



<i>New Summit Charter Academy</i>	<i>Policies and Procedures</i>
Policy Name:	School Wellness
Policy Number:	ADF - NSCA
Original Date:	09/15/2018
Last Reviewed:	08/03/2022
Category:	Education
Author:	
Approval:	NSCA Board of Directors

New Summit Charter Academy is committed to providing school environments that promote children's health, well-being, and ability to learn by supporting healthy eating and physical activity. To further these beliefs stated above New Summit Charter Academy adopts the following goals:

**Goal #1** – New Summit Charter Academy should provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

- Nutrition programs should promote fruits, vegetables, whole grain products, low fat and fat-free dairy products, and healthy food preparation methods.
- New Summit Charter Academy may provide information to families that encourage them to teach their children about health and nutrition and provide nutritious meals for their families.
- Nutrition information should cover all foods and beverages available on campus during the day and these include school lunch programs, a la carte, vending, concessions, parties, and fundraisers.
- Nutrition programs should actively promote healthy eating to students, parents, school staff, and the community in a variety of venues.

**Goal #2** – New Summit Charter Academy should support and promote dietary habits contributing to students' health status and academic performance.

- Foods and beverages shall be made available on campus during the school day that are consistent with the current Dietary Guidelines for Americans and should be considered in all sources of foods at school including:
  - School Lunch
  - A la Carte
  - Vending
  - Concessions
  - Parties
  - Fundraisers
- All foods made available on campus will adhere to food safety and security guidelines.
- The school dining environment will be safe, comfortable, pleasing, and allows ample space for eating meals.
- Every student and his or her parents or guardian shall have access to information concerning the nutritional content of food and beverages sold by or available from the school's food service department at lunch and for competitive goods sold or available anywhere on school property on a recurrent basis during the school day. This information may be provided on the school website or by printing the information on the menus sent home or by posting the information in a visible place in each school building.

**Goal #3** – New Summit Charter Academy should encourage more opportunities for students to engage in physical activity.

- Classroom health education should complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce the time spent on sedentary activities, such as watching television.
- Physical activity should be made available in a school’s daily education program from grades kindergarten through 12th grade.
- Students should be provided the opportunity to be exposed to a variety of sports activities to include non-traditional sports.
- Schools should offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health care needs.

Legal Refs:

§ 204 of P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

C.R.S. § 22-33-124 (nutritious choices in vending machines)

C.R.S. § 22-32-136 (policies to improve children’s nutrition and wellness)

#### Revision History

Date	Revision Details	Revised By
09/15/2018	Adoption	Board, Executive Director
08/03/2022	Reviewed	Board, Executive Director