



Restoring America's Heritage by Developing Servant Leaders

BOARD POLICY ON WELLNESS

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Preamble

John Adams Academy's Intercampus School Wellness Committee (hereto referred to as the ISWC) is committed to the optimal development of every scholar. The SFA believes that for s to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. The ISWC recognizes that scholar wellness supports academic excellence, character formation, servant leadership, and the development of the whole scholar.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive scholar outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, scholars who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

The School Food Authority (SFA) retains responsibility for ensuring compliance with federal Local School Wellness Policy requirements. The Intercampus School Wellness Committee (ISWC) shall oversee and coordinate implementation of the wellness policy across all campuses and wellness domains, including nutrition, physical activity, emotional wellness, and community engagement. The ISWC is responsible for campus wellness implementation, wellness initiatives, stakeholder engagement, physical activity and emotional wellness coordination, annual review collaboration, and wellness culture and communication.

This policy outlines the ISWC's approach to ensuring environments and opportunities for all scholars to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Scholars have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards;

- Scholars receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Scholars have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote scholar's wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the ISWC in creating continuity between school and other settings for scholars and staff to practice lifelong healthy habits; and
- The ISWC establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all scholars and staff on all John Adams Academy campuses.

School Wellness Committee

Committee Role and Membership

The Intercampus School Wellness Committee (hereto referred to as the ISWC or work within an existing school health committee) will meet at least twice per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this SFA-level wellness policy (heretofore referred as "wellness policy").

The ISWC membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; scholars; representatives of the school nutrition program (ex. Food Service Director); physical education teachers; health education teachers; school health professionals (ex. health education teachers, school health services staff [i.e., nurses, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists]; school administrators (ex., Principals, Deans), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the ISWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the ISWC and facilitate development of and updates to the wellness policy, and will ensure campus compliance with the policy.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The ISWC will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives,, physical activity, physical education, and other school-based activities that promote scholar wellness. The SFA is responsible for USDA compliance nutrition standards for all foods and beverages available on the school campus, including Smart Snacks compliance, meal program administration, food and beverage marketing, nutrition promotion and education, and required reporting and record keeping.

This wellness policy and the progress reports can be found at:
www.johnadamsacademy.org/wellness/

Recordkeeping

The Superintendent or designee will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit ISWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;

- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public;
- (2) Describing implementation efforts, wellness goals, and updates to the policy and (3) Efforts to actively notify families about the availability of wellness policy.

Triennial Progress Assessments

At least once every three years, the Superintendent will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the wellness policy.

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

Revisions and Updating the Policy

The ISWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as SFA priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach, and Communications

The ISWC is committed to being responsive to community input, which begins with awareness of the wellness policy. The SFA will actively communicate ways in which representatives of ISWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate. The SFA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The ISWC will use electronic mechanisms, such as email or displaying notices on the JAA website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The ISWC will ensure that communications are culturally and linguistically appropriate to the community, and

accomplished through means similar to other ways that individual schools are communicating other important school information with parents.

The ISWC will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The ISWC will also use these mechanisms to inform the community about the availability of the annual and triennial reports. JAA permits and actively encourages participation by parents, scholars, staff, community members, and representatives of the school food authority in the development, implementation, review, and update of the wellness policy.”

Nutrition

School Meals

The School Food Authority (SFA) will oversee the school food service programs, such as the National School Lunch Program (NSLP). The SFA is responsible for administering, managing, and auditing all food service operations at one or more schools, ensuring compliance with federal and state regulations. Our SFA is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the SFA participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *any additional programs the school may elect*. All schools within the SFA are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all scholars;
- Are 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 SFA offers reimbursable school meals that meet [USDA nutrition standards](#).)

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](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all scholars throughout the school day and throughout every school campus. The SFA will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The SFA is committed to ensuring that all foods and beverages available to scholars on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Only foods and beverages that meet Smart Snacks nutrition standards may be marketed or advertised to scholars during the school day. Smart Snacks aim to improve scholar health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Snacks: Teachers may provide time for snacks during the day. Healthy snacks are encouraged for the development of mind and body during the school day. Candy and soda may distract from the learning process and are best kept at home.

