

## CIRCLES OF SUCCESS LEARNING ACADEMY

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### Student Wellness – Highlights

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**Circles Of Success is committed to providing a school environment that enhances learning and the development of lifelong wellness practices.**

**To accomplish these goals:**

- Our School Nutrition Programs shall comply with federal, state and local requirements.
- Our School Nutrition Program shall be accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including concessions, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows adequate time and space for eating meals.

#### **COMMITMENT TO NUTRITION**

COSLA shall offer school meal and snack programs with menus that meet the patterns and nutrition standards established by the U.S. Department of Agriculture and State Board of Education's Minimum Nutritional Standards For Individual Food Items Sold Or Offered For Sale To Pupils In Pre-K Through Eight.

Our school administrative staff shall be responsible for overseeing the school's compliance with the State Board of Education Rules and Regulations for food items and that this Wellness Policy is being fulfilled by school staff.

## **EVALUATION OF EFFECTIVENESS OF NUTRITION PROGRAM**

COSLA shall monitor the effectiveness of the school nutrition program within a wide-range of student constituency groups. Factors to be considered may include, but are not limited to:

1. Participation rates in school meal programs;
2. Student satisfaction surveys to monitor the effects of consumption of healthy snacks on children's health, behavior, and school performance and to monitor satisfaction with snack choices;
3. Parent satisfaction surveys to monitor the effects of consumption of healthy snacks on children's health, behavior, and school performance and to monitor satisfaction with snack choices;
4. Teacher surveys of student's classroom behavior, attention span, and memory; and
5. Test scores.

## **PHYSICAL ACTIVITY**

COSLA recognizes that physical activity is extremely important to the overall health of a child. Therefore, we support and promote physical activity. Physical activity is often integrated into any areas of the school program. Physical Education classes are offered with moderate to vigorous physical activity being an integral part of the class. Students are encouraged by staff, whenever possible, to be physically active. Supervised recess is offered daily to all elementary schools children, dependent on the weather.

## **CURRICULUM**

All courses of study are based on Lifetime Wellness Curriculum Standards, the K-8 Healthful Living Curriculum Standards, and the K-12 Physical Education Curriculum Standards.

## **SCHOOL HEALTH INDEX**

Beginning July 1, 2006, each school will begin implementation of the School Health Index. The State Board of Education Policy on Implementation of School Health Index shall be followed by each school within the district. (See, Tenn. State Board of Ed. Physical Activity Policy, Aug. 18, 2005).

### **Legal References**

*Federal Public Law (PL 108.265 Section 204); June 30, 2004*

*Child Nutrition and WIC Reauthorization Act of 2004*

*State Board Rule Chapter 0520-1-6-.04 (TRR/MS 0520-1-6) and  
Other State Board of Education, Policy 4.206, Physical Activity, August 18, 2005*

## **NUTRITION EDUCATION**

- Nutrition education will be integrated into other areas of the curriculum.
- 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.
- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Information will be provided to families and the broader community about health and nutrition with the goal of positively impacting students.
- All students will be encouraged to start each day with a healthy breakfast.

## **PHYSICAL ACTIVITY**

- Physical activity will be integrated across curricula and throughout the school day.
- Recess is a part of our daily school schedule.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students.
- Information will be provided to families to help them incorporate physical activity into their student’s lives.
- Schools encourage families and community members to institute programs that support physical activity.

## **OTHER SCHOOL-BASED ACTIVITIES**

- Contracts for after-school programs will encourage any agency providing snacks to students to comply with the wellness policy guidelines.
- Local wellness plan goals are considered in planning all school-based activities.
- Support for the health of all students is demonstrated by helping to enroll eligible children in Medicaid and other state children’s health insurance programs.
- School Improvement Plan must address wellness, nutrition, and exercise

## **NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS**

- All foods offered during the school day will comply with the current USDA Guidelines for Americans and current Tennessee State Board of Education rules regarding nutrition quality standards for K-8 schools.
- Classroom snacks feature healthy choices.
- Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- Teachers will seek alternatives to food as a reward or a punishment for student behaviors, unless it is detailed in a student’s Individualized Education Plan (IEP).

## **EATING ENVIRONMENT**

- Students should be provided adequate time to eat lunch and breakfast.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Dining areas are attractive and have enough space for seating students.
- Drinking water is available for students at meals.

## **CHILD NUTRITION OPERATIONS**

- 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.
- COSLA shall employ a food kitchen manager who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.

## **FOOD SAFETY AND SECURITY**

- Foods made available on campus comply with state and local food safety and sanitation regulations. Classroom snacks should be commercially prepared food items.
- For the safety and security of the food and facility, access to all food service operations (School Nutrition, concessions stands, etc.) will comply with state and local food safety and sanitation regulations.

### *Legal References*

*Federal Public Law (PL 108.265 Section 204); June 30, 2004 Child Nutrition and WIC Reauthorization Act of 2004*

*State Board Rule Chapter 0520-1-6-.04 (TRR/MS 0520-1-6)  
and Other State Board of Education, Policy 4.206, Physical Activity, August 18, 2005*