KIPP Capital Region
PUBLIC SCHOOLS

KIPP Capital Region Wellness Policy

KIPP Capital Public Charter Schools is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. KIPP Capital Region has established a Wellness Policy Committee to develop the School's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Trustees. The School's Wellness Policy Committee includes, but is not limited to, representatives from each of the following groups:

- Parents: Deb Garrett, Angela Hamilton, Mirlene Richards
- Students: KIPP Capital High School Student Council Members
- The region's food service program: Blaine Fleming, Food Service Manager, Natali Garcia
- School Administrators: Johanna Martin, Chief Operating Officer, Directors of Operations, Terri Martin, Tanya Murray, Michael Jean- Baptiste, Allison Ford, Janjir Grewal, Kevin Robinson, Steven Geoini. Principals, Tommy Henley, Brandi Langhorn, Phiana Wilcox, Derrick Bass, Joiele Copland, Dr. Darryl White II and Michael Osikoya.
- Health Service Representatives: Pam Weber, Kim McCarthy, Maria Mancino
- KIPP employees: Alexis Lopez, Jen Brady
- KIPP Alumni and school employee: Myles Clenindin

The Wellness Policy Committee will assess current activities, programs and policies available; identify specific areas of need; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Policy Committee is established to represent the local community's perspective. Students, parents, staff and community members are welcome to join the committee.

Goals to Promote Student Wellness

Taking into account the parameters of the school (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the School is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Policy Committee recommends the following goals relating to nutrition education, physical activity and other school-based activities:

Nutrition Education

The School will strive to provide nutrition education at every grade level to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

- Classroom teaching:
  - Teachers will strive to incorporate and support daily healthy eating habits and physical activity as a lifelong strategy as part of their curricula in accordance with the New York State Standards. Teachers will focus on the following aspects: healthy living, nutrition, body image, weight management, eating disorders, and physical activity.

  - Schools should not use food as a reward or punishment, but rather, offer other incentives to students instead.

- Education, marketing and promotion links outside the classroom:
  - KIPP Capital Public Charter Schools will utilize the following marketing and promotional approaches: menus designed for each school, the KIPP Capital Public Charter Schools website, informational posters, and a Wellness Committee to plan family activities. Periodically the school will invite guest speakers and will offer to the school community activities such as: Wellness Day, Career Day, Farm to School Day and Open House.

c) Fundraising activities:

It is recommended that all fund raising activities involving food will work toward the guidelines provided in the wellness policy. Student organizations are encouraged to hold fundraisers that are in accordance with the school's wellness policy.

d) Teacher training:

KIPP Capital will support professional development by allowing attendance at appropriate workshops/conferences as the budget allows. After attending workshops and conferences teachers will share the information they obtained with their colleagues.

Physical Activity

The School will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

The Wellness Policy Committee has determined that the following standards are necessary to achieve this goal:

a) All students must attend and participate in a physical education program for at least the minimum number of hours or days per week under State requirements. KIPP Capital Region currently complies with New York State Health and Physical Education Standards. Physical education classes will incorporate the appropriate New York State Learning Standards.

b) Staff training/certification for physical education:

All KIPP Capital Physical Education teachers are New York State certified or working towards certification.

c) Physical activity outside physical education classes:

Physical activity is encouraged through competitive sports when possible. Teams from intramural to modified levels may be available for both male and female students. All KIPP Capital Region coaches meet or are working towards New York State certification requirements. Other activities that operate periodically may include dance instruction, musical productions, cheerleading, and marching band.

d) The performance or withholding of physical activity shall not be used as a form of discipline or punishment.

Other School-based Activities

KIPP Capital wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. In order to present a coordinated school approach where decision-making related to nutrition and physical activity encompasses all aspects of the school, the

Wellness Policy Committee has determined that the following standards are necessary to achieve this goal:

a) Federal School Meal Programs:

KIPP Capital sets standards and nutrition guidelines for all food and beverages sold to students during the school day that are consistent with applicable requirements set forth under 201.10. KIPP Capital also provides assurances that guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the Secretary of Agriculture.

b) Access to school nutrition programs:

KIPP Capital participates in the Child Nutrition Program - Community Eligibility Program, which provides free meals to all students, regardless of family income. Meals served through the district's Food Service program will comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CRF 210.10 or 220.8, as applicable.

