



# 2022-2023 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.

# Nutrition, Nutrition Standards, and Health Education

Ivy Preparatory Academy aims to teach, encourage, and support healthy eating. The school 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.
- Ivy Prep Academy will only market/advertise those foods and beverages that meet the nutrition guidelines and Smart Snack standards.

## 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.

All elementary school scholars will have at least 20 minutes a day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity is encouraged verbally and through the provision of space and sanitized equipment.

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'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.

## 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.
- A variety of fresh fruits and vegetables
- Two milk options containing 1% fat content or less: and
- Meals with half of the served grains are whole grain.

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.

Breakfast & Lunch: 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.

## 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.

## 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 through yearly training for staff.

## Fundraising, Vending, and Other Opportunities to Promote Healthy Eating

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.

### **Competitive Foods and Beverages**

IPA is committed to ensuring that all foods and beverages available to students on 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: [Smart Snacks in School | USDA-FNS](#)

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.

## Other School-Based Activities

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.

Ivy Preparatory Academy 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.

## Measurement and Evaluation

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.

# School Wellness Committee

## 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 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 school's compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is (are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Kambreya Hardeman	Nutrition Director	<a href="mailto:Khardeman@ivyprepacademy.org">Khardeman@ivyprepacademy.org</a>	Leads in the evaluation of the wellness policy implementation (Wellness Policy Coordinator)
Derek Bolton	Director of Operations	<a href="mailto:DBolton@ivyprepacademy.org">DBolton@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	Head of School	<a href="mailto:CNichols@ivyprepacademy.org">CNichols@ivyprepacademy.org</a>	Convenes with the wellness committee to develop updates of the plan to communicate to board members

# Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

## **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 Director: Kambreya Hardeman email: [khardeman@ivyprepacademy.org](mailto:khardeman@ivyprepacademy.org) phone:404-622-2727 ext:1009.

- IPA 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.