

Silver Oak Academy promotes health students by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Good health optimizes student academic performance which contributes to all children reaching their highest potential.

Wellness Policy on Physical Activity and Nutrition

Silver Oak Academy

Revised July 2020

Wellness Policies on Physical Activity and Nutrition

Wellness Council

Policy:

Silver Oak Academy will maintain a Wellness Council to implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

Expectations and Measures:

The Wellness Council will meet bi-annually to review Wellness Plan for compliance, discuss implementation and opportunities for improvement and review any relevant food or physical fitness concerns.

Annually, the Wellness Council will share its plan with the Advisory Board.

At a minimum, the Wellness Council will consist of Academy Principal, Food Service Manager, Business Manager, Student Council President, and representative from Advisory Board. Additional interested staff are encouraged to participate without regard for position.

The Academy welcomes participation by the general public and school community in the development, implementation, review and update of the Wellness Policy.

The Academy will maintain a current copy of the Wellness Policy on the Academy's website located at www.silveroakacademy.com.

School Meals

Policy:

The Academy will meet, at a minimum, USDA nutrition requirements established by state and federal guidelines.

Meals will be flavorful, appealing and attractive in order to maximize participation. Meals will be served in clean and pleasant setting.

The Academy values a healthy breakfast for all students. Students of the Academy are categorically eligible to participate in free breakfast as part of the School Breakfast Program.

The Academy values a healthy lunch for all students. Students of the Academy are categorically eligible to participate in free breakfast as part of the School Breakfast Program.

Snacks served during the school day or in after-school enrichment programs will make a positive contribution to children's diets and health. The Academy will assess when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

The Academy will participate in the After School Snack program.

The Academy is sensitive to concerns of any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. Overt identification is not an issue at the Academy as all snacks and meals are provided at no charge. The Academy does not permit students to share food or beverages with one another.

Goal:

School meal programs are consistent with State and U.S. Department of Agriculture USDA requirements.

Expectations and Measures:

Plan and prepare menus to comply with established nutrition standards.

Provide food service personnel with regular professional development on school meal programs, nutrition/health education, and wellness.

Goal:

Increase meal participation rates by offering quality, accessible, and appealing meals.

Expectations and measures:

Provide students an opportunity for input on school menu items.

Feature menus with choices that are flavorful and attractively presented.

Provide food safety training to all nutrition staff.

Over 90% of selected means to meet standards for reimbursement.

Foods and Beverages Sold Individually

Policy:

In order to reduce less nutritious food options, food is not sold to students.

The Academy does not provide vending machines, fundraisers, school stores, etc. in which students can purchase food.

The Academy does not use reimbursable foods or beverages as rewards for good behavior and will not withhold food or beverages (including food served through school meals) as a punishment.

The Academy does not have class parties that involve food.

Students will have access to free drinking water throughout the campus as provided by water fountains and dispenser in the cafeteria.

Physical Fitness Opportunities

Policy:

All students will receive daily physical fitness opportunities. Activities include 18/20 Workout, 3-Mile Run, Cardiovascular Circuit.

The Academy offers extracurricular physical activity programs, including intramural sports and organized athletic competitions.

No staff will use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Goals:

At least 225 minutes of physical activity per week for the entire school year.

80% student participation in at least one extracurricular physical activity.

Qualifications of School Food Service Staff

Policy:

Qualified nutrition professionals will administer the school meal programs.

Goal:

Opportunities will be provided for food service professionals to participate in professional development according to their level of responsibility.

Nutrition Education and Promotion

Policy:

Silver Oak Academy aims to guide, encourage and support healthy eating by students. The Academy promotes:

- Enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, and culinary opportunities
- Fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

Goal:

Nutrition education is integrated into other subject areas besides health education.

Expectations and Measures:

Nutritional education to be provided as part of culinary instruction, through posters in cafeteria and in core subject areas as it relates to subject matter at hand.

Communications with Parents

Policy:

The Academy supports parents' efforts to provide a healthy diet and daily physical activity for their student to the extent which is reasonable and feasible on the residential campus and in consideration of parental lack of custody or no contact orders.

Menu and nutrition information will be available to parents by request, to be provided with respect to loss of parental rights and no contact orders.

The Academy also will make available information about physical education and other school-based physical activity opportunities before, during, and after the school day upon parental request, to be provided with respect to loss of parental rights and no contact orders.

Staff Wellness

Policy:

The Academy values the health and well-being of every staff member and supports personal efforts by staff to maintain a healthy lifestyle, including participation in physical fitness activities and healthy eating.

Staff are invited to participate on the Wellness Council that will identify and promote additional opportunities for staff health and wellness, including ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Expectations and Measures:

Staff are expected to participate in student physical fitness activities with accommodations for personal health (ie- walk instead of run, fewer repetitions, etc.)

Staff are expected to eat meals in the cafeteria with students.

Staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Monitoring and Review

Policy:

The Principal will ensure compliance with established Academy Wellness Plan on Nutrition and Physical Activity and will report on the school's compliance to the Advisory Board.

The Academy's school food service manager will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school Principal. In addition, the Academy will report to the Advisory Board on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The Principal will develop a summary report every three years on Academy compliance with established Wellness Plan for Nutrition and Physical Activity, based on input from the Wellness council. That report will be provided to the Advisory Board and other individuals by request.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Academy will review nutrition and physical activity policies, provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. The Wellness Policy will be revised as necessary, with corresponding plans to facilitate their implementation.