KIPP Capital provides breakfast through the USDA School Breakfast Program. Morning bus routes are scheduled so that students arrive at school in time to eat breakfast.

KIPP Capital participates in the Afternoon Snack Program. All students receive free snack that meets Child Nutrition Program Guidelines.

Special nutritional needs and dietary requirements of students are addressed and monitored by school personnel, the school health professional and food service staff upon request. The school nutrition program is sensitive to the cultural and religious diversity of our student population. We encourage interdisciplinary themes in the curriculums. Lessons that can be related to culture and ethnic foods are strongly encouraged.

The School Health Professional must receive written notification by a health care professional regarding any student with food allergies or intolerance. This information will be shared with the Food Service Director and Kitchen Staff.

c) Meal Environment:

The cafeterias have adequate seating and lighting with an ideal traffic flow for serving the student population. Attractive nutritional posters are displayed suggesting healthy eating.

The cafeteria is cleaned after each lunch period.

Students have access to free drinking water near the cafeteria during meal periods.

The population is managed to facilitate timely movement through the meal line, which allows for adequate eating time. Lunch periods are usually scheduled according to grade level to promote positive behavior and social interactions.

d) After-school programs for students:

After-school programs incorporate nutrition related components and/or physical activity in line with our school-based philosophy.

e) Community access to School facilities for physical activities.

f) Staff wellness is supported by the use of all facilities. School staff members are encouraged to model healthy eating and physical activity behaviors.

g) The School Nutrition Program Director, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These personnel will refer to the USDA's professional Standards for School Nutrition Standards website to search for training that meets their needs.

h) Community involvement:

The community is encouraged to participate in the planning and maintaining of the school wellness policy.

The Wellness Policy can be found on the KIPP Capital Public Charter Schools website and hardcopies are available by contacting the school Director of Operations.

i) Sustainable food practices:

Schools are encouraged to make locally grown produce available as much as possible.

Nutrition Guidelines

The Wellness Policy Committee recommends nutrition standards to be established for **all** foods available in school and on school grounds during the school calendar year based upon the unique needs of the student body and the community. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of appropriate portion size.

Nutritional Values of Foods and Beverages

a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the Child Nutrition Program. Meals served through the Child Nutrition Program will:

1) be appealing and attractive
2) be served in clean and pleasant settings.
3) offer a variety of fruits and vegetables, at least two vegetables and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week.
4) whenever possible fresh fruits and vegetables will come from local farmers
5) serve only low fat (1%) and fat free milk or nutritionally-equivalent non-dairy alternatives
6) serve 100% whole grain products which meet Child Nutrition Program Guidelines.

b) Food of minimal nutritional value in the school and on school grounds will be replaced with more nutritional options by adhering to the following standards for nutritional value of foods and beverages:

1) Calories from total fat - No more than 30%
2) Calories from saturated fat - No more than 10%
3) Total sugar – No more than 35% by weight
4) Whole grain – 100% , meeting the Child Nutrition Program requirements

5) Total sodium – No more than 200 mg of sodium per serving for snacks; Breakfast and Lunch will meet all Child Nutrition Program guidelines for each grade level.
6) Fruits and vegetables - a choice of at least 2 fruits and 2 vegetables will be offered at any location where foods are provided in school. Such items could include, but are not limited to: fresh fruits and vegetables; 100% fruit or vegetable juices; cooked, dried or canned fruits in fruit juice; cooked, dried or canned vegetables that meet fat and sodium guidelines.
7) Beverages –100% fruit or vegetable juices; unflavored or flavored low-fat or fat-free flavored milk; water. Other beverages that meet the Smart Snacks Guidelines as outlined by USDA. Discouraged: all beverages that do not meet the Smart Snacks Guidelines. Free drinking water is available throughout the day from water fountains or dispensers located in several areas throughout each school. Students are also encouraged to bring a water bottle from home.
8) Healthy classroom snacks will be provided at snack time in accordance with the Child Nutrition Program guidelines.

9) Students will have the opportunity to provide input on local, cultural and ethnic favorites.

