

Legacy Preparatory Charter Academy School District Student Nutrition/Wellness Plan

Purpose and Goal:

LPCA will comply with all federal, state and local requirements. Make Child Nutrition Programs accessible to all Legacy students.

LPCA will provide and promote interdisciplinary nutrition education.

LPCA will encourage meaningful physical activity to students' lives, during and after school.

All school-based activities are consistent with local wellness policy goals.

All food and beverages made available on campus during the school day are consistent with the current Dietary Guidelines for Americans.

The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

Component 1: Nutrition Education

- Nutrition Education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- Nutrition education will involve sharing information with families to positively impact students and the health of the community.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Component 2: Physical Activity

- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies ensure that certified physical education instructors teach all physical education classes.
- Policies ensure that physical education classes have a student/teacher ratio similar to other classes.

- Provide a daily recess period, which is not used as punishment, or a reward.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Component 3: Nutrition Guidelines for All Foods on Campus

- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans.
- Food providers will take measures to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of healthy food and beverage selections.
- Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local schools.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Soft drinks are strongly discouraged to be brought to school for lunch from home.
- Energy drinks are forbidden.

Component 4: Eating Environment

- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).
- A minimum 30-minute uninterrupted lunch period should be scheduled to allow students to eat, relax, and socialize.
- Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms.

Component 5: Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).
- Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.
- Students are encouraged to start each day with a healthy breakfast.