



## Wellness Policy

### **Purpose:**

The policies in this document are designed to create a school environment that protects and promotes the health of our students. We are committed to providing our students with access to nutritious foods, nutrition education, and opportunities for regular physical activity during and after the school day.

### **Oversight and Evaluation:**

The Local Wellness policy will be overseen, reviewed and updated by Rise Academy's School Nutrition Coordinator *at least* once every three years. Widespread policy updates will also be made in response to the triennial policy review. When updates to this policy are made, the School Nutrition Coordinator will invite input from a combination of folks in the following stakeholder categories: students, teachers, administrators, school food authorities, and parents. This policy and the results of our triennial assessment will be communicated to student families and the public via our school's website.

### **I. Nutritional Standards for On-Campus Foods**

#### **School Lunch and Breakfasts:**

Each day, Rise Academy) will provide its students access to a free breakfast and lunch. These meals will include a variety of healthy choices and will also accommodate any students who have special dietary needs. The school participates in the USDA National School Lunch and Breakfast program (NSLP), a federal program that provides reimbursement for nutritionally balanced meals.

In addition:

- All reimbursable meals adhere to USDA nutrition standards.
- All cafeteria staff receive training on NSLP approved meal planning, healthy cooking techniques, recipe implementation, sanitation, and food safety.
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated.
- Meals will be served in a clean and pleasant setting and under appropriate supervision.
- Foods sold on campus during school day will adhere to ["Smarts Snack standards."](#)
- Students have access to bathrooms and hand sanitizer before meals.
- All students can eat breakfast and lunch for free.

- Student feedback on breakfast and lunch will be regularly sought to create menus that are healthy and appealing. .
- Parents will be notified of the availability of the breakfast and lunch programs.
- All students, staff, and visitors will have access to free, fresh, and clean drinking water at all times.
- Students will be allowed to bring their own drinking water and water bottles from home for personal use.

### **School Fundraisers and Celebrations:**

- Rise Academy requires foods offered on the school campus meet or exceed the USDA Smart Snacks nutrition standards including those provided at celebrations and parties, given as rewards, and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.
- Rise Academy will allow a maximum of 30 school-sponsored fundraisers per site during the school day to be exempt from Smart Snacks nutrition standards. Exempt fundraisers are tracked, monitored, and filed by the school's administrative coordinator.

### **II. Nutrition Education and Promotion:**

Students will receive consistent nutrition messages throughout the school, classrooms, and cafeteria. Health and science teachers will explicitly integrate nutrition education into their class curricula. Additionally, the school will provide and promote nutrition education through the following avenues:

- Providing students with the opportunity to work in an urban garden.
- Providing students with the opportunity to serve on student nutrition advisory council.
- Encouraging teachers to model healthy eating to their students.
- Utilizing the [Smarter Lunchroom Self-Assessment](#) once per year and making changes to cafeteria, menus, etc, accordingly.

### **III. Physical Activity**

All students will take two physical education classes before graduating. Physical education classes will provide students with the opportunity to engage in moderate to vigorous physical activity. Rise Academy will provide students with physical education that is sequential and meets the needs of all school students, even those who are not athletically gifted. PE classes will teach students the merit of physical activity and will aim to help students understand the ways in which they can continue to make healthy physical and lifestyle choices even after they are out of school. In addition, all students at Rise Academy will have the opportunity to engage in physical activity during a 30 minute period prior to lunch.

**Physical Activity Goal:** All students will have the opportunity to get 30 minutes of physical activity per day.

### **IV. Other School Based Activities that Promote Wellness**

- Each semester, students taking health class will design and post within the building material providing engaging information on nutrition and/or physical activity.

- Each health class will also implement a school wide wellness activity that will engage the school community in practicing physical activity, healthy eating, or another wellness related goal.
- Each week students are involved in Social Emotional Activities in small groups to promote mental wellness.

Goals:

- Once per semester, each student will be exposed to wellness messaging throughout the school building.
- Twice per year, each student will have the opportunity to participate in a school wide wellness themed activity.
- Twice per week small group SEL activities are offered and students are required to attend and encouraged to participate.

#### **V. Opportunity to Engage in Extracurricular Activities that Promote Physical Fitness**

All high school students will have the opportunity to participate in extracurricular activities that promote physical fitness and wellness. Currently, these activities consist of cheer/dance, Track, and basketball. The school is committed to expanding its extracurricular offerings by listening to student interests, publicizing already existing opportunities, and developing partnerships that align with this goal.