10) Schools are required to provide students a daily lunch period of not less than 20 minutes.

c) Nutrition information for products will be available through the office of the Food Service Director.

d) A la carte, student stores, food-related fundraising, and food rewards:

The Nutritional Values listed above will be applied to school events and fund raising activities to ensure consistency.

e) Birthday Celebrations

If you wish to find a way to celebrate your child's birthday at school, we ask that you make arrangements with the front office of your child's school. Each school building has specific requirements for classroom celebrations. Additionally, we ask that you do not send in home-made treats to share as the school cannot identify allergens such as peanut products.

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Healthy Snack/ Lunch Policy

If you would like to send your child to school with lunch even though it is provided by the school daily at no charge, we require that it is reasonably healthy. Specifics about allowable snacks and foods that students will not be allowed to eat at school are below:

Reasonably Healthy Snacks	Snacks **DISCOURAGED** at school
• Pretzels • Veggie Straws • Popcorn • 100% Juice • Flavored Waters • Natural Fruit Snacks • Cheese • Fruit • Yogurt • Tortilla Chips • Cheez-its • Whole Grain Pop Tart, Nutrigrain Bar • Crackers, Cereal	• Sugary Juices/KoolAid • Potato Chips or Pringles • Cookies of any kind • Takis, Funions, or similar snacks • Gushers • Candy of any kind • Cakes/Pies • Honey Buns/Sticky Buns • Sugary or Frosted Donuts • Pudding • Soda • Candy that comes in Lunchables • Snacks that are not in single serve packaging

A note about snacks: Our strong preference is that students eat the snack that is provided by the school in the morning (Primary School) and afternoon in order to ensure timely distribution and avoid potential distractions or allergic reactions during learning time.

Peanut & Pork Free Policy

ALL KIPP CAPITAL REGION SCHOOLS ARE PEANUT AND PORK FREE SCHOOLS. If you would like to send your child to school with a lunch or snack, please be sure that it does not contain peanuts or any peanut-by-products. Any food brought from home containing peanuts will be discarded and a school meal/snack will be provided. This policy has been implemented to keep our schools safe for our students, faculty and staff with peanut allergies. Additionally, we ask that you do not send home-made treats to share as the school cannot guarantee that they are peanut free.

We do not prepare or serve pork products in any of our schools.

Additional Exclusions

KIPP TROY PREP MIDDLE SCHOOL IS NUT FREE.
All nuts, including tree nuts are excluded from this school. Please see the peanut free policy above as it applies to ALL nut products.

KIPP TROY PREP ELEMENTARY SCHOOL IS MANGO FREE
Due to severe allergies, mango and cinnamon are not allowed in this building.

Please note that as student allergies are updated, other exclusions may apply. Please contact your child's school directly if you have any questions.

School Store, Concession Stands, and Other Food Outlets

School-based marketing will be consistent with nutrition education and health promotion. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards specified above. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is discouraged. The promotion of healthy foods including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Access to the school store, concession stands, and other food outlets on school property will be limited.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

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Implementation and Evaluation of the Wellness Policy

KIPP Capital will promote their Wellness Policy to faculty, staff, students and parents. A copy of the Wellness Policy will be available on the KIPP website.

The Wellness Committee shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index. The progress report will be posted on the regional website.

To satisfy the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the KIPP Capital Wellness Policy Committee shall monitor the school's implementation of the Wellness Policy and evaluate student health activities. Such monitoring will help gauge whether or not policies have in fact been implemented, whether or not they are effective, and their overall impact on student and staff health. The results may also highlight areas in need of further change and help shape future policy. The Wellness Committee will utilize the School Health Index as a tool to evaluate the effectiveness of this plan. In an effort to improve the health of the Kipp Capital community, the Wellness Committee will report annually to the Executive Director. The Board of Trustees will receive any revisions to the Wellness Policy upon the recommendation of the Executive Director.

Child Nutrition and WIC Reauthorization Act of 2004

Public Law Section 108-265 Section 204

Richard B. Russell National School Lunch Act

42 United States Code (USC) Section 1751 et seq.

Child Nutrition Act of 1966

42 United States Code (USC) Section 1771 et seq.

7 Code of Federal Regulations (CFR) Section 210.10

http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html

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Date Updated: