



# WELLNESS POLICY

## SY2023-2024

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## Ivy Preparatory Academy Wellness Policy

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### Preamble/Statement of Responsibility

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Ivy Preparatory Academy (IPA) desires to provide our scholars the needed access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. IPA believes that good health fosters good habits of scholar attendance, a scholar's ability to learn effectively and to achieve high standards in school academics. IPA has developed a Wellness Policy aimed at fighting childhood obesity by providing opportunities to enhance learning, contribute to healthy growth and development by promoting lifelong healthy habits.

In compliance with Local School Wellness Policy requirements as written in 7 CFR 210.31. IPA is committed to providing an environment that promote and protect our scholar's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of IPA that:

- IPA will engage scholars, parents, teachers, food service professionals, health professionals, and other interested community members to work within the existing school's health and wellness committee to review and make suggestions regarding nutrition and physical activity policies.
- All scholars in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- IPA will provide scholars with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of scholars; IPA will accommodate the religious, ethnic, and cultural diversity of the scholars' body in meal planning; and will provide a clean, safe, and pleasant settings and adequate time for scholars to eat.
- IPA will participate in available federal school meal programs (including the CEP for SY 22-23 that is a blend of School Breakfast Program and National School Lunch Program).
- IPA will provide nutrition, education and physical education to foster lifelong habits of healthy eating and physical activity.
- IPA will establish linkages between health education and school meal programs, and with related community services.

IPA will coordinate the wellness policy with other aspects of school management, including IPA's School Improvement Plan, when appropriate.

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### Ivy Preparatory Academy Wellness Committee

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#### Committee Role and Membership

IPA will organize a wellness committee that meets at least four times per year 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.

The IPA committee will represent all school levels (elementary and secondary schools) and include (to the extent

## ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

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, committee will also include Supplemental Nutrition Assistance Program Education coordinators. To the extent possible, IPA will include representatives that reflect the diversity of the community.

### Leadership

The Head of School or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy and will ensure each IPA's compliance with the policy.

Name	Title / Relationship to the School or District	Email address	Role on Committee
Kambreya Hardeman	Nutrition Coordinator	<a href="mailto:khardeman@ivyprepacademy.org">khardeman@ivyprepacademy.org</a>	Leads in the evaluation of the wellness policy implementation (Wellness Policy Coordinator)
Talisha Stroud	Director of Operations	<a href="mailto:tstroud@ivyprepacademy.org">tstroud@ivyprepacademy.org</a>	Leads in the implementation of the committee meetings set ups
Andrea Martin	Athletic Director	<a href="mailto:amartin@ivyprepacademy.org">amartin@ivyprepacademy.org</a>	Convenes with the wellness committee to ensure schools health and physical education
Charcia Nichols	Executive Director	<a href="mailto:cnichols@ivyprepacademy.org">cnichols@ivyprepacademy.org</a>	Convenes with the wellness committee to review the plan to communicate to board members
Pelita Merideth	Interim Principal	<a href="mailto:pmerideth@ivyprepacademy.org">pmerideth@ivyprepacademy.org</a>	Convenes with the wellness committee to develop updates of the plan to communicate to board members

IPA will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.

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## Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

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### Implementation Plan

IPA will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan defines roles, responsibilities, actions; and includes information about who will be responsible to make changes, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. IPA uses the Action for Healthy Kids Health Index Score to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, that helps fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: [www.ivyprepschool.org/lunch-corner](http://www.ivyprepschool.org/lunch-corner)

### Recordkeeping

IPA will retain records to document compliance with the requirements of the wellness policy IPA Nutrition Office and/or on IPA shared network drives. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the wellness committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### Annual Notification of Policy

IPA 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. IPA will make this information available via the home website and/or school-wide communications.

IPA will provide as much information as possible about the school nutrition environment. This will include a summary of IPAs events or activities related to wellness policy implementation.

IPA will also publicize the name and contact information of the schools officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee through our parent engagement specialist.

### Triennial Progress Assessments

At least once every three years, IPA will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which IPA are in compliance with the wellness policy;
- The extent to which IPA wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of IPAs wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Nutrition Coordinator: Kambreya Hardeman email: [khardeman@ivyprepacademy.org](mailto:khardeman@ivyprepacademy.org) phone:404-622-2727 ext:1009.

