

SABIS® International School District's Wellness Policies

On Physical Activity and Nutrition

As of March 27, 2014

In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year (Section 204).

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 students 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 Color Your Tray;

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, Phoenix Education Management, L.L.C. 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 Phoenix Education Management, L.L.C. that:

The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.

All students in grades K-8 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, Phoenix Education Management, L.L.C. will participate in available federal school meal programs (including the School Breakfast Program and National School Lunch Program).

Phoenix Education Management, L.L.C. 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:

School Health Councils

Phoenix Education Management, L.L.C. will create, strengthen, or 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 to the school for implementing those policies. (A school health council consists of a group of individuals representing the school, community, and should include parents, students, and representatives of the school food authority, members of the board, school administrators, teachers, health professionals, and members of the public.)

Nutritional Quality of Food and Beverages Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs 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;

Serve only low-fat (1%) and fat free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

Ensure that half of the served grains are whole grain.

The school maintains a book of nutritional content information in the Cafeteria Manager's office for public review.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

The school will, to the extent possible, operate the School Breakfast Program.

The school will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

The school will notify parents and students of the availability of the School Breakfast Program.

The school will encourage parents to provide a healthy breakfast for their children through take-home materials, our website, or other means.

Free and Reduced-priced Meals

The school makes every effort to eliminate any social stigma attached to, and prevent any overt identification of students that are eligible for free and reduced-price school meals. Toward this end, the school may utilize electronic identification and provide meals at no cost to all children, regardless of income, and promote the availability of school meals to all students.

Meal Times and Scheduling

The school:

Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:45 A.M. and 1:00 P.M.;

Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

Will schedule lunch periods to be followed by recess periods;

Will provide students access to hand washing or hand sanitizing before they eat meals; and

Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs through our caterer. As part of the school's responsibility to operate a food service program, we will continue professional staff development programs which should include appropriate certification for the cafeteria manager and cafeteria workers.

Sharing of Foods and Beverages

The school discourages the 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.

Foods and Beverages Sold Individually (e.g. vending machines, fund raisers).

The school food service program will approve and provide all food and beverage sales to students. Given young children's limited nutrition skills, food should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, non-fried vegetables, and one ounce granola bars.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet nutrition and portion size standards for foods sold individually. The school will encourage fundraising activities that promote physical activity.

Rewards

The school will not use foods or beverages, especially those that do not meet the nutrition standards for foods or foods and beverages sold individually, as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan), and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

Per the Student Handbook, the school does not hold celebrations.

School Sponsored Events (such as, but not limited to athletic events, dances, or performances)

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or beverages sold individually.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Phoenix Education Management, L.L.C. aims to teach, encourage, and support healthy eating by students. The school 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;

Is part of not only health and physical education classes, but also classroom instruction presented by our Student Life Organization®;

Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, farm visits, and school gardens;

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);

Links with school meal programs, other school foods, and nutrition-related community services;

Teaches media literacy with an emphasis on food marketing, and includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity, (e.g. 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. To that end:

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's lessons; and

Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for beverages sold individually. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness

Phoenix Education Management, L.L.C. highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-8

All students in grades k-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes per week for middle and high school students) according to the Pangrazi methodology for the entire school year. All physical education will be taught by a highly qualified 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 % of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

The school should discourage extended periods (e.g. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the school should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities after School

All elementary and middle schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All middle schools, as appropriate, will offer interscholastic sports programs, including boys, girls, students with disabilities, and students with special health-care needs.

After school enrichment programs 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 not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Safe Routes to School

The school will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety and insurance requirements will apply at all times.

Monitoring and Policy Review

Monitoring

The Director or designee will ensure compliance with the school's nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Director or designee. In addition, the school will report the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

The Director or designee will develop a summary report every three years on compliance with the school's established nutrition and physical activity wellness policies. That report will be provided to the school board, school health council, parent/teacher organization, Director, and health services personnel.

Policy Review

To help with the initial development of the school's wellness policy, a baseline assessment of the school's existing nutrition and physical activity environment and policies will be conducted. The results of the assessment will be compiled to identify and prioritize needs.

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 school will review our 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 school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.