

Franklin Discovery Academy

Wellness Policies on Physical Activity and Nutrition

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, thrive, and good health fosters student attendance and education. Franklin Discovery Academy is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Franklin Discovery Academy that:

- Franklin Discovery Academy will engage students, parents, teachers, food service professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in grades K-6 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 guidelines of the Healthy, Hunger-Free Kids Act, and recommendations of the U.S. Dietary Guidelines for Americans.
- Our qualified Nutrition Director will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The school will participate in available federal school meal programs (including National School Lunch Program).
- The school 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:

Nutritional Quality of Foods and Beverages Sold and Served School Meals

Meals served through the National School Lunch and 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 statutes and regulations.
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent nondairy alternatives (to be defined by USDA).
- Ensure that all of the served creditable grains are whole grain.

Franklin Discovery Academy will engage students and parents, through taste-tests of new entrees, in selecting foods sold through the school meal program in order to identify new, healthful, and appealing food choices.

Free and Reduced-priced Meals

Franklin Discovery Academy 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. Toward this end, the school may utilize electronic identification and payment systems.

Meal Times and Scheduling

Franklin Discovery Academy:

- Will provide students with at least 25 minutes to eat after sitting down for lunch;
- Should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will schedule lunch periods before or followed by recess periods (in elementary schools).
- Will provide students access to hand washing before they eat meals or snacks.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, school stores, etc.)

Elementary Schools

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

Fundraisers

The Smart Snacks rule standards provides a special exemption for infrequent fundraisers that do not meet the nutrition standards. Utah State limits these fundraisers, which must be applied for in advance, to 3 per year, lasting no more than 5 days.

Physical Activity

Franklin Discovery Academy aims to teach, and support healthy eating by students and encourage students to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, STEMRec, extracurricular programs and other activities.

Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities.

Students will have at least 30 minutes a day of supervised recess and 60 minutes a day of supervised STEMRec, during which they will be encouraged to participate in moderate to vigorous physical activity.

Staff Wellness

Franklin Discovery Academy highly values the health and wellbeing of every staff member and encourages all staff to maintain a healthy lifestyle, and model a healthy lifestyle for its students.

Physical Activity Opportunities and Physical Education Daily Physical Education (P.E.) K-6

All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students) for the entire school year.

Safe Routes to School

Franklin Discovery Academy will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts.

Policy Review

Franklin Discovery Academy will periodically review and revise the Student Wellness Policy to ensure that it supports healthy eating, physical activity, and student wellness. The Nutrition Director will encourage school-wide nutrition and physical activity wellness policies. To ensure that nutrition goals are addressed and healthy nutrition is encouraged the following data will be reviewed:

- Nutritional content of meals served.
- Student participation in the school meals programs.
- Snack and beverages sales outside of the meals programs.
- Food sales such as fundraisers, or activities, outside of the school meals program.
- To ensure that physical activity goals are addressed the following data will be reviewed:
 - Scheduled physical education classes.
 - Assessment results for grades K-6.