

## Charter School Institute Wellness Policy

Under Federal and State law, each Charter School Institute (CSI) School Food Authority school participating in federal Child Nutrition Programs is required to adopt a policy that, at minimum, shall include the items outlined herein. Should a school choose to include additional wellness initiatives, they may do so as long as the requirements included in this policy remain intact. The main nutrition contact, or other designee, at each school participating in Child Nutrition programs shall coordinate and monitor the implementation of this policy at his/her school, including completion of a Triennial policy assessment.

The CSI School Food Authority will establish and maintain a Wellness Committee to monitor the implementation of this policy, evaluate progress on policy goals, serve as a resource to schools, and recommend revisions to this policy as deemed necessary and/or appropriate. Once every three (3) years, the Wellness Committee, in coordination with the CSI School Nutrition Manager, will evaluate school compliance with this policy via results from the Triennial Report tool. Results of the evaluation will be made available to the public via the CSI website and will be used by the Wellness Committee to inform updates to this policy.

CSI School Food Authority schools will strive to create a healthful school environment by pursuing the following goals:

### Goal 1

Schools will provide a learning environment for developing and practicing lifelong wellness behaviors. Goal 1 shall be accomplished by the following objectives:

- a. The school environment shall positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. This environment will provide students with appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.
- b. Schools shall incorporate nutrition education curriculum into the school day across all grade levels.

### Goal 2

Schools will support and promote proper dietary habits contributing to students' health status and academic performance. Goal 2 shall be accomplished by the following objectives:

- a. Schools participating in the federal School Breakfast and/or National School Lunch Program will comply with USDA regulations and state policies as they may be amended and in accordance with CRS 22-32-136
- b. Schools that participate in the federal National School Breakfast and Lunch Programs will adhere to the USDA Smart Snacks Rule.
  - Food and beverages sold during the school day (including school cafeterias, school stores, fundraising activities and vending machines) must meet the requirement of the Smart Snack Rule. The school day is defined as midnight to 30 minutes after the final dismissal bell.

- Colorado Department of Education Office of School Nutrition allows up to three exempt fundraisers per school building each year. Exemptions for fundraisers must be requested and the school's nutrition services department must approve prior to the fundraiser occurring.
  - Each Schools Nutrition Services team must maintain records documenting compliance with fundraising exemptions.
- c. All food and beverage items marketed during the school day, must meet Smart Snack Rule Requirements. Exemptions include:
- Nutrition Education materials used in the classrooms
  - Any event that takes place 30 minutes after the school day such as sporting events
  - Marketing of an exempt fundraiser that has been approved by the schools Nutrition Team.
  - Marketing of food fundraisers where the product will be consumed outside the school day, example butter braids, cookie dough.
  - Brand name only marketing.
  - Displays of art and health education information, including nutrition promotion, in the school setting are encouraged.
- d. Schools are encouraged to provide access to healthful food choices outside of Child Nutrition Program operation on the school campus in accordance with the most current Dietary Guidelines for Americans. Schools should consider alternative options for students with food allergies.
- e. Schools shall ensure that students will be provided with a minimum of 10 minutes of seated time to eat breakfast and 15 minutes of seated time to eat lunch in settings that comply with local public health and safety regulations.
- f. Schools must not deny meals as a disciplinary action. Staff are encouraged to use non-food items as rewards as a first choice to encourage positive behavior. When offered, incentives, rewards and celebrations that include food should include healthy varieties, with an emphasis on fruits, vegetables, low-fat dairy and whole grains.
- g. School Cafeteria's must ensure that all students, regardless of Free, Reduced, or Paid status are treated equally and that all students should receive the same meal offerings, despite their ability to pay. Schools will protect the privacy of all students Free, Reduced, or Paid status.
- h. Schools will ensure that free drinking water will be available in the cafeteria for all students. If a water fountain is in the cafeteria, cups will be provided free of charge.
- i. All school nutrition program directors, managers and staff will meet USDA Professional Standards for Child Nutrition Professionals hiring and annual continuing education/training requirements.
- j. Faculty and staff are encouraged to model healthful eating behaviors to students. Students are less likely to adhere to nutrition policies if faculty and staff are consuming food and beverages that do not align with the school policy.

## Goal 3

Schools will provide opportunities for students to engage in physical activity as described in CRS 22-32-136.5. Goal 3 shall be accomplished by the following objectives:

- a. All students in elementary schools will have the opportunity, support, and encouragement to be physically active during the school day. Examples may include, but are not limited to, recess periods, physical education classes, and the integration of physical activity into the academic curriculum. Physical activity shall be age appropriate, and the amount of physical activity will be consistent with all requirements of state law.
- b. Middle and high schools are encouraged to offer age-appropriate opportunities for students to be physically active during the school day.
- c. Schools are discouraged from withholding or requiring physical activity as a form of discipline.