



Soleil Academy Charter School Wellness Policy

Soleil Academy is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition education that teaches the knowledge, skills and values needed to adopt healthy eating behaviors shall be integrated into the curriculum and school activities. Nutrition education information shall be offered throughout the school campus. Soleil Academy works in conjunction with Fresh Start to bring health education programs to children and families in our community.

Soleil Academy shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The school shall encourage students to make nutritious food choices.

Soleil Academy shall monitor food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

Soleil Academy shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge and skills needed for lifelong physical activity.

All students, TK-2, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, promoting physical fitness.

Soleil Academy shall implement this policy and assess how well it is being managed and enforced. The Principal shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, the Board of Education, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Principal shall report to the Board, as requested, on the school's programs and efforts to meet the purpose and intent of this policy.

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Healthy Food and Beverages Criteria and Healthy Snack List

The lists below will help identify healthy food and beverages that are available from food-service distributors and snack vendors for service at Soleil Academy.

Single-serving size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet the following three criteria: Contain 300 or fewer calories one or more grams of fiber, or at least 10% of Calcium, Iron, Vitamin A or Vitamin C.

Alternatives to Using Food as a Reward

At school, home and throughout the community, children are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

- It undermines nutrition education being taught in the school environment.
- It encourages over consumption of foods high in added sugar and fat.
- It teaches children to eat when they’re not hungry as a reward to themselves.

Children learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among children, particularly teenage children, is at epidemic levels and can often lead to serious health problems.

Below are some alternatives for students to enjoy instead of being offered food as a reward at school:

- Sit by friends
- Read outdoors
- Have extra art time
- Read to a younger class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Take a trip to the treasure box (non-food items)

Healthy School Parties

Schools play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. Positive examples of making healthy eating choices

and encouraging physical activity should be visible throughout the school.

Snack Ideas for School and Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties.

Here is a list of healthy snack ideas to consider for classroom events.

- Fresh fruit and vegetables
- Yogurt
- Pretzels or crackers
- Bottled water

Wellness Policy Administrative Rules

In order to enact and enforce Soleil Academy Charter School Wellness Policy, the Principal and administrative team, with input from teachers, parent/guardian, students, representatives of the school food service program, the school Board, school administrators, and the public have developed these administrative rules.

To assist in the creation of a healthy school environment, Soleil Academy shall establish a Coordinated School Health Team that will provide an ongoing review and evaluation of the Wellness Policy and these administrative rules.

The Principal or designee will organize a Coordinated School Health Team made up of appropriate school stakeholders. A Coordinated School Health Team may include representatives from the following areas: administration, food services, health education, health services, parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies) and physical education.

These rules are subject to ongoing administrative review and modification as necessary to help ensure compliance with the purpose and intent of Soleil Academy Wellness Policy.

Students, staff and community will be informed about the Wellness Policy.

Nutrition education, a component of comprehensive health education, shall be offered to the students of the school. Nutrition education topics, including how to read food labels, shall be integrated into the curriculum when appropriate.

Students should receive consistent messages and support for:

- Self respect
- Respect for others

- Healthy eating
- Physical activity

Nutrition Education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the school website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

Soleil Academy shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). Soleil Academy shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the school's policy of promoting a healthy school environment shall be discouraged.

Soleil Academy shall monitor food service distributors and vendors to ensure that they provide healthy food and beverage choices that comply with this policy's purpose.

Soleil Academy shall strongly encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

Soft drinks and candy will not be sold to students on school grounds prior to the start of the school day and throughout the instructional day,

Developmentally appropriate physical education shall be offered every year to students. In addition, physical education topics shall be integrated into the curriculum when appropriate. Soleil Academy shall provide proper equipment and a safe area designated for supervised physical education in the elementary setting.

All employees of Soleil Academy are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules, including non-consumption of candy during the school day outside of the teacher's lounges. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and encouraged to engage in physical activity.