

Wellness Policy

FSAS is committed to developing learners' skills and behaviors that promote wellness and lifelong healthy habits. The Board recognizes that learners' wellness and good nutrition are related to their physical and psychological health, as well as their readiness to learn. The Board is committed to a school environment that supports learner and staff wellness, including availability of healthy food choices, and regular physical activity while providing both nutrition and physical education.

Staff Wellness

FSAS will continue to support programs that engage staff in learning and practicing healthy lifestyle behaviors. In addition, FSAS supports the designation of 3.5 hours annually for staff development dedicated to wellness.

Appointment and Role of the Wellness Committee

The Executive Director shall appoint a district-wide Wellness Committee comprised of at least one of each of the following:

- Board Member
- School Administrator
- Learner
- Parent
- Community Representative

The District Wellness Committee may also include the following:

- School Nurse
- Facilitators
- Social Worker
- Member of Community Organization
- Additional staff as designated by the Board.

The role of the Wellness Committee is to facilitate wellness at the school for both staff and learners. The committee will be responsible for the following:

- Plan staff development focused on wellness
- Meet on a regular basis to review policies, nutrition standards
- Communicate progress and plans to promote wellness at FSAS
- Explore grants and alternative resources to fund nutrition programs
- Collaborate with community agencies for educational resources, food sources.

Nutrition Education

All learners shall receive nutrition education integrated into the comprehensive health education curriculum. Nutrition education will focus on nutrient-dense foods, the role of variety when

choosing foods, as well as portions and pace of intake, promoting moderation of intake and adequate time for meals.

Through nutrition education, learners will develop the skills needed to make healthy food choices and to recognize the role of healthy food in their overall health.

School Meal Standards-Future Plans

As FSAS develops a school lunch program that promotes healthy eating habits, FSAS's goal is to provide a school lunch program that utilizes locally sourced food whenever possible and feasible. It is important to FSAS that the school lunch program embodies the concept of Farm to Table. The missions of partnership organizations, such as farms and food service providers, should align with and support the FSAS school meal program.

The school lunch program will incorporate age-appropriate learners in food acquisition and preparation, consistent with health standards for food preparation and service. This will be a learning opportunity that will meld with the curriculum and mission of the school, reinforcing organization, teamwork and enhanced responsibility. It will also provide opportunities applying math and problem-solving skills. Learners will participate in planning menus, ordering and purchasing food, and preparing meals.

FSAS also plans to add its own greenhouse, gardens and chickens to supplement food production and teach the science of agriculture, food production and self-sustainability.

Nutrition Standards

Food items brought from home for a learner's personal consumption (not served or sold to others) is not required to follow state guidelines and cannot be confiscated, nor can the learner be given disciplinary actions for such items. Soda and candy will not be sold or served to FSAS learners during the school day. Personal soda consumption is discouraged and only water is recommended for all while in the classroom.

All learners and staff will have access to free, safe, and fresh drinking water throughout the school day.

Food and Beverage Advertising and Marketing

School-based marketing will be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominately low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Should FSAS add foods for purchase, it will follow the Smart Snacks in School regulations ([fns.usda.gov](https://www.fns.usda.gov)).

Brand-specific advertising of food or beverages is prohibited in school buildings or on school grounds except for food and beverages meeting standards for sale or distribution on school

grounds in accordance with rules adopted under subsection 12 (?Reference). For the purposes of this subsection, “advertising” does not include advertising on broadcast media or in print media such as newspapers and magazines, clothing with brand images work on school grounds or advertising on product packaging.

The school environment shall provide clear and consistent messages that reinforce healthy eating. School administrators, staff, parents, learners, and community members will be strongly encouraged to model healthy eating and physical activity as a valuable part of daily life. The Executive Director, or designee, will be responsible for health and wellness communication beyond required policy implementation reporting.

At school events, including parties, booster clubs, and fundraisers, FSAS encourages:

- Availability of nutritious foods
- Parents to provide daily healthy snacks from home and food for classroom parties or events. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for learners and/or encouraging the use of non-food treats for celebrations and rewards.
- Staff and visitors to model nutritious food choices and eating habits.
- Avoid fundraisers that involve food of limited nutritional value such as candy; choose alternative fundraisers.

Physical Activity

All FSAS staff will work together to learn new strategies to incorporate physical activity and movement breaks within the school day for all grade levels. This includes using physical activity as a reward. FSAS will encourage parents to support their children’s participation in community physical activities. All learners shall have the opportunity to participate regularly in either organized or unstructured physical activity. Strategies that incorporate physical movement in the classroom and into routine, daily activities are encouraged. Learners shall have the opportunity for 60 minutes of daily physical activity, which may include recess, classroom activities and/or physical education activities.

Effort should be made to allow all learners to go outdoors as frequently as possible for their daily recess time. If recess must be held indoors due to weather, facilitators should allow reasonable and appropriate physical activity in the classroom. FSAS shall have proper equipment and a safe area designated for supervised recess. Learners who remain inside due to health concerns must have a valid request from their primary care medical provider or a note from their parent if they are acutely injured and have not yet seen a healthcare provider. Children with asthma for whom cold air is a trigger, will stay in as directed by their School Asthma Health Plans. Exceptions to this rule for safety reasons may be made at the discretion of the Executive Director.

Other School-Based Wellness Activities

Each building, with prior approval of the Executive Director, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity. The school will collaborate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

Implementation, monitoring and evaluation of the Wellness Policy

The Building Administrator at each building shall be responsible for the implementation of the Local Wellness Policy at the building level for monitoring efforts to ensure that the intent of the Wellness Policy is adhered to and for reporting to the School Board and community. The wellness policy will be made available to the public on the school website. The Executive Director shall report annually to the school board on the implementation of the policy including: Reports may include, but are not limited to:

- The status of the school environment in regard to learner wellness issues
- Evaluation of the school food services program and compliance with nutrition guidelines
- Summary [OR: List] of wellness programs and activities in the schools
- Feedback from learners, parents, staff, school administrators and wellness committees
- Recommendations for policy, program or curriculum revision

School to conduct an assessment of the wellness policy every three years, at a minimum, to determine:

- Compliance with the wellness policy;
- How the wellness policy compares to model wellness policies;
- Progress made in attaining the goals of the wellness policy.

Any person who observes practices inconsistent with the Local Wellness Policy should contact the school Executive Director. If inconsistencies are still not adequately addressed, any person may contact the Executive Director.

Learners, facilitators, parents will be solicited for input in regards to FSAS' wellness programs. This can include, but is not limited to surveys, promotions, parent meetings, open houses and other forms of communication to improve school wellness. The school will engage parents and the community through newsletters or handouts sent home, presentations focusing on nutrition and healthy lifestyles and through any other appropriate means available to reach parents. The school will communicate content/information to parents about the Wellness Policy, along with resources and lists of healthy snacks, celebration guidelines and opportunities for physical activity before and after school.

Legal Reference: 42 U.S.C 1751 (Healthy, Hunger-Free Kids Act of 2010)

Approved: October 17, 2020