

## ISAAC Wellness Policy

The Interdistrict School for Arts and Communication (ISAAC) is committed to the optimal development of every student. ISAAC believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes.

This policy outlines the ISAAC's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while decreasing distractions.

### ***School Meals***

ISAAC is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. ISAAC participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). ISAAC is committed to offering school meals through the NSLP and SBP programs.

- ISAAC meals are accessible to all students.
- ISAAC offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day including during mealtimes.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch; starting from the time they have received their meal and are seated.
- All school nutrition program staff will meet or exceed hiring and training requirements in the USDA professional standards for child nutrition professionals.

### ***Other food available at school***

- The foods and beverages sold outside of the school meal programs prior to 3:30 pm or 30 minutes before or after school (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- All foods offered on the school site will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school Executive Director/Principal or designee, but shall not exceed more than one exemption per class.

- ISAAC will provide a list of [healthy party ideas and snacks](#) to parents and teachers, including non-food celebration ideas (Healthy Party Ideas);
- ISAAC will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.

### ***Nutrition Promotion***

Students and staff will receive consistent nutrition messages throughout school, classrooms, gymnasium, and cafeteria. ISAAC will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in school meal programs.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food advertising and marketing includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Corporate brand, logo, name, or trademark on school equipment, such as marquee, message boards, scoreboards, or backboards.
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment.

### ***Physical Education***

ISAAC will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- ISAAC students will participate in physical education that meets or exceeds state standards.
- ISAAC students are required to take physical education in all grade levels.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education classes at ISAAC are taught by licensed teachers who are certified to teach physical education.

- Waivers, exemptions, or substitutions for physical education classes are not granted unless there is a medical accommodation that is prescribed by a physician or if the school nurse has reasonable cause to provide exemption for a day due to illness or injury identified at school. In the case of the nurse providing an exemption, the nurse must also notify and/or be in contact with the parent/guardian regarding the exemption.

***Policy Monitoring/Implementation***

- ISAAC will convene a school wellness committee that meets at least four times per year to establish goals to oversee school health policies and programs, including development, implementation, and periodic review and update of wellness.
- The wellness committee membership will include but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school administrators, school board members; health professionals; and the general public. ISAAC will publish the wellness policy on the school website and maintain it updating as changes occur.
- ISAAC will notify households/families of the availability of the annual report through the school website, email and mail.
- The wellness committee will update or modify the wellness policy based as school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated every three years as indicated.

**Wellness Committee Review 11.06.2018**

**Board Approval 11.14.2018**