



720 Payne Ave, Saint Paul, MN 55130. Phone: (651) 796-4500. Email: contact@hope-school.org

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Revised

05/30/2017

HOPE Community Academy Wellness Policy

This policy applies to all students, employees, and visitors of the school during the school day, extended day, and summer school.*

Purpose/Overview

HOPE Community Academy recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance, education, and overall wellness in student.

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and their ability to learn by supporting healthy eating and physical activity. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the school have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus in accordance with Federal and State Nutrition Standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The school establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

Vision statement

“HOPE Community Academy is actively seeking to educate and distribute knowledge of overall wellness and healthy habits for our students, families, and staff”.

Mission statement

HOPE Community Academy seeks to serve the students, families, and staff of the school.

HOPE Community Academy seeks to accomplish the implementation of the healthy nutrition guideline by the Healthy Hungry Kid Act and the USDA guidelines.

HOPE Community Academy emphasizes the importance of an active lifestyle by ensuring regular physical education and recess.

HOPE Community Academy consistently evaluates the impact the Wellness Program is having on the school; by meeting at least three times a year, evaluating the data from HOPE Community Academy, and re-assessing based on the school current needs.

Wellness Leadership

Role and Function

HOPE Community Academy will convene at least two representatives/leaderships of the Wellness Committee that meets at least three times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

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The two representatives/leaderships will represent all school levels (elementary and Middle schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals, and mental health and social services staff; school administrators, school board members; health professionals; the general public and the diversity of the general public.

Wellness Leaderships Staff

The Executive Director, the Assistant Director or the two staff appointed to the leadership role will facilitate the developments of and updates to the Wellness Policy, and will ensure the school's compliance with the policy.

The Executive Director is:

| Name | Last name | Title | Email |
|--------|-----------|--------------------|--------------------------|
| Maychy | Vu | Executive Director | maychyvu@hope-school.org |
| TBD | TBD | Assistant Director | TBD |

The staff appointed to the leadership role are:

| Name | Last name | Title | Email |
|--------|-----------|--------------------|-------------------------------|
| May | Ly | Program Compliance | mayly@hope-school.org |
| Brooke | Benecke | PE teacher | Brookebenecke@hope-school.org |

Committee Members/Stakeholder Involvement

The following members will be involved: student, parent, teacher, food service staff, physical education instructor, and other individuals interested in implementing, monitoring, and reviewing school district nutrition and physical activity policies.

| Name | Last name | Title | Email |
|----------|-----------|--|-----------------------------------|
| May | Ly | Program Compliance | mayly@hope-school.org |
| Brooke | Benecke | PE teacher | Brookebenecke@hope-school.org |
| Brent | Vyvyvan | 2 nd grade teacher | brentvyvyvan@hope-school.org |
| Alyssa | Carlson | Student Council Advisor ELL teacher | alyssacarlson@hope-school.org |
| Mirannda | Mellstrom | 1 st grade teacher | miranndamellstrom@hope-school.org |
| TBD | TBD | Student Representative | |
| TBD | TBD | Social Worker | |
| TBD | TBD | Parent | |

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Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

HOPE Community Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to the school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

The school will use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This Wellness Policy and the progress reports can be found at:

<https://schools.healthiergeneration.org>

Recordkeeping/Monitoring/Oversight

HOPE Community Academy will retain records to document compliance with the requirements of the Wellness Policy at HOPE Community Academy in room 290. A copy of the most recent Wellness Policy will be posted on the school website.

The documentations maintained at the school location will include but will not be limited to:

- The written Wellness Policy.
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit membership from the required community members/stakeholder groups; and (2) The group's participation in the development, implementation, and periodic review and update of the Wellness Policy.
- Documentation of annual policy progress reports for each school under its jurisdiction.
- Documentation of the triennial assessment of the policy for each school under its jurisdiction.
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the Wellness Policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of Wellness Policy.

