

JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL

WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION^{1 2}

Jacksonville Lighthouse Charter School (JLCS) is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Jacksonville Lighthouse Charter School that:

- JLCS will engage scholars, parents, teachers, food service professionals, health professionals, and other interest community members in developing, implementing, monitoring, and reviewing this policy.
- All scholars in grades K – 6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U. S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will
 - provide scholars with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of scholars;
 - accommodate, to the extent possible, the religious, ethnic, and cultural diversity of the student body in meal planning;
 - provide clean, safe, and pleasant settings and adequate time for scholars to eat.
- To the maximum extent practicable, JLCS will participate in available federal school meal programs, including the School Breakfast Program, National School Lunch Program (including after-school snacks). (Fruit and Vegetable Snack Program, and other available programs.)
- JLCS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs and with related community services.

WELLNESS COMMITTEE

The Jacksonville Lighthouse Charter School will create a Jacksonville Lighthouse Charter School Wellness Committee (JLCSWC) to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies consistent with the Lighthouse Academies school design and the Arkansas Department of Education’s rules on nutrition and physical activities. The JLCSWC will serve as a resource for implementing this policy.

¹ Adapted from *LIGHTHOUSE ACADEMIES WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION*, <https://lhacs.sharepoint.com/School%20Site%20Operations1/Policies/School%20Wellness/Lighthouse%20Academies%20Wellness%20Policy%20updated%202011.pdf>

² This policy incorporates the Arkansas Department of Education *Rules Governing Nutrition and Physical Activity Standards . . . in Arkansas Public Schools, May 2016*, at [http://www.arkansased.gov/public/userfiles/rules/Current/2016/Nutrition and Physical Activity Standards Rules Final.pdf](http://www.arkansased.gov/public/userfiles/rules/Current/2016/Nutrition%20and%20Physical%20Activity%20Standards%20Rules%20Final.pdf)

JLCSWC members will include:

- Principal
- Director of Teaching and Learning (DTL)
- School Nurse
- Food service manager
- Counselor/Social Worker/Special Education Coordinator (if available)
- 1 Teacher
- P E Teacher
- Culture Coordinator
- Parent Representative(s)
- Scholar
- Stakeholders/Partners in Education

Further description of the Committee can be found in the Jacksonville Lighthouse Wellness Committee with Duties and Responsibilities document.

NUTRITION

ACCESS TO FOODS AND BEVERAGES

JLCS is committed to the providing healthy foods and beverages options and maintaining a healthy school environment. To that end, JLCS will:

- Not allow scholars access to vending machines offering food and/or beverages at any time throughout the school day;
- Adhere to Smart Snacks regulations for all foods offered and sold on the school campus by school administrators, school non-licensed or licensed staff (principals, coaches, teachers, club sponsors, etc.), scholar groups, parents or parent groups, or any other person, company, or organization associated with the school;
- Allow competitive foods and beverages to be sold prior to the first class period of the school day (8:00 a.m.) or thirty (30) minutes (1:30 p.m.) after the last lunch period has ended;
- Maintain documentation that all foods and/or beverages sold comply with Smart Snack regulations by utilizing the Alliance for a Healthier Generation Smart Snacks Calculator and will keep a copy of the nutrition fact label of the product(s);
- The school administration shall maintain documentation that all fundraisers that relate to the sale of foods and/or beverages are approved prior to the start of the event;
- Not limit the parents' right to provide for their own scholar's lunch or snacks. However, **parents may not provide restricted items to other scholars at school.**
- Ensure water via water fountains or other service receptacles should be available without charge to all scholars.

MEAL TIMES AND SCHEDULES

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
- Ensure that half of the served grains are whole grains;
- Contain no trans fats;
- Offer only low-sugar cereals;
- Offer 100% juice for scholars who are lactose intolerant.

