

Patriot Preparatory Academy Wellness Policy on Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active
In order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, 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;

Whereas, 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.

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of
high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main
recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and
snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices,
chips, candy, cookies and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school
wellness policies;

Thus, Patriot Preparatory 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 Patriot Preparatory Academy that:

- PPA will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing 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.

- Qualified child nutrition professionals 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.
- To the maximum extent practicable, PPA will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program.
- Schools 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:

1. School Health Councils

PPA will work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

2. Nutritional Quality of Foods and Beverages Sold and Served

School Meals

Meals served through the National School Lunch and Breakfast Program 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;¹
 - serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
 - ensure that half of the served grains are whole grain.^{3,3}

Free and Reduced-priced Meals. PPA has made 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.⁴ Toward this end, we utilize electronic identification and payment systems. This system is monitored, evaluated and updated to ensure PPA is compliant with Federal law.

PPA assures that guidelines for reimbursable school meals are, at a minimum, equal to the guidelines used by the U.S. Department of Agriculture.

Meal Times and Scheduling: PPA

- Provides students with at least 20 minutes after sitting down for lunch;
- Lunch is scheduled between 10:45 a.m. and 1:00 p.m.;
- Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will schedule recess periods to follow lunch;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff. As part of the school district's responsibility to operate a food service program, we have food catered from qualified nutrition professionals.

Sharing of Foods and Beverages. PPA discourages 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.

3. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. PPA aims to teach, encourage and support healthy eating by students. PPA should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

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 students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- 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.

Communications with Parents. PPA will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity

and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

4. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-5th. All students in grades K-5th, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education or its equivalent twice weekly. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. PPA school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. PPA offers extracurricular physical activity programs, such as basketball, soccer, volleyball, baseball, softball and intramural programs.

After-school child care 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 on a very limited basis use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

¹To the extent possible, schools will offer at least two non-dried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

²As recommended by the *Dietary Guidelines for Americans 2005*.

³A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient statement. Examples include “whole” wheat flour.

⁴It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meal