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Annual Progress Reports

HOPE Community Academy recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The school will compile and publish an annual report to share basic information about the Wellness Policy and report on the progress of the school in meeting wellness goals. This annual report will be published around the same time each year in March, and will include information from HOPE Community Academy. This report will include, but is not limited to:

- The website address for the Wellness Policy and/or how the public can receive/access a copy of the Wellness Policy.
- A description of each school's progress in meeting the Wellness Policy goals.
- A summary of each school's events or activities related to Wellness Policy implementation.
- The name, position title, and email of the designated district policy leader(s) identified in page 2.
- Information on how individuals and the public can get involved with the school Wellness Committee.

The annual report will be available in the Hmong language and HOPE Community Academy will actively notify households/families of the availability of the annual report.

The wellness leadership staff in collaboration with the wellness committee will establish and monitor goals and objectives for HOPE Community Academy, specific and appropriate for each instructional unit (elementary and middle school) for each of the content-specific components listed in Sections I, II, III, and IV of this policy.

Triennial Progress Assessments

At least once every three years, HOPE Community Academy will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which the school under the jurisdiction is in compliance with the Wellness Policy.
- The extent to which the school's Wellness Policy compares to the Alliance for a Healthier Generation's Model Wellness Policy.
- A description of the progress made in attaining the goals of the school's Wellness Policy.

The positions responsible for managing the triennial assessment and contact information are the Program Compliance Officer and the Physical Educator Teacher.

The wellness leadership team will monitor the school's compliance with this Wellness Policy. HOPE Community Academy will actively notify households/families of the availability of the triennial progress report.

Revisions, Updating the Policy and Public Notification

The Wellness Leadership Team will update or modify the Wellness Policy based on the results of the annual progress reports and triennial assessments, and/or as the school

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priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

HOPE Community Academy is committed to being responsive to community input, which begins with awareness of the Wellness Policy. The school will actively communicate ways in which representatives of Wellness Leadership Team and others can participate in the development, implementation, and periodic review and update of the Wellness Policy through a variety of means appropriate for that district. The school will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

The school will use electronic mechanisms, such as email or displaying notices on the school's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the Wellness Policy, as well as how to get involved and support the policy. The school will ensure that communications are culturally and linguistically appropriate to the parents. The school will actively notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. The school will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

WELLNESS POLICY*

HOPE Community Academy is committed to the optimal development of every student. The school believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, the school needs to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{i,ii,iii,iv,v,vi,vii} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{viii,ix,x} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{xi,xii,xiii,xiv}

I. School Meals

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HOPE Community Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. The school will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and their restrictions on some children's diets.

HOPE Community Academy participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Summer Food Service Program (SFSP), and Child Adult Care Food Program (CACFP). The school is committed to offering school meals through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), and other applicable Federal child nutrition programs, that:

- Are accessible to all students.
- Are appealing and attractive to children.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (HOPE Community Academy offers reimbursable school meals that meet [USDA nutrition standards](#)).
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed attractively.
 - Fruits are available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - Development, dining space decor, and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
 - Menus will be posted on the school website.
 - Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
 - School meals are administered by a team of child nutrition professionals.

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- The school child nutrition program will accommodate students with special dietary needs. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch. Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

A. Staff Qualifications and Professional Development

The school nutrition program director, manager, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

B. Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The school will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

C. Competitive Foods and Beverages

HOPE Community Academy is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at:

<http://www.healthiergeneration.org/smartsnacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards (see attachment A). These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

D. Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

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1. Celebrations and parties. HOPE Community Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. HOPE Community Academy will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. HOPE Community Academy will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
4. During a **special celebration** such as: Hmong New Year, carnival, parent program involvement meetings, a special curriculum unit, and an extracurricular activity which will be hosted during the school day; then, the Wellness Policy will not apply. However, when a **special celebration** is happening at the school, the staff leading the **special celebration** must notify the staff appointed to the leadership role on the wellness committee in writing of the time, the date, and the reason why the Wellness Policy will not be followed at the school.

E. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in the school nutrition standards may be sold through fundraisers on the school campus during the school day. HOPE Community Academy will make available to parents and teachers a list of healthy fundraising ideas (see attachment B).