Information about daily menus is available in the school's office, the school's website (www.lighthouse-academies.org), and on cafeteria menu boards. Nutritional content and menus are available on the food vendor's (Preferred Meals) website (<http://preferredmealsmenu.com/Default.aspx>). When available, JLCSSW and the cafeteria staff will coordinate with the food vendor to engage scholars and parents in taste-tests of new entrees and surveys in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

Jacksonville Lighthouse Charter School will:

- Provide scholars with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 a.m. and 1 p.m.;
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless the scholar may eat during such activities;
- Schedule lunch periods to follow or precede SPARK (recess) periods;
- Provide scholars access to hand washing or hand sanitizing before they eat meals or snacks;
- Take reasonable steps to accommodate the tooth-brushing regimens of scholars with special oral health needs (e.g., orthodontia or high tooth decay risk) when needed.

BREAKFAST

To ensure that all scholars have breakfast, either at home or at school, and in order to meet the scholar's nutritional needs and enhance their ability to learn, JLCS will:

- To the extent possible, operate the School Breakfast Program;
- To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess;
- Notify parents and scholars of the availability of the School Breakfast Program;
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

FOODS AND BEVERAGES SOLD INDIVIDUALLY³

K – Grade 6 The food service program will approve and provide all food and beverage sales to scholars in elementary schools. Given young children’s limited nutrition skills, food at JLCS should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

- **Beverages**

- Allowed:

- Water or seltzer water without added caloric sweeteners.
 - Fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners.
 - Unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA).

- Not Allowed:

- Soft drinks containing caloric sweeteners;
 - Sport drinks;
 - Iced teas;
 - Fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners;
 - Beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

- **Foods**

- A food item sold individually will:

- Have no more than 30% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - Have no more than 35% of its *weight* from added sugars;
 - Contain no more than 200 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items;
 - Contain no more than 480 mg of sodium per serving for pastas, meats, and soups;
 - Contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

³ Foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc.)

- A choice of at least two fruits and/or non-fried vegetables can be offered for sale at any location on the school’s campus where foods are sold. Such items could include, but are not limited to, fresh or frozen fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

- **Portion Sizes**

- Portion sizes of foods and beverages sold individually will be limited to those sizes listed below⁴:
 - One and one-quarter (1¼) ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - No more than two (2) ounce for cookies;
 - Two (2) ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
 - Four (4) fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight (8) ounces for non-frozen yogurt;
 - Twelve (12) fluid ounces for beverages, excluding water;
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

SHARING

JLCS will discourage scholars from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. Scholars who bring their lunch from home must abide by this policy.

SNACKS

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to a scholar's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. JLCS will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Documentation will be maintained on all snacks to ensure compliance with the Alliance for a Healthier Generation Smart Snacks Calculator and a copy of the nutrition fact label of the product(s). JLCS will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

⁴ Portion sizes may be adjusted for age based on National School Lunch Program guidelines.

REWARDS AND PUNISHMENTS

JLCS faculty or staff will not use foods or beverages as a means of rewards or as punishments for academic, classroom or sport performances and/or activities as a means of maintaining a healthy school environment. Faculty have implements Restorative Practices as a Classroom Management strategy.

CELEBRATIONS OF EVENTS AND ACHIEVEMENTS

When celebrations are held, food served will follow the nutrition guidelines set in this policy with the exception of an occasional food or beverage. JLCS will disseminate a list of healthy party ideas to parents and teachers. Birthday parties for scholars and other special events or celebrations within the classroom should be held only at a prescribed time during the week, ideally in the afternoon on a day late in the week – Friday afternoons, for instance. Families who wish to provide refreshments for a birthday may do so, within the auspices of this policy and in consideration of scholars with food allergies. Food brought from home should be pre-packaged in order to insure each scholar’s safety and be in alignment with the JLCS Wellness Policy.

SCHOOL SPONSORED EVENTS

Scholars may be provided any food and/or beverage items during the school day for up to nine (9) different events each school year as determined by school officials. These items may not be provided during meal times in the areas where school meals are being served or consumed.

Food integrated as a vital portion of the curriculum are allowed at any time. Examples include edible manipulatives such as squares of cheese to teach fractions, a nutrition food experience, and food related science and family and consumer science units.

FUNDRAISING ACTIVITIES

To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for goods and beverages that are sold individually. JLCS will encourage fundraising activities that promote physical activity. JLCS will make available a list of ideas for acceptable fundraising activities.

