

International Academy of Columbus
IAC WELLNESS POLICY

Nutrition Education Goals

- Students in all grades receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education materials such as posters are displayed that offer general nutrition education information as well as information about specific foods served in the school cafeteria.
- Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts) for all grades.
- Staff who provide nutrition education have appropriate training.
- School is enrolled as a Team Nutrition School, and conducts nutrition education activities and promotions that involve parents, students, and the community.
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Physical Activity Goals

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods, and the integration of physical activity into the academic curriculum.
- The school will expand the recess area and playground equipment to create less crowding and more room for physical activity during recess periods.
- PE classes are offered to students in all grades at least two times per week and will be taught by a trained PE instructor.
- Students are given opportunities for physical activity through a range of programs such as intramurals, interscholastic athletics, and physical activity clubs. The school PE teacher will help with creation and coordination of such programs.
- The school encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Nutrition Standards for Foods at School

- The school sets guidelines for refreshments that are allowed to be served at class parties, events, and staff meetings during the school day (see Appendix 1).
- The school administration works with the school meals vendor to develop breakfast and lunch menus that meet and exceed nutrition and menu standards issued by the USDA (see Appendix 2).
- The school provides nutrition guidelines for packed lunches that students bring from home and encourages parents to pack healthy lunches for their students (see Appendix 3).
- No products containing peanuts or other known allergens may be offered to a student who is allergic to peanuts or other substances in the school meal program. Parents are responsible for providing sufficient information to the school for planning meals for students with allergies. Those students who are allergic to foods will be offered alternatives.

Goals for Other Activities Promoting Student Wellness

Dining Environment

- The school provides a clean, safe, enjoyable eating environment for students.

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- The school provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school makes drinking fountains available so that students can get water at meals and throughout the day.
- The school encourages all students to participate in school meals program and protects the identity of students who eat free and reduced-price meals.
- The school ensures an adequate time for students to enjoy eating healthy foods with friends in schools.

Consistent School Activities and Environment

- The school prohibits the use of food (including candy) as rewards or gifts for students.
- The school provides nutrition guidelines for foods that staff members eat in the sight of students and encourages staff to serve as role models by practicing healthy eating.
- The school encourages parents, staff, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school provides information and outreach materials about other Food & Nutrition Service (FNS) programs such as Women, Infants, and Children (WIC) and Food Stamps to students and parents.
- The school provides opportunities for ongoing professional training for foodservice staff and teachers in the areas of nutrition and physical education.

Goals for Measurement and Evaluation

- The School Wellness Team will meet regularly to evaluate programs and goals outlined in the Wellness Policy.
- The Wellness Team will meet at least once per school year to review and update the Wellness Policy as needed.
- The administration will continuously oversee school activities, environments, and programs to ensure that the Wellness Policy is being implemented and followed.

Appendix 1: Guidelines for Refreshments Served in School

The following are school-wide nutrition guidelines that apply to foods served at any time when students are present, including class parties and celebrations, staff functions in view of students, and school events. These guidelines will be distributed to all staff.

- Soft drinks will not be offered; fruit/vegetable juices may be offered instead.
- Water will be offered as a beverage option.
- If fried snacks such as fried potato chips are offered, baked snacks such as baked potato chips or pretzels must also be offered.
- At least one fresh fruit or vegetable option will be offered.
- No candy will be offered.
- Baked goods may be offered, but nutritional baked options such as fruit muffins, fruit cakes, carrot cakes, bagels, and baked goods with nuts are encouraged.
- Whole-grain options should be offered instead of non-whole grain whenever possible.

Appendix 2: School Meal Menus

School meal menu guidelines include the following specific requirements:

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- Fresh fruits and vegetables will be offered daily.
- A variety of 100% fruit juices will be offered daily.
- 1% milk will be offered daily.
- Fried foods will be offered only occasionally.

Appendix 3: Guidelines for Packed Lunches

These guidelines will be distributed to all parents at parent orientation and will also be included in the Student/Parent Handbook. These guidelines will ensure that all meals consumed during school hours align with and promote the school's nutrition goals.

- No soft drinks are allowed.
- No candy is allowed.
- Fresh fruits and vegetables are encouraged.
- No items requiring microwaving (unpopped popcorn, frozen dinners, etc.) or refrigeration are allowed.