Wellness Policy on Physical Activity and Nutrition

The Board of Trustees of West Oak Lane Charter School (WOLCS), in combination with students, parents, administrators, faculty and staff, is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating habits and physical activity. As a means to fostering such a school environment, the WOLCS Board of Trustees sets forth and adopts the following Wellness Policy on Physical Activity and Nutrition.

School Wellness Council

- WOLCS shall maintain a School Wellness Council consisting of individuals representing the school community. The Council may include, but shall not be limited to, parents, students, administrators, teachers, members of the Board of Trustees, representatives of the Food Service Management Company, and other members of the public. The School Wellness Council will be charged with assisting in the development, implementation, monitoring and reviewing of nutrition and physical activity goals for the WOLCS school community.

- A sign-up process will be incorporated into WOLCS’ annual August Professional Development program.

- The School Wellness Council will assist in evaluating the implementation of the Wellness Policy on Physical Activity and Nutrition. This evaluation will be conducted, at minimum, biennially.

School Meals

- To the extent practical, all meals served to WOLCS students through the National School Lunch and Breakfast Programs will meet or exceed the minimum nutrition requirements established by local, state and federal law, as well as Dietary Guidelines published by the federal government or an authorized governmental agency. Similarly, any foods and/or beverages sold to students from vending machines, through snack lines, at student stores, celebrations, athletic events, any school-sponsored or school-related event, or for the purpose
of fundraising will, to the extent practical, meet or exceed the minimum nutrition requirements. Vending machines will not allow student access for soda and other drinks with minimal nutritional value.

- The Food Service Management Company contracted by WOLCS to supply meals under the National School Lunch Program will involve students and parents in menu selections for the school lunch and breakfast programs.

- WOLCS will make efforts to eliminate the social stigma attached to, and to prevent the identification of, students who are eligible for free and/or reduced-price school meals.

- WOLCS will schedule meal periods at reasonably appropriate times, and will provide students with a minimum of twenty (20) minutes to enjoy their meals. In addition, the Charter School will discourage the scheduling of meetings or activities during meal times, including, but not limited to, tutoring, club meetings and/or organization meetings, unless the students will be permitted to eat during those meetings or activities.

- WOLCS will provide facilities for appropriate hygiene, such as hand-washing and brushing of teeth.

- Students will be discouraged from sharing foods and/or beverages with others.

- WOLCS will not use foods or beverages of minimal nutritional value for the purpose of rewarding students for academic achievement or good behavior -- e.g. donuts, candy or soda. Likewise, WOLCS will not restrict or withhold foods or beverages for the purpose of disciplining or punishing students.

- WOLCS will encourage an overall school environment that encourages students and staff to make healthy food choices.

- Foods of minimal nutritional value, as defined by federal or state law will not be offered to students, faculty or staff during school hours, or at school-sponsored or school-related activities or events.
Nutrition Education and Promotion

• Nutrition education will be to the extent practical and be integrated into other areas of the curriculum, such as math, science, language arts and social studies at all grade levels.

• Nutrition education will be developmentally appropriate, interactive, and will teach skills needed to adopt healthy eating behaviors.

• Nutrition education materials will be reviewed by a qualified professional, including, but not limited to, a School Food Nutrition Specialist, Registered Dietitian or Registered Nurse.

• WOLCS will provide appropriate professional development opportunities to faculty and staff who teach nutrition education.

• WOLCS together with the Food Service Management Company will maintain a Bulletin Board near the cafeteria with a monthly theme on nutrition and healthy food choices.

• Through its website and the FBI parent organization, WOLCS will provide informational materials to students and families to encourage healthy eating in the home.

• WOLCS Wellness Council together with the Food Service Management Company will make available to parents and students information regarding nutrient content of foods served in the lunch and breakfast programs.

• Through the efforts of the WOLCS Wellness Council, School Staff will be encouraged to model healthful eating.

• Parents will be discouraged from bringing in items of minimal nutritional value for classroom celebrations, and will be encouraged to offer fruits and other healthful alternatives as treats.

Physical Activity

• Physical activity will be integrated across curricula with activities that are safe, enjoyable and developmentally appropriate for all students in all grades.
• Extended periods of inactivity, periods of two hours or more, will be discouraged for all WOLCS students and teachers will seek to incorporate Physical activity breaks during extended periods of instruction.

• To the extent practical organized, age-appropriate physical activity opportunities will be provided during recess.

• WOLCS will make efforts to assure that all students are given opportunities before, after, and throughout the school day for physical activity through physical education, recess periods and integration of physical activity into the curriculum to accumulate at least 20 - 30 minutes of age-appropriate physical activity on all, or most days of the week.

• The Wellness Council will develop and disseminate resources to faculty and staff on how to integrate physical activity into the various curricular areas.

• Students will be moderately to vigorously active as much time as possible within the physical education class or as physically active within the physical education class as a documented medical condition or disability will allow.

• Students will be encouraged to participate in physical activity outside of the school environment, in both competitive and non-competitive environments.

• Organized physical activity will be offered and encouraged at school-sponsored or school-related events.

• To the extent practical, WOLCS facilities will be made available to students, faculty, staff and the school community for the purpose of offering physical activity and/or nutrition programs.

• Physical activity will not be used or withheld as punishment.
Annual Goals

• Each school year, the WOLCS Wellness Council will plan and sponsor two school events that encourage greater nutritional awareness and physical activity and also help to raise funds to support future efforts – e.g. a health fair, walk-a-thon, jump-for-heart fundraiser, Biggest-Loser competitions or other similar activities.

• Organized school fund raisers will reduce the number of food-related sales from year to year and will incorporate alternative non-food sales or sales of healthful selections.

• WOLCS will reduce the number of classroom celebrations that feature sweets (cupcakes) from year to year, and will incorporate alternative healthful selections.

• WOLCS will increase its efforts to provide educational resources to and support families of students entering kindergarten or first grade who are overweight or obese.