

Children's Village Academy School Nutrition
Local Wellness Policy
Revised 2019-2020

This policy supports the mission of Children's Village Academy: Children's Village Academy was established for the development of a model learning institution with statewide recognition, for the advancement of outstanding academic performance among all who, upon leaving school are known for their well-grounded psychosocial cultural well being, their upstanding moral fiber and citizenry, and their passion for learning. Nutrition influences a child's development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This school-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong health eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

Policy Leadership:

The SN Director with the support of the Superintendent shall implement and ensure compliance with the LWP by leading the review, update, and evaluation of the policy.

Public Involvement:

This district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy which include the following

SN Director
Classroom Teacher
Physical Ed. Teacher
Parent
2 Students
Health Care Professional

School Meals:

Children's Village Academy will meet or exceed the current nutrition requirements established under the Health Hunger-free Kids Acts of 2010 for grades K-5, and 6-8 breakfast and lunch meal patterns. (see Attachment A for more details).

Children's Village does not participate in food and beverage vending or snacks being sold to students outside of the school meals programs. There will also be no marketing of snacks or beverages outside what is provided in our school meal programs.

Guidelines for class parties, class snacks and rewards are as follows:

1. CVA will permit students or parents to bring store purchased cupcakes labeled with ingredients, and nutrition labels to be served after the lunch period. Goodie bags may be given to students with appropriate age level toys only. No candy will be permitted. Parents must notify the SN staff prior to sending or bringing in the cupcakes at least 24 hours for approval.

2. For class rewards or class snacks, CVA will meet or exceed the smart snack guidelines established by USDA which includes snacks with lower sodium, low fat and grain, lower sugar and enriched whole grain products.
3. A list of non-food celebrations (see Attachment b) is provided for teachers and parents in lieu of class parties or rewards.

Nutrition Education:

Students in grades K-8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Nutrition education is offered in the school cafeteria through signage, posters, activities and during special events throughout the school year (i.e. National School Lunch Week and National School Breakfast Week).

Students in grades 6-8 shall receive more in depth nutrition education via Family Consumer Science classes throughout the semester in the Nutrition curriculum.

Nutrition Promotion:

School Nutrition services shall use the Smarter Lunchroom Self Assessment Scorecard (<https://www.smarterlunchrooms.org/scorecard-tools>) (see attachment C Smarter Lunchroom Scorecard). to determine ways to improve the school meals environment. CVA shall also implement at least one Smarter Lunchroom techniques not already used during the school year.

Physical Activity:

Children and adolescents should participate in 60 minutes of physical activity every day. The district shall provide students with physical education according to USDA Myplate. CVA will provide opportunities for students during the school day for unorganized physical education during recess daily, and organized teacher directed physical education during weekly classes. Physical activities for children and adolescents shall be developmentally appropriate, fun, and offer variety.

Other School Based Strategies for Wellness:

Goals.

1. CVA shall offer 1 family-focused wellness event each school year to encourage family wellness practices that support healthy eating habits, and encourage physical activity.
2. Cva Shall partner with the Eastern NC food bank to volunteer services to support the food bank in their efforts in distributing food to other families in need.

The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compared to a model policy, as established by the US Department of Agriculture.

QAny updates made to the policy by the School Nutrition Director, must be approved by the Board of Directors and will inform the stakeholders listed in the policy, parents and the faculty of such changes. The content or any updates to the policy will be posted on the school website and added to the Board Meeting agenda.

Board Chair

Signature

Date

School Nutrition Administrator

Signature

Date
