

ED AHEAD, INC.
Local Wellness Policy

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I. Wellness Policy Goals

Goals for Nutrition Promotion: School will provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with student in the school dining area. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

Goals for Nutrition Education: Nutrition education shall apply opportunities for student projects related to nutrition, involving, when possible, community agencies and organizations. Nutrition education is designed and implemented to help students learn nutrition related skills, including but not limited to, planning a healthy meal, understanding and using food labels, critically evaluating nutrition information, misinformation and commercial food advertising.

Goals for Physical Activity: Academy Adventures Midtown teachers will provide short physical activity breaks between lessons or classes, as appropriate. Students will not be removed or excused from physical education to receive instruction in other content areas. Taking away recess for punishment is prohibited and enforced. In addition, teachers and other school and community personnel will not arbitrarily use physical education activity or withhold opportunities for physical activity as punishment. After school enrichment will include physical activity in their program.

Goals for Other School-Based Activities that Promote Student Wellness: A wide variety of healthy, alternative rewards are used to provide positive reinforcement for children's behavior and academic performance. Faculty and staff wellness programs are incorporated to build effective school health initiatives. Students will have access to free palatable drinking water during the school day. Teachers may offer the option of student water bottles at the student desk.

II. Nutrition Standards

School Meals

The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

- a. All schools in the district will participate in the National School Lunch Program.
- b. All meals will, at a minimum, meet the New Meal Pattern requirements.
- c. Free, potable water will be available to all students during meal periods.
- d. Additional standards include:
 - I. serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA)

Competitive Foods and Beverages

- a. Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. *These guidelines apply to all foods sold in the following locations:*
 - *Academy Adventures Midtown*
- b. *List any additional criteria the district has established for competitive foods here:*
 - To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and the DC Healthy Schools Act 2010.

Celebrations and Rewards

Arizona Law (ARS 15-242) states that all food and beverages served to students in grades K-8 must meet the USDA's Smart Snacks in Schools guidelines.

All foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

- a. *These guidelines apply to:*
 - School-sponsored events
 - Celebrations and parties
 - Classroom snacks provided by parents
 - Classroom rewards and Incentives

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

Ed Ahead, Inc. is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Ed Ahead, Inc. strives to teach students how to make informed choices about nutrition, health and physical activity. It is Ed Ahead, Inc.'s intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

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 and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term 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;
- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (note: immediate replacement of these items are not required; however, Ed Ahead, Inc. will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy);
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by Ed Ahead, Inc.;
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As Ed Ahead, Inc.'s school nutrition services review existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this LWP.

III. School Wellness Committee

Committee Role and Membership

The district will convene a representative district wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

- a. Ed Ahead, Inc. will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.
- b. The Local Wellness Committee will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, principal, vice principal); school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).
- c. *Public will be notified through a notice on the school's website and through the monthly school newsletter.*

Leadership

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

- a. *The designated official for oversight of implementation at each school is: NSLP Coordinator and School Administrator*
- b. *The designated official for convening the wellness committee is: NSLP Coordinator*
- c. *The person designated for informing the public about the wellness policy is: School Administrator or designee*

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

All Ed Ahead, Inc. schools will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions and timelines specific to each school; and include information about who will be responsible to making what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

Ed Ahead, Inc. will use a variety of tools (see list below) to complete school-level assessments of implementation of this plan; based on the results; Ed Ahead, Inc. will create an action plan, implement the plan, and generate an annual report. Ed Ahead, Inc. will retain records to document compliance with the requirements of this LWP at the Ed Ahead, Inc.'s main office.

Documentation maintained in these locations will include but is not limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to the public.

Each school in the Ed Ahead, Inc. will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website [<https://academyadventuresmidtown.com>].

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the district will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the district will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

- a. The district will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. The person responsible for this assessment is: NSLP Coordinator and/or School Administration or designee.
 - ii. The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district. The person responsible for this assessment is: NSLP Coordinator and/or School Administration or designee.
- b. The district will assess how their wellness policy compares to model wellness policies.
 - i. To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs. The person responsible for this assessment is: NSLP Coordinator and/or School Administration or designee.

Revisions and Updating the Policy

The district will update or modify the wellness policy as appropriate.

- a. Ed Ahead, Inc. will update the LWP as needed after each review.

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The district will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- a. The LEA will make the district wellness policy available to the public by posting on their website at <https://academyadventuresmidtown.com>
- b. The annual progress reports and updates can be requested and will be kept at the school administration office.
- c. The district will make the Triennial Assessment available through a request to the school administration of

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

fax: (202) 690-7442; or

email: program.intake@usda.gov.

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