- The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.
- IPA will actively notify households/families of the availability of the triennial progress report.

### **Revisions and Updating the Policy**

IPA will update or modify the wellness policy based on the results of the School Health Index and triennial assessments and/or as IPAs priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### **Community Involvement, Outreach and Communications**

- IPA is committed to being responsive to community input, which begins with awareness of the wellness policy.
- IPA will actively communicate ways in which representatives of the wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the charter school. IPA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.
- IPA will use electronic mechanisms, such as email or displaying notices on Ivy home website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.
- IPA will ensure that communications are culturally and linguistically appropriate to the community and accomplished through of communicating important school information with parents.
- IPA will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.
- IPA will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

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## Nutrition, Nutrition Standards, and Health Education

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### School Meals

IPA is committed to serving healthy meals to scholars, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of scholars within their calorie requirements. The school meal programs aim to improve the diet and health of scholars to 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.

IPA participates in USDA child nutrition Fresh Fruit and Vegetable Program (FFVP), Community Eligibility Provision (CEP) that serve nutritious school meals to all students through the National School lunch Program (NSLP) and School Breakfast Program (SBP). IPA also operates additional nutrition-related programs and activities including Farm to School utilizing our school garden on campus, Breakfast in the Classroom, Grab 'n' Go and Offer vs. Serve meals.

IPA is committed to follow The Healthy, Hunger- Free Kids Act of 2010 which requires USDA to establish nutrition standards for all foods and beverages sold to scholars on campus during each school day. CEP allows IPA to offer healthy, no charge breakfast and lunch to all scholars without requiring their families to complete individual applications. IPA will encourage all scholars to participate in eating more school meals daily by providing:

- Appealing and attractive meals to scholars
- A clean and pleasant setting to be served
- At a minimum, nutritional requirements established by local, state, and federal statutes and regulations with flexibilities allowable by USDA. (IPA offers reimbursable school meals that meet [USDA nutrition standards](#))
- A variety of fresh fruits and vegetables
- Two milk options containing 1% fat content or less
- Meals with half of the served grains are whole grain.
- Promote healthy food and beverage choices using the following Smarter Lunchroom techniques:
  - Whole fruit options are displayed in attractive bowls, Ziploc bags, baskets
  - Sliced or cut fruit is available daily
  - Daily fruit options are displayed in a location that's in the line of sight and reach of the scholars.
  - All staff members, especially those serving, have been trained to politely prompt scholars to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options are available.

IPA will engage scholars and parents, through 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. In addition, IPA will share (upon request) information about the nutritional content of meals with parents and scholars. To ensure that all children have breakfast or lunch, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- IPA will operate the CEP which incorporates the School Breakfast and Lunch Program.
- IPA will utilize methods to serve school breakfast and lunch that encourage participation.
- IPA will notify parents and scholars of the advantages of being a CEP school.
- IPA will encourage parents to provide a healthy breakfast and lunch for their children through newsletter articles, take-home materials, or other social media outlets.
- IPA will discourage scholars from sharing their foods or beverages with one another during meal or snack time, given concerns about the current pandemic, allergies and other restrictions in some children's diets.

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will 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.

Ivy Preparatory Academy will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, scholars who are eligible for free and reduced-price meals though yearly training for staff.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout school campus.

IPA will make drinking water available where school meals are served during mealtimes.

- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains that allow every scholar to fill their personal water jugs and hydration stations.
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### **Competitive Foods and Beverages**

IPA is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and 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. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

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. These standards will apply to all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

- IPA will encourage parents to send in healthy snacks. Examples might include yogurt, fruit snacks, boxed raisins, frozen fruit bar, fruit, granola bars, etc. Teachers will send home a list of healthy food item suggestions to parents.
- At any IPA function (parties, celebrations, festivals, etc.), healthy food choice options will be available to scholars. Snacks served during the school day for class parties, birthdays, award incentives, etc. should include healthy choices and should promote a positive nutrition message.

### **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\*. IPA will provide a list of healthy fundraising ideas that will be available to parents and teachers.

### **Vending**

Healthy food and beverage choices will be encouraged for vending. IPA will work with vendors to provide choices and selection for healthy food and beverages. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs. Decisions about the sale of competitive foods should be based on nutrition goals for scholars, not for profit making.

### **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. Scholars and staff will receive nutrition messages throughout the year.