JLCS will not prohibit or limit the sale or distribution of any food or beverage item through fundraisers by students, teachers, or other groups when the items are sold off the school’s campus.

FOOD SERVICE STAFF

Qualified nutrition professionals will administer the school meal programs. As part of the school’s responsibility to operate a food service program, JLCS will provide continuing professional development for all nutrition professionals in the school. Staff development programs should include appropriate certification and/or training programs for child nutrition

directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

NUTRITION AND HEALTH EDUCATION

JLCS will aim to teach, encourage, and support healthy eating by scholars. JLCS should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based curriculum (SPARK)⁵ designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing;
- Includes training for teachers and other staff.

MONITORING

The principal of JLCS or designee will ensure compliance with these policies at JLCS and will report on the school's compliance to the Regional Director.

JLCS food service staff will ensure compliance with nutrition policies within the school's food service areas and will report on this matter to the principal. In addition, JLCS will review and report on the findings of the USDA School Meals Initiative (SMI) and identify any resulting changes to appropriate staff and administrative personnel.

COMMUNICATION WITH PARENTS

JLCS will support parents' efforts to provide a healthy diet and daily physical activity for their children. JLCS will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Parents should be encouraged to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. JLCS will provide parents a list of foods that meet the Lighthouse Academies snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, JLCS will provide opportunities for parents to share their healthy food practices with others in the school community.

⁵ SPARK (Sports, Play and Active Recreation for Kids) Curriculum

PHYSICAL ACTIVITY

For scholars to receive the nationally-recommended amount of daily physical activity (i.e., at least 30 minutes per day) and for scholars to fully embrace regular physical activity as a personal behavior, scholars need opportunities for physical activity beyond a physical education class. Toward that end:

- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate;
- Opportunities for physical activity will be incorporated into other subject lessons;
- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce the time spent on sedentary activities, such as watching television or playing electronic games.

PHYSICAL EDUCATION⁶

All scholars in grades K – 6, including scholars with disabilities, special health-care needs, and in alternative educational settings, will have physical education each week for the entire school year.

Physical education training and instruction shall be designed to:

- Improve the health of the scholars;
- Increase knowledge about the health benefits of physical activity and exercise;
- Develop behavioral and motor skills that promote a lifelong commitment to healthy physical activity;
- Promote health-focused activity among scholars;
- Encourage physical activity outside of physical education.

DAILY RECESS

All elementary scholars will have at least 20 minutes a day of supervised recess, preferably outdoors, during which JLCS staff should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

JLCS should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for scholars to remain indoors for long periods of time, JLCS teachers should give scholars periodic breaks during which they are encouraged to stand and be moderately active.

⁶ Physical education is a process that uses physical activity as a means to help people acquire skills, fitness, knowledge and attitudes that contribute to their optimal development and well-being.

COMMUNICATION WITH PARENTS

JLCS will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, and school special events.

JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL STAFF WELLNESS

Jacksonville Lighthouse Charter School (JLCS) highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. JLCS will monitor and maintain staff wellness through a sub-committee of the Jacksonville Lighthouse Charter School Wellness Committee (JLCSWC) as well as through monitoring efforts by the school nurse as needed.

The sub-committee will develop, promote, and oversee a plan to promote staff health and wellness. The plan will be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The sub-committee will report directly to the JLCSWC.

JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL

Policy Review and Monitoring

MONITORING

The Jacksonville Lighthouse Charter School Wellness Committee will conduct a baseline assessment of the school's existing nutrition and physical activities for Lower Academies using the *School Health Index*. The results of the assessment and recommendations will be compiled and submitted to the school's principal for monitoring.

The principal(s) of JLCS or designee will ensure compliance with these policies at JLCS and will report on the school's compliance to the Regional Director.

The Regional Director will develop a summary report every year on compliance with the entire policy. That report will be provided to JLCS's School Board.

POLICY REVIEW

The JLCS Wellness Committee will review the Jacksonville Lighthouse Charter School Wellness Policy every three years or upon request and submit to the principal(s) and the School Board per protocol.

Developed December 2017
Initial JLCS School Board Approval 12/2017