

LISA ACADEMY WELLNESS POLICY

Preamble

LISA Academy School District provides our students the opportunity to fully participate in the educational process. Students must attend school with their bodies ready to take advantage of the learning environment. LISA Academy equips our students to achieve personal, academic, developmental and social success. LISA Academy provides positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines LISA Academy's approach for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day through reimbursable school meals in accordance with Federal and state nutrition standards.
- LISA Academy will promote nutrition and physical activity and other activities that promote student wellness;
- LISA Academy staff are encouraged healthy nutrition and physical activity behaviors in and out of school;
- LISA Academy will maintain the wellness policy goals and objectives

This policy applies to LISA Academy School District, students and staff. Specific measurable goals and outcomes are identified within each section below.

- *LISA Academy will coordinate the wellness policy with other aspects of school management, when appropriate.*
- *LISA Academy will communicate any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.*

School Wellness Committee Roles and Membership

Each school within LISA Academy School District will establish a School Wellness Committee (SWC) that reviews school-level issues, in coordination with the District Wellness Policy (DWP).

LISA Academy School District's wellness committee meets at least four times per year. Our goal is to establish and implement a wellness policy.

LISA Academy District Wellness Committee membership will represent all school levels in each school to reflect the diversity of the community including parents, school nutrition, physical education, health education, school health professionals, school health services, mental health, social services, school administrators, school board members, health professionals, and general public. Membership may also include Supplemental Nutrition Assistance Program Education coordinators.

Leadership

The Superintendent's designees will help the wellness committee development and updates to the wellness policy oversee compliance.

Name	Title / Relationship to the School or District	Email address	Role on Committee
Dr. Fatih Bogrek	Wellness Policy Coordinator	fbogrek@lisaacademy.org	Authority and responsibility to ensure each school complies with the wellness policy and wellness committee requirements
Meleah Critton	Child Nutrition Director	critton@lisaacademy.org	Assists in the evaluation of the wellness policy implementation

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

I. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

LISA Academy will develop and maintain a plan to implement the wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school. This plan includes information about who will be responsible to make changes and monitor specific goals and objectives for nutrition standards for all foods and beverages available on the school campus. This plan will ensure compliance of food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: lisaacademy.org.

Recordkeeping

LISA Academy will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices at 23 Corporate Hill Drive as well as our website. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;

- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

LISA Academy will inform families and the public each year of basic information about this policy. The basic information includes the content, updates to the policy and implementation status. LISA Academy will make this information available on the district website. This will include a summary of the District or school level events or activities related to wellness policy implementation. Annually, LISA Academy will also publicize the name and contact information of the of the School official who leading and coordinating the committee. The public will also be informed of how they can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, LISA Academy will evaluate the wellness policy compliance to assess and implement the policy and include:

- LISA Academy is in compliance with the wellness policy;
- Review how LISA Academy's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy.

LISA Academy will give a description of the progress made in attaining the goals of the wellness policy.

Dr. Fatih Brgek is responsible for managing the triennial assessment.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

LISA Academy will notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index, triennial assessments or any new Federal or state guidance or standards are issued.

Community Involvement, Outreach and Communications

LISA Academy welcomes the communities input on wellness policy. LISA Academy will communicate ways that the DWC and others can participate in the development, implementation and periodic review updates of the wellness policy through a variety of means that are appropriate. LISA Academy will also inform parents of compliance improvements made to school meals and school meal standards. The parents are informed on how to apply for child nutrition programs. The description of Smart Snacks in School nutrition standards of compliance will be published for parents to view on the districts website and student handbook. LISA Academy will displaying notices on the district's website, newsletters, presentations to parents, and sending information home to parents will ensure that all families are notified of the content and how to get involved in wellness policy process. LISA Academy will notify the public about the content of any updates to the wellness policy annually triennial reports.

Nutrition

School Meals

The school meal programs provides nutritious well balance meals that help decrease childhood obesity, accommodates special dietary needs, models healthy eating habits and support healthy food choices for a lifetime.

All LISA Academy Schools participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and other applicable Federal child nutrition programs, that:

- School meals are catered by J&F Food Service and accessible to all students;
- 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. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Provide students with a positive eating environment with appropriate time to eat. The School Nutrition Association recommends at least 20 minutes for lunch and 15 minutes for breakfast *from the time they have received their meal and are seated*.
- Student artwork is displayed in the dining areas.
- Daily announcements are used to promote and market school menu options.
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Menus are posted on the District website or individual school websites*
- *Menus will be created and reviewed by a Registered Dietitian or other certified nutrition professional.*

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](#).

Water

All LISA Academy school sites have several locations throughout the school campus where students have access to free, safe, unflavored drinking water including each cafeteria during meal service times.

Competitive Foods and Beverages

All foods and beverages outside the reimbursable school meal programs that are sold or made available to students on the school campus during the school day must meet or exceed the USDA Smart Snacks nutrition standards and Arkansas Nutrition Standards. Both of these standards can be found on the district website.

The school district shall maintain documentation that all food and/or beverages comply by utilizing the Alliance for a Healthier Generation Smart Snacks Calculator, including a copy of the Smart Snacks Calculator product compliance screen and a copy of the nutrition fact label of the product.

Outside of meal service, schools shall limit the number of servings per day to one per student.

Food and beverages provided under Section 8.01.2 shall not be available in the food service area during meal service.

Parents may provide competitive foods and/or beverages or candy items for their own child's consumption, but they may not provide items to other children at school that do not meet USDA Smart Snack Regulations.

Celebrations and Rewards

School Events approved by school administration- Students may be provided any food and/or beverage items during the school day. Homemade food and beverages items are prohibited. Food and beverage items must come from a restaurant or other health inspected facility. These items may not be provided during meal times in the areas where school meals are being served or consumed.

Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards and Arkansas Nutrition Standards.

Nutrition Promotion

LISA Academy will promote healthy food and beverage choices to influence positive lifelong eating behaviors for all students, as well as encourage participation in school meal programs.

Nutrition Education

All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

Physical Education

The District will provide students with physical education, using an 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.

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the **USDA Program Discrimination Complaint Form**, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. 1. mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
2. 2. fax: (202) 690-7442; or
3. 3. email: program.intake@usda.gov <<mailto:program.intake@usda.gov>> .

This institution is an equal opportunity provider.

Approved by Board on May 25, 2017