



## Dayspring Academy Wellness Policy

Dayspring Academy for Education and the Arts is committed to providing a school environment that will enhance the learning and implementation of lifelong wellness practice.

To accomplish these goals:

- The Wellness Committee will involve parents, school food service staff, school administrators, school nurse, fitness & nutrition educator, board, and members of the public in the development of the school wellness policy.
- Child Nutrition Programs comply with federal, state, and local requirements. Reimbursable meals will not be less restrictive than regulations and guidance issued by the secretary of agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C.1779) and section 9(f)(1) and 17 (a) of the Richard B Russell National school Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0, as those regulations and guidance apply to schools.
- Interdisciplinary nutrition is provided and promoted by the school nurse.
- All school based activities are consistent with the current guidelines as determined by the Wellness Committee.
- Foods made available on campus conform to food safety and security guidelines.
- The school strives to provide an environment that is safe, comfortable and pleasing allowing ample time and space for eating meals.
- Adequate resources will be provided to support these policies.
- The Wellness Committee will review the policy every two years from the date of issue to measure the implementation and evaluation of the policy recommendations. A baseline assessment will be accomplished to determine current policies and practices. Goals and assessments will be determined at the time of review by the Wellness Committee and the committee Chairperson.

### **Dayspring Academy Wellness Policy Guidelines**

#### **Nutrition Education**

- Nutrition education will be integrated into the curriculum.
- Nutrition education will involve sharing information with families to

Positively impact students and the health of the community.

- Students will be encouraged to start each day with a healthy breakfast.
- Students will have access to hand washing before eating meals or snacks.
- Reasonable steps should be taken to accommodate the tooth-brushing regimens of a student with special oral health needs.

### **Physical Activity**

- Physical activity will be integrated across curricula.
- Students will have ample opportunity for physical activity.
- Provide a daily recess period for elementary students.
- Physical activity participation will take into consideration the "balance equation" of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education.
- The school will strive to provide a safe facility.

### **Other School Based Activities**

- Wellness policy goals are considered in planning school-based activities; such as school events, field trips, dances and assemblies.

### **Nutritional Guidelines for All Foods on Campus**

All foods made on campus will comply with the criteria as established by the Wellness Committee.

Food providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer age appropriate healthy food and beverage selections in reasonable portion sizes.

### **Approved Healthy Selections**

#### **Beverages**

1. Drinking water with no additives except those minerals normally added to water, not to exceed twenty ounces.

Fruit based drinks composed of no less than 50% fruit juices with no added sweeteners; no artificial sweeteners; flavorings or colors, carbonation without phosphoric acid is allowed.

## **Snack Products (Dry Foods)**

Snack products shall be only single serving snacks that meet at least two with at least 50% of the items meeting three of the following: 300 or fewer calories, six grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.

All items must contain no more than 0.5 grams of trans fat and 240 mg or less of sodium and 35 % or less of calories from fat, then percent or less total calories from saturated fat.

- Nutrition information is available to assist with student education.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Food and beverages sold at fundraisers include healthy choices and provide age appropriate foods.
- Our policy is not to provide vending machines at either school location.

## **Eating Environment**

- Students should be provided adequate time to eat lunch, at least ten minutes for breakfast and fifteen minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.

## **Evaluation And Measurement**

- Our wellness policy will be assessed annually and adjustments will be brought to the board of directors for approval at that time.

## **Child Nutrition Operations**

- The child nutrition program will ensure that students have access to the nutritional foods they need to stay healthy and learn well.
- Food service personnel shall have adequate pre-service training in food service operations.
- Meals served by the Food Service Department will meet all regulatory agency requirements.
- Special dietary needs of students will be addressed per the written instruction of a qualified medical professional which includes a Licensed Physician or Licensed Nurse Practitioner.

## **Food Safety/ Food Security**

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Guidelines are developed and implemented to prevent food illness.
- For the safety and security of the food facility access to the food service operations are limited to Food Service Staff and authorized personnel.

*Statutory Requirement*

*Glossary:*

*Food Security*

- 1. Having adequate resources to access enough food to maintain a healthy and active lifestyle.*
- 2. The state of having the food supply safe from harm.*

Board approved on January 26, 2009

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Tom Buyea, Board Chairman

Wellness Committee Members

Parents

- Molly McAlpin
- Deborah Salerno

School Food Service

- Alan Chadwick
- Patricia Salois

School Administrators

- R. Suzanne Chase
- Gaye Barr

School Nurse

- Peggy Kilpatrick

Board of Directors Members

- William Abberger
- Tom Buyea
- Tom Hogle

Public

- Tina White