

## ***Wellness Policy***

### PURPOSE AND PHILOSOPHY

Capstone Classical Academy is committed to providing a school environment that enhances learning and promotes good nutrition and regular physical activity as part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

2. OPPORTUNITIES FOR NUTRITION EDUCATION A quality nutrition education program is an essential component for all students to learn about in an effort to positively influence students' eating behaviors. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at Capstone. The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the State Core Health Education Curriculum.

3. PHYSICAL EDUCATION: A quality physical education program is an essential component for all students to learn about and participate in physical activity. A sequential developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives, consistent with the State Core Physical Education Curriculum. Physical activity should include regular instructional physical education, as well as, extracurricular activities such as the fitness trail and cross country.

4. NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS: Food served through the school lunch program shall meet or exceed the federal regulations and guidance for reimbursable school meals. Activities offering other food items on school grounds and at school-sponsored activities during the instructional day are encouraged to include healthy snack options as adopted and updated by the District Wellness Committee. Mentors are encouraged to use non-food rewards for classroom use.

5. OTHER SCHOOL BASED ACTIVITIES: At Capstone, families and community members will be encouraged to institute programs that support physical activity, such as a Fitness Trail Tracking Program. Local wellness policy goals should be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies), develop and/or participate in local, state, and federal sponsored programs that encourage life skills related to nutrition and healthy lifestyles,( Walk-a-thon, 5k fundraiser, etc).

6. MONITORING AND POLICY REVIEW: The administrative team along with the Foods Director will ensure compliance with this policy in his/her school and will report on the school's compliance to the appropriate executive director. The District will, as necessary, revise this policy and develop work plans to facilitate its implementation.

### ***Food Sold on Campus Policy***

### Vending Machines:

Capstone shall require that all agreements made regarding vending machines that are placed on campus shall be in writing in a contract form that shall be approved by the director. This contract will be re-approved yearly within the first six weeks of school.

Vending machine income must be reported by the operator/owner of the vending machine to the board annually. These reports should be submitted at the completion of the calendar school year and no later than July of each year. Standard accounting procedures shall be used in completing this report including reports to the director of vending machine receipts and expenditures.

The vending machine operator shall donate a minimum of 15% of their annual income to Capstone. This money shall be used as designated by the budget committee of Capstone. Income from the vending machine will be used for such needs as the following: mentor salaries, payment for school facilities, other needs as deemed necessary by the director of Capstone.

### Standards for Selling Foods Outside of the Reimbursable Meal In Schools:

#### **Beverages:**

Allowed: water or seltzer water, fruit and vegetable juices, unflavored or flavored low-fat or fat free milk and nutritionally-equivalent nondairy beverages, sports drinks, fruit-based drinks, iced tea, iced coffee

Not Allowed: soda or energy drinks

#### **Foods:**

- A food item sold individually will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
- Capstone will seek to encourage those selling food on campus to offer fresh fruits and vegetables, cooked, dried or canned fruits or fruit and vegetable juices whenever feasible.
- Beverages are limited to 20 ounces or less.
- Foods must be no more than 300 calories per unit.
- Foods must not contain more than 10 percent of the total calories come from saturated fat (not including nuts, seeds, non-fat and low-fat dairy).
- Foods must not contain more than 35% sugar by weight.
- Foods must not have a sodium content greater than 200 mg per portion (not including 100 percent fruit or vegetable juice; fruits; vegetables; nonfat or low-fat milk, yogurt or cheese).

Foods shall not be sold on campus by any vendor except as approved by the Capstone Administration. All foods sold on campus outside vending machines must be approved by the director and benefit the schools interest.

These organizations include but are not limited to the following:

- Winterim courses
- school clubs- including sports, fine arts and academic clubs
- other organizations as deemed necessary by Capstone Administration.

See Code R277-719