**LINCOLN LEADERSHIP ACADEMY CHARTER SCHOOL**

**STUDENT WELLNESS POLICY**

**1. Purpose** Lincoln Leadership Academy Charter School (LLACS) recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The LLACS Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a health school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

**2. Authority** To ensure the health and well-being of all students, the LLACS Board establishes that Lincoln Leadership Academy Charter School shall provide to students:

A comprehensive nutrition program consistent with federal

 and state requirements.

 Physical education courses and opportunities for

developmentally appropriate physical activity during the school day.

**3. Delegation of** The CEO/Principal/Designee shall be responsible to monitor Lincoln Leadership Academy Charter School Programs and curriculum to ensure overall compliance with this policy, related policies and established guidelines or administrative.

 Each Program Coordinator and/or Lead Team Teacher shall report to the CEO/Principal regarding compliance in his/her class.

 Staff members responsible for programs related to student

wellness shall report to the CEO/Principal regarding the status of such programs.

 The CEO/Principal shall (annually) report to the Board on the compliance with the law(s) and policies related to student wellness. The report may include:

 Assessment of school environment regarding student

 wellness issues.

 Evaluation of food services program.

 Listing of activities and programs conducted to promote

 nutrition and physical activities.

 Recommendations for policy and/or program revisions.

 Suggestions for improvement in specific areas.

 Feedback received from staff, students, parents/guardians,

 and Wellness Committee.

An assurance that LLACS School Board guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided (annually) by the:

Linton’s Management Food Services Food Service Director

**4. Guidelines**

**Nutrition Education**

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education shall provide all students with the knowledge and skills needed to lead health lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall be behavior focused.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

LLACS staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated throughout the school, classrooms, cafeterias, home, community and media.

Nutrition education shall extend beyond the school environment by engaging and involving family and communities.

**Physical Activity**

Lincoln Leadership Academy Charter School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

Age-appropriate physical activity opportunities, such as recess; before and after school; clubs, intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity breaks shall be provided for elementary students during classroom hours.

After-school programs shall provide developmentally appropriate physical activity for participating children.

LLACS shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment.

**Physical Education**

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety, and Physical Education academic standards.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Appropriate professional development shall be provided for physical education staff.

Physical education classes shall have a teacher-student ratio comparable to those of other courses.

Physical activity shall not be used as a form of punishment.

**Other School Based Activities**

Lincoln Leadership Academy Charter School shall provide adequate space for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: (30) minutes sit-down time for lunch.

Meal periods shall be scheduled at appropriate hours.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition content of school meals shall be available to students and parents/guardians.

To the extent possible, LLACS shall utilize available funding and outside programs to enhance student wellness.

**Food shall not be used as a reward or punishment.**

Lincoln Leadership Academy Charter School shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Goals of the Student Wellness Policy shall be considered in planning all school based activities.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

Administrators, teachers, food service personnel, students, parent/guardians, and community members shall be encouraged to serve as positive role models through LLACS programs, communications and outreach efforts.

The LLACS School Board shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

**Nutrition Guidelines**

All foods available in LLACS schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Competitive foods are defined as foods offered or sold at school other than through the National School Lunch or School Breakfast Programs and include snacks and beverages available through a la carte; vending machines; school store; fundraisers; classroom parties; holiday celebrations; and food from home. Competitive foods shall meet or exceed the minimum federal nutrition requirements and the Nutrition Standards for Competitive Foods in PA Schools.

**Safe Routes To School**

Lincoln Leadership Academy Charter School shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

Lincoln Leadership Academy Charter School administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

References: Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204