### **Nutrition Education**

IPA aims to teach, encourage, and support healthy eating. IPA will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards-based program designated to provide scholars with the knowledge and skills necessary to promote and protect their health.

- IPA will not only provide health education classes but also classroom instruction in subjects such as math, science, language arts, social studies, and elective subjects.
- IPA will promote local fresh fruits, vegetables, whole grain products, low-fat and fat-free dairy products.
- IPA will ensure healthy food preparation methods and foster health-enhancing nutrition practices.
- IPA will emphasize health and wellness education in caloric balance between food intake and energy expenditure through physical activity/exercise.
- IPA will ensure context of impact with the school meal program, other school foods, and nutrition-related community services.
- IPA will only market/advertise those foods and beverages that meet the nutrition guidelines and Smart Snack standards.



## Essential Healthy Eating Topics in Health Education

IPA health education curriculum will include the following essential topics on healthy eating:

- The relationship between healthy eating, personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA food labels
- Eating a variety of fruits and vegetables every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Reducing sodium intake
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track the progress toward achieving a personal goal to eating healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

## Food and Beverage Marketing in Schools

IPA is committed to providing a school environment that ensures opportunities for scholars to practice healthy eating and physical activity behaviors throughout the school day. We strive to teach our scholars how to make informed choices about nutrition, health, and physical activity. It is the intent of IPA to protect and promote our scholar's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the IPA Wellness Policy.

Any foods and beverages marketed or promoted to scholars on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

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## Physical Activity

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Activity during the school day will not be withheld as punishment for any reason. To the extent practicable, IPA will ensure that its ground and facilities are safe, and that equipment is available to scholars to be active.

### Physical Education

IPA will provide scholars with physical education, using an age appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help scholars develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

### Essential Physical Activity Topics in Health Education

IPA will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

All scholars in grades K-8th, including scholars with disabilities, will receive daily physical education (or its equivalent of 90 minutes/week for elementary school scholars and 200 minutes/week for middle school scholars) for the entire school year. Scholars' involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Scholars will spend at

least 50 percent of physical education class time participating in moderate to vigorous physical activity.

### **Recess (Elementary)**

All elementary schools will offer at least 20 minutes of supervised recess on all or most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and scholars are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/timeframe before scholars enter the cafeteria. In the event of inclement weather IPA will make all reasonable attempts to conduct indoor recess. Teachers and staff will follow the indoor recess guidelines that promote physical activity for scholars, to the extent practicable. Recess will complement, not substitute, physical education instruction. Recess monitors or teachers will encourage scholars to be active and will serve as role models by being physically active alongside the scholars whenever feasible.

### **Physical Activity Breaks (Elementary and Middle)**

IPA recognizes that scholars are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, scholars will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. IPA recommends teachers provide short (3-5 minute) physical activity breaks to scholars during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. IPA will discourage extended periods (i.e., periods longer than 2 hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for scholars to remain indoors for long periods of time, IPA will give scholars periodic breaks during which they are encouraged to stand and be moderately active.

IPA will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

### **Active Academics**

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day. IPA will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the scholars whenever feasible.

### **Before and After School Activities**

IPA offers opportunities for scholars to participate in physical activity after the school day through a variety of methods. IPA’s After-school Program will provide and encourage – verbally and through provision of space, sanitized equipment, and activities – daily periods of moderate to vigorous physical activity for all participants. We will also encourage scholars to be physically active after school by participating in clubs, physical activity in aftercare, and sports.

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## Other School-Based Activities

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It is the goal of IPA to promote the scholars' physical, emotional, and social wellbeing through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, nutritious school meals, health education, and opportunities for physical education and activity. All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be complementary of the wellness policy.

### **Community Health Promotion and Engagement**

IPA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. IPA will use electronic mechanisms (such as email or displaying notices on IPA's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

IPA will support parents' efforts to provide a healthy diet and daily physical activity for their children. IPA encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

Environmentally friendly practices such as the use of locally grown and seasonal foods, school gardens, and no biodegradable food trays.

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## Measurement and Evaluation

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IPA will conduct an assessment of the school's existing nutrition and physical activity environment and policy to be reviewed during a triennial evaluation to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the health and wellness committee will review 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.

IPA will use electronic mechanisms (such as email or displaying notices on IPA's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

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