



Dr. Howard Fuller
Collegiate Academy
– Founded in 2004 –

Local Wellness Policy

Dr. Howard Fuller Collegiate Academy (hereto referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

Policy Leadership

Each school shall designate a site coordinator who shall ensure compliance with the policy.

Nutrition Standards for All Foods

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meals

The District is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010.
- Meals served through the districts' food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.
- All schools in the District participate in USDA child nutrition programs, including the National School Lunch Program and School Breakfast Program (Severe Need Breakfast).
- Schools are encouraged to make available locally grown produce.
- Steps are taken to ensure that students qualifying for free or reduced price meals are not overtly identified in any way.

- The district qualifies for Community Eligibility Provision in which a non-pricing meal service option is offered to all students enrolled. Breakfast and lunch is provided at **no cost** to all enrolled students without collecting household applications.
- Morning bus routes, when applicable, will be scheduled to allow students to arrive at school in time to eat breakfast.
- Tutoring, club or organizational meetings will not be scheduled during the lunch period unless students are allowed to receive a lunch and be consumed during meetings.
- Students will have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch after obtaining food.
- Filtered water fountains and water filling stations are available in the cafeteria.
- The District will encourage non-food alternatives as rewards.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.
- The District limits the sale of beverages with caffeine to high school students.
- The District will regulate all food and beverage served during classroom activities.
- The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.
- All snacks sold to students during after school programs will meet the same nutrition standards as foods sold during the school day.

Marketing

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive

programs such as contests or programs; and free samples or coupons displaying advertising of a product. A review of the advertising content of all classroom and online materials/websites used for teaching should be made prior to selection of materials. Use of material depicting food brands or logos is discouraged. Marketing on the school campus will be limited to those products that are allowed to be sold according to the district's nutrition standards.

Foods Provided but Not Sold

The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

Nutrition Education

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.

Nutrition Promotion

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

- Students and staff will have access to free, safe, and fresh drinking water throughout the school day. Students are also allowed to bring in bottled water from home.

Physical Activity

The District shall provide students with age and grade appropriate opportunities to engage in physical activity.

Physical Education

- The District will provide physical education that fosters lifelong habits of physical activity.
- Teachers are encouraged to provide students with physical activity breaks.
- Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. PE or other physical activities will not be withheld from students as a punishment for poor behavior or incomplete class work.
- Physical education will enable students to acquire the knowledge and skills necessary to maintain physical fitness, participation in physical activities and make healthy lifestyle choices.
- Unless otherwise exempted, all students will be required to engage in the District's physical education program.

- The District discourages students from substituting other school or community activities for physical education class time or credit in place of required physical education.
- All physical education classes are taught by licensed teachers who are certified to teach physical education. All staff involved in physical education should be provided with opportunities for professional development.
- The physical education curriculum will be aligned with established state physical education standards.

Other School Based Activities that Promote Wellness

The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. Staff are strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

Staff Wellness

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- Organization of employee physical activity clubs.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.

Community Engagement

The District shall inform and invite parents to participate in school-sponsored activities throughout the year.

Monitoring and Evaluation

This policy will be posted on the school's website. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administration and the general public are invited to join the development, implementation, review and update of the wellness policy.

The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance.

A quantitative assessment of policy implementation will take place every three years using the Wellness School Assessment Tool (WellSAT:3.0) or the School Health Index. The triennial progress report with information about each school's wellness related activities will be shared on the district website.

Last Updated on October 3rd, 2023

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1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

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