



## **Purpose**

Logos Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. We are committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

## **Authority**

Logos Academy adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, Logos Academy shall provide to students:

1. A comprehensive nutrition program consistent with federal and state requirements.
2. Access to foods and beverages that meet established nutrition guidelines.
3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
4. Curriculum and programs for grades K-12 are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

## **Delegation of Responsibility**

The Head of School or designee shall be responsible for the implementation and oversight of this policy to ensure each of the Logos Academy's schools, programs and curriculum is compliant with this policy, related policies, and established guidelines or administrative regulations.

Each building principal or designee shall annually report to the Head of School or designee regarding compliance in his/her school.

Staff members responsible for programs related to school wellness shall report to the Head of School or designee regarding the status of such programs.

The Head of School or designee shall annually assess the school's compliance with laws and policies related to school wellness.

The report may include:

1. Listing of activities and programs conducted to promote nutrition and physical activity.
2. Recommendations for policy and/or program revisions.
3. Suggestions for improvement in specific areas.
4. Feedback received from staff, students, parents/guardians, community members, and the Wellness Committee.

The Head of Schools or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation.

This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which each school is in compliance with laws and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by Logos Academy in attaining the goals of this policy. At least once every three (3) years, the Wellness Committee shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information, and technologies emerge; and new federal or state guidance or standards are issued.

Logos Academy shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents, updates, and implementation of this policy via the school website, family handbooks, Wednesday Weekly Updates (school newsletter), posted notices and/or other efficient communication methods.

This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation, and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership

# **Guidelines**

## **Recordkeeping**

Logos Academy shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:

1. The written School Wellness Policy.
2. Documentation demonstrating that the district has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy.
3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.

## **Wellness Committee**

Logos Academy shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following:

School Board member, district administrator, district food service representative, student, parent/guardian, school health professional, physical education teacher, and member of the public. It shall be the goal that committee members will include representatives from each school building and reflect the diversity of the community.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing, and periodically reviewing and updating a School Wellness policy that complies with law to recommend for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity, and other school-based activities that promote student wellness as part of the policy development and revision process.

The Wellness Committee may examine related research, assess student needs and the current school environment, review existing policies and administrative regulations, and raise awareness about student health issues.

The Wellness Committee may make policy recommendations related to other health issues necessary to promote student wellness.

The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Wellness Committee shall provide periodic reports to the Head of School or designee regarding the status of its work, as required.

Individuals who conduct student medical and dental examinations shall submit to the Logos Academy the annual reports and later reports on the remedial work accomplished during the year, as required by law.

## **Nutrition Education**

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety, and Physical Education

Nutrition education shall teach, model, 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 healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition education shall be integrated into other subjects such as math, science, language arts, and social sciences to complement but not replace academic standards based on nutrition education.

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

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Logos Academy shall develop standards for such training and professional development.

Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

## **Nutrition**

### **Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

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

Consistent nutrition messages shall be disseminated and displayed throughout the schools, classrooms, cafeterias, homes, community, and media.

### **Physical Activity**

Logos Academy shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Age-appropriate physical activity opportunities, such as outdoor and indoor recess, before and after school programs, during lunch, clubs, intramurals, and interscholastic athletics shall be offered 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.

### **Physical Education**

A sequential physical education program consistent with curriculum regulations and Health, Safety, and Physical Education academic standards shall be developed and implemented. All Logos Academy students must participate in physical education.

Quality physical education 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 promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

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.

Students shall be moderate 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.

Physical education shall be taught by qualified health and physical education teachers. Appropriate professional development shall be provided for physical education staff.

## **Other School-Based Activities**

Safe drinking water shall be available and accessible to students, without restriction, and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by Logos Academy and in compliance with federal regulations shall administer the school meals program.

Professional development and continuing education shall be provided for school nutrition staff, as required by federal regulations.

Logos Academy shall provide adequate space, as defined by the school, for eating and serving school meals.

Students shall be provided with a clean and safe meal environment.

Students shall be provided adequate time to eat.

Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the school.

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

Access to the food service operation shall be limited to authorized staff.

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

Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.

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

Logos Academy shall provide appropriate training to all staff on the components of the School Wellness policy.

Logos Academy shall maintain a healthy school environment to optimize conditions for learning and minimize potential health risks to students, in accordance with the school's environmental health program and applicable laws and regulations.

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

## **Nutrition Guidelines for All Foods/Beverages at School**

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

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare.

## **Competitive Foods**

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to: a la carte options in cafeterias, vending machines, school stores, snack carts, and fundraisers.

**Competitive foods** are defined as foods and beverages offered or sold to students on the school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day

Logos Academy may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

### **Fundraiser Exemptions**

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards unless an exemption is approved in accordance with applicable policy and administrative regulations.

Logos Academy may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in elementary and middle school buildings, and up to ten (10) exempt fundraisers in high school buildings.

Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

Logos Academy shall establish administrative regulations to implement fundraising activities in schools, including procedures for requesting a fundraiser exemption.

### **Non-Sold Competitive Foods**

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the school.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply

1. Rewards and Incentives: Foods and beverages shall encourage healthy lifestyle habits.
2. Classroom Parties and Celebrations: When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.
3. Shared Classroom Snacks: Shared classroom snacks are not encouraged in schools.
4. Shared packed lunches are not encouraged in school
5. Fast-Food/Grub Hub is not permitted except for Senior Privilege lunches.

### **Marketing/Contracting -**



Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established policy and administrative regulations.

### **Management of Food Allergies**

Logos Academy shall establish policy and administrative regulations to address food allergy management in order to:

1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.
2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.
3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

### **Safe Routes to School**

Logos Academy will partner with York City School District to assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.