The school will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.). Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the smart snacks nutrition standards. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

For the extracurricular activities which will occur after the regular school hours (sport program, club, etc.), those activities will follow the Wellness Policy as closely as possible. However, on an occasion the Wellness Policy will not apply (example: selling popcorn during the concession time). When the Wellness Policy is not followed the staff appointed to the leadership role on the wellness committee must be notified in writing.

F. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

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The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#).
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

II. Nutrition Education

HOPE Community Academy aims to teach, model, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services.

A. Essential Healthy Eating Topics in Health Education

HOPE Community Academy will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention.
- Food guidance from [MyPlate](#).
- Reading and using USDA's food labels.
- Eating a variety of foods every day.
- Balancing food intake and physical activity.
- Eating more fruits, vegetables, and whole grain products.
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat.
- Choosing foods and beverages with little added sugars.
- Eating more calcium-rich foods.
- Preparing healthy meals and snacks.
- Risks of unhealthy weight control practices.
- Accepting body size differences.
- Food safety.

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- Importance of water consumption.
- Importance of eating breakfast
- Making healthy choices when eating at restaurants.
- Eating disorders.
- The Dietary Guidelines for Americans.
- Reducing sodium intake.
- Social influences on healthy eating, including media, family, peers, and culture.
- How to find valid information or services related to nutrition and dietary behavior.
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully.
- Resisting peer pressure related to unhealthy dietary behavior.
- Influencing, supporting, or advocating for others' healthy dietary behavior.

B. Food and Beverage Marketing in Schools

HOPE Community Academy is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The school strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on the school property that contains messages inconsistent with the health information the school is imparting through nutrition education and health promotion efforts. It is the intent of HOPE Community Academy to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the school's Wellness Policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined^{xv} as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, HOPE Community Academy will consider replacing

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or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy).

- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the school.
- Advertisements in school publications or school mailings.

III. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities.

HOPE Community Academy will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). The school will be encouraged to participate in *Let's Move!* Active Schools (www.letsmoveschools.org).

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. The school will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school will conduct necessary inspections and repairs.

A. Physical Education

HOPE Community Academy will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The school will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Elementary students (K-5th) in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

Secondary students (6th-8th) in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

The physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

B. Essential Physical Activity Topics in Health Education

HOPE Community Academy will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity.
- How physical activity can contribute to a healthy weight.
- How physical activity can contribute to the academic learning process.
- How an inactive lifestyle contributes to chronic disease.
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.
- Differences between physical activity, exercise, and fitness.
- Phases of an exercise session, that is, warm up, workout, and cool down.
- Overcoming barriers to physical activity.
- Decreasing sedentary activities, such as TV watching.
- Opportunities for physical activity in the community.
- Preventing injury during physical activity.
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active.
- How much physical activity is enough; that is determining frequency, intensity, time, and type of physical activity.
- Developing an individualized physical activity and fitness plan.
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids.
- Social influences on physical activity, including media, family, peers, and culture.
- How to find valid information or services related to physical activity and fitness.
- How to influence, support, or advocate for others to engage in physical activity.
- How to resist peer pressure that discourages physical activity.
- Teaching activities that can be maintained for a life time.

C. Recess (Elementary)

All elementary schools will offer at least 20 minutes of recess on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the

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indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

D. Physical Activity Breaks (Elementary and Middle School)

HOPE Community Academy recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.

The school recommends to teachers to provide short (3-5 minutes) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

HOPE Community Academy will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

E. Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

HOPE Community Academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

F. Before and After School Activities

HOPE Community Academy offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school.

IV. Other Activities that Promote Student Wellness

HOPE Community Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The school will coordinate and integrate other initiatives related to physical

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activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the Wellness Policy.

All school-sponsored events will adhere to the Wellness Policy. All school-sponsored wellness events will include physical activity opportunities.

