverage. SCPA will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.

### **Rewards**

SCPA will not use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

### **Celebrations**

SCPA will limit celebrations that involve food during the school day to no more than one party per class per month. SCPA will encourage celebrations that promote physical activity.

**School-Sponsored Events** (such as, but not limited to, athletic events, dances, or performances)

SCPA will encourage food and beverages offered or sold at school-sponsored events outside the school day (4:30 p.m. – 11:59 p.m.) to include healthy food options.

## III. Promote Physical Activity.

### **Integrating Physical Activity Into The Classroom Setting**

For students to receive the nationally recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for all students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Daily Recess**

All lower school students will have at least 20 minutes a day and middle school students the option of 20 – 30 minutes a day of supervised recess, preferably outdoors, during which SCPA should encourage moderate to vigorous physical activity through the provision of space and equipment.

**Physical Activity Opportunities Before and After School**

SCPA and before and after care programs will provide and encourage verbally and through the provision of space, equipment, and activities daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment**

Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as punishment.

IV. Monitoring and Policy Review.

**Monitoring**

The SCPA Chief Financial Officer will ensure compliance with established district wide nutrition and physical activity wellness policies. In each division, the division director will ensure compliance with those policies in his/her division and will report on the division's compliance to the Chief Financial Officer.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report this matter to the Chief Financial Officer.

The school's wellness committee will conduct an annual review as to the level of compliance and annually survey policy stakeholders thru an online survey to evaluate the progress the school has made in attaining the goals of the policy. Stakeholders include staff, students, wellness committee members and parents. In addition, the committee will compare the policy with other similar school district's policy's biannually to ensure the policy reflects best practices.

The SCPA Wellness Policies on Physical Activity and Nutrition will be presented to the SCPA Board of Directors every three years for review and approval.