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STRIVE Collegiate Academy Wellness Policy

Preamble

STRIVE Collegiate Academy (STRIVE) is committed to the optimal development of every student. STRIVE believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tests. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This policy outlines STRIVE's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at STRIVE have access to healthy foods throughout the school day – both through reimbursable meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating habits
- Students have opportunities to be physically active before, during, and after school
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school
- The community is engaged in supporting the work of STRIVE in creating continuity between school and community settings for students and staff to practice lifelong healthy habits
- STRIVE establishes and maintains an infrastructure for management, oversight, implementation, communication about, and evaluation of the policy and its established goals and objectives

This policy applies to all students, staff, and schools at STRIVE.

School Wellness Committee

Committee Role and Membership

STRIVE will convene a representative wellness committee (SWC) that meets at least twice 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 SWC membership will represent all school levels and include, but not limited to: parents and caregivers; students; representatives of the SNP; physical education teachers; health educators; mental health staff; social services health staff; nurses; school administration; board members; and health professionals in the community. To the extent possible, the SWC will include representatives that will reflect the diversity of the community.

Leadership

The Wellness Coordinator will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

Name	Title	Role	Year
Josh Nunnally	Operations Director	Wellness Coordinator	2015-2016
Miranda Bakla	Director of Operations	Wellness Coordinator	2023-Present

Wellness Policy Implementation, Accountability, and Community Engagement

Implementation Plan

STRIVE will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to STRIVE, and includes information about who will be responsible to make what change, by how much, where, when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketings, nutrition promotion and education, physical activity and education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at www.strivecollegiate.org

Recordkeeping

STRIVE will retain records to document compliance with the requirements of the wellness policy at the school office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit SWC membership from stakeholder groups (2) The groups' participation in the development, implementation, and periodic review of the wellness policy
- Documentation of the annual policy progress reports for each school
- Documentation of triennial assessment of the policy for each school
- Documentation demonstrating compliance with public notification requirements (1) methods in which the above documents are made known to public (2) efforts to notify families about availability of wellness policy

Annual Progress Reports

STRIVE will compile and publish an annual report to share basic information about the wellness policy and report on progress of the school in meeting wellness goals. This annual report will be published around the same time each year (start of the school year) and will include, but not be limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy
- A description of STRIVE's progress in meeting wellness goals
- A summary of STRIVE's events or activities related to wellness policy implementation
- The name, position title, and contact information for the Wellness Coordinator
- Information on how individuals can get involved in the SWC

Triennial Progress Assessments

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

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

Revisions and Updating the Policy

STRIVE will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments and/or as STRIVE priorities change; community needs change; wellness goals are not met; new health science information or technology emerges; and new Federal or State guidance/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

STRIVE is committed to being responsive to community input, which begins with awareness of the wellness policy. STRIVE will actively communicate ways in which representatives of SWC and others can participate in the development, implementation, and periodic review/update of the wellness policy through a variety of means appropriate for the school. STRIVE 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. STRIVE will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations, or letters sent home, to ensure all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as, how they can get involved and support the policy. STRIVE will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

STRIVE will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. STRIVE will also use these mechanisms to inform the community about the availability of the annual and triennial reports

Nutrition

School Meals

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

STRIVE participates in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and any additional programs the school may elect. STRIVE is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by local, state and federal statutes and regulations.
- Promote healthy food and beverage choices using at least ten of the following
 - Daily fruit options are displayed in a location in the line of sight and reach for students
 - All available vegetable options have been given creative or descriptive names
 - All cafe staff have been trained to politely prompt students to select and consume daily vegetable with their meal
 - White milk is placed in front of other beverages
 - Alternative entree options (ie salad, sandwich, etc) are highlighted on posters or signs within cafe area
 - Student surveys and taste testing opportunities are used to inform menu development, cafe decor, and promotional ideas
 - Daily announcements are used to promote and market menu options
 - Menus will be posted on the STRIVE website and will include nutrient content and ingredients
 - Menus are created/reviewed by a registered dietitian or nutritionist
 - School meals are administered by a team of child nutrition professionals
 - STRIVE's nutrition program will accommodate students with special dietary needs
 - Students will be allowed at least 10 minutes to eat breakfast and 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Students are served lunch at a responsible and appropriate time of day
 - Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

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.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. STRIVE will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

Competitive Food and Beverages

STRIVE is committed to ensuring all foods and beverages available to students on campus during the school day supports healthy eating. The foods and beverages sold and served outside the school meal programs will meet [USDA Smart Snack 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.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including:

1. Celebrations and parties. STRIVE will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas
2. Classroom snacks brought by parents. STRIVE will provide parents a list of foods and beverages that meet Smart Snack nutrition standards
3. Rewards and Incentives. STRIVE will provide teachers and other relevant staff a list of alternative ways to reward children. Food and beverages will not be used as a reward, or withheld as punishment for any reason, such as performance or behavior

Fundraising

Food and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on campus during the school day. STRIVE will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition education, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition education throughout classrooms, cafeterias, and school. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

STRIVE will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom Techniques
- Promoting foods and beverages that meet USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that STRIVE may use are available at:
<https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks>

Nutrition Education

STRIVE aims to teach, model, encourage, and support healthy eating by students. STRIVE will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- Include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthier food preparation methods
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, farm to school programs, other school foods, and nutrition-related community services
- Teach media literacy with an emphasis on food and beverage marketing
- Include nutrition education training for teacher and other staff

Essential Healthy Eating Topics in Health Education

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

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grains
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- 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 in Americans
- Reducing sodium intake
- 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 progress toward achieving a personal goal to eat healthier
- Resisting peer pressure related to unhealthy dietary behaviors
- Influencing, supporting, or advocating for others' healthy dietary behaviors

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

STRIVE is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. STRIVE strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be

weakened if students are subjected to advertising on STRIVE's property that contains messages inconsistent with the health information STRIVE is imparting through nutrition education and health promotion efforts. It is the intent of STRIVE to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with STRIVE's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name, or trademark on school equipment (ie: message boards, scoreboards)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, other food service equipment, posters, book covers, assignment books, or any other supplies distributed, offered, or sold by STRIVE
- Advertisements in school publications or mailings
- Free product samples, taste tests, or coupons of a product

Physical Activity

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. STRIVE will provide teachers and staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, STRIVE will ensure that its grounds and facilities are safe and that equipment is available to students to be active. STRIVE will conduct necessary inspections and repairs.

Physical Education

STRIVE will provide students with physical education, using 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 students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed below).

All students will be provided equal opportunity to participate in physical education classes. STRIVE will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Essential Physical Activity Topics in Health Education

- 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 strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise program (warm up, work out, and cool down)
- Overcoming barriers to physical activity
- Decreasing sedentary behaviors, such as watching TV
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, 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

Outdoor recess will be offered when weather permits for outdoor play.

In the event that STRIVE must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside students whenever possible.

Other Activities that Promote Student Wellness

STRIVE will integrate activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. STRIVE will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Resources

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¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>.