A. Community Health Promotion and Engagement

The school will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Revisions, Updating the Policy and Public Notification” subsection, HOPE Community Academy will use electronic mechanisms (such as email or displaying notices on the district’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

B. Staff Wellness and Health Promotion

When feasible, HOPE Community Academy will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The school will promote staff member participation in health promotion programs.

C. Professional Learning

When feasible, HOPE Community Academy will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help the school staff to understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

* Occasionally, a cooking class will be offered to the students through the extended school day. This class will do the best to adhere its curriculum to fit the Wellness Policy. However on some occasion, it will be exempt from following the Wellness Policy because one of the criteria/curriculum is to teach the students how to bake, cook, and follow a recipe.

The Wellness Policy will not apply during a “special circumstance”. However, the special circumstance must be approved by the Wellness Committee (example = graduations).

¹ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents’ Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

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HOPE Community Academy food sale and none food sale

State and Federal Laws that apply to the state of MN.

The Healthy Kids Bill (2010) establishes the Healthy Kids Award program to reward K-12 schools that implement policies and practices that create opportunities for students to be physically active and make healthy food choices throughout the school day. The program also seeks to integrate nutrition education and healthy food and beverage choices throughout the school environment, including classrooms, cafeteria, vending, school stores, and fund-raising. The program requirements align with the Institute of Medicine's guidelines for school food and beverages.

Fundraising Exemptions:

As of July 1, 2014, all fundraisers must meet USDA's Smart Snacks standards. According to the Smart Snacks page MN Department of Education's School Nutrition Programs website, local education agencies may request approval for a case-by-case exemption from Smart Snack fundraising standards. The department is in the process of developing a "special circumstances" fundraiser exemption for use in limited situations.

HOPE Community Academy is prohibiting the sale of food or providing free of charge any food or meal that is in competition with the scheduled school meal. The school also restricts access to concessions, extra sales, vending and fundraisers during the meal periods. None Food sale may be sold during meal times; however the items sold must be located away from the cafeteria or where the students are not eating their meals.

Per requirement of the Smart Snacks in School: USDA's "All Foods Sold in Schools" Standards; Any food sold at HOPE Community Academy must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

Per requirement of the Smart Snacks in School: USDA's "All Foods Sold in Schools" Standards; Foods must also meet several nutrient requirements:

- Calorie limits: ° Snack items: ≤ 200 calories ° Entrée items: ≤ 350 calories • Sodium limits: ° Snack items: ≤ 230 mg** ° Entrée items: ≤ 480 mg • Fat limits: ° Total fat: ≤ 35% of calories ° Saturated fat: < 10% of calories ° Trans-fat: zero grams • Sugar limit: ° ≤ 35% of weight from total sugars in foods *On July 1, 2016, foods may not qualify using the 10% DV criteria. **On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item.

Per requirement of the Smart Snacks in School: USDA's "All Foods Sold in Schools" Standards; any beverage sold at HOPE Community Academy must meet the following:

- Plain water (with or without carbonation) • Unflavored low fat milk • Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP • 100% fruit or vegetable juice and • 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added

Wellness Policy ATTACHMENT A

sweeteners. • Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Celebration Ideas

HOPE Community Academy is committed to the health and the wellness of its students. Birthday celebrations at school can provide a unique way to shift the focus from unhealthy food (cake, candy, etc.) to celebrate the child. As a member of the Alliance for a Healthier Generation, HOPE Community Academy strives to help our students make healthy lifestyle choices. Therefore, HOPE Community Academy DOES NOT allow edible birthday treats or the treats MUST meet the wellness snack guidelines per the student Wellness Policy. The school is also offering an opportunity for your family to choose an item from this list:

- Donate a book to the classroom library and/or having a family member bring and read a book to the class.
- Provide non-food prizes such as a small party favors (bouncy ball, eraser, notepads balloon, etc.).
- Bring a T-shirt for your classmates to sign.
- Have the whole class do a special dance.
- Listen to music while you are working.
- Have class outside.
- Extra computer time/iPad.
- Eat lunch outside.
- Have lunch with one of your teachers.
- Choose a game/music/physical activity for the class to do.

The Wellness Team