Gum: Gum is not allowed on campus. Scholars found chewing gum will be asked to remove it immediately. Repeated violations will result in consequences for the scholar.

Drinks: Only water is allowed on campus. Breakfast, lunch and snack drinks are meant to hydrate and refresh and should not include soda, sugary drinks, coffee or caffeinated energy drinks. (i.e. Monster, Rockstar, etc.) Water will be provided on campus through hallway or classroom drinking fountains. The SFA does not supply water bottles or paper cups.

Food allergies: can be life threatening. The risk of accidental exposure to foods can be minimized in the school setting if parents, scholars, staff, and doctors work together to create a safe environment for food allergic scholars. If your child has severe food allergies, please contact the office so that we can confidentially inform necessary personnel. No Sharing of Food Items: Due to increases in food allergies and the possibility of other scholars having a food allergy not known to your scholar, no sharing of food during lunch or snack times is allowed.

Celebrations and Rewards

Classroom Parties: There will only be three classroom parties per class per year – Harvest Festival, Christmas Holiday and End of Year (Elementary). Academic celebrations to celebrate academic achievement are encouraged. Classroom parties should be held after scholars have been served lunch during their designated lunch time. Any food provided during classroom parties should be purchased and include a food label, and not homemade. Food items should be balanced and include healthy options, not just sugary and high fat treats.

Birthday Celebrations: Teachers are encouraged to make scholars feel special on their birthday--however, handing out favors or food from home is discouraged.

Alternative ways to recognize the scholar include: reading their favorite book (preview book for school appropriate content), sharing something special from home, scholar made cards or group recognition, "Scholar of the Week."

Teachers are encouraged to limit use of food/candy for instructional purposes and to increase the use of non-food rewards in the classroom.

All foods sold on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards .

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The SFA will make available to parents and teachers a list of healthy fundraising ideas, upon request.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Scholars and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to scholars and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, scholars, and the community.

The SFA will promote healthy food and beverage choices for all scholars throughout the school campus, as well as encourage participation in school meal programs.

Nutrition Education

The SFA aims to teach, model, encourage, and support healthy eating by scholars. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide scholars with the knowledge and skills necessary to promote and protect their health;
- Include enjoyable, developmentally appropriate, culturally relevant, and participatory activities;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Include nutrition education training for teachers and other staff.

Food and Beverage Marketing in Schools

The SFA is committed to providing a school environment that ensures opportunities for all scholars to practice healthy eating and physical activity behaviors throughout

the school day while minimizing commercial distractions. The SFA strives to teach scholars how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if scholars are subjected to advertising on SFA property that contains messages inconsistent with the health information the SFA is imparting through nutrition education and health promotion efforts. It is the intent of the SFA to protect and promote scholars' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the SFA's wellness policy.

Physical Activity

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason.

To the extent practicable, the ISWC SFA will ensure that its grounds and facilities are safe and that equipment is available to scholars to be active. The ISWC will conduct necessary inspections and repairs.

Physical Education

Physical education classes will be provided, and participating scholars will have equal opportunity to participate in physical education classes. The ISWC will make appropriate accommodations to allow for equitable participation for all scholars and will adapt physical education classes and equipment as necessary.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for scholars, to the extent practicable. Each *school will maintain and enforce its own indoor recess guidelines*.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage scholars to be active and will serve as role models by being physically active alongside the scholars whenever feasible.

Emotional Wellness

The Counseling Department will support the SFA and ISWC by integrating programs that improve the social and emotional wellness of scholars, staff, and families. Each

campus principal or designee will serve as the site wellness lead responsible for implementation and compliance monitoring at the school level. Site-level teams will foster environments that empower the JAA community to establish positive habits and healthy support systems aligned with the Academy's mission of servant leadership and stewardship.

Other Activities that Promote Scholar & Staff Wellness

The ISWC will integrate wellness activities across the entire school setting, not just in the MPR, other food and beverage venues, and physical activity facilities. The ISWC will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting scholar well-being, and optimal development. The ISWC will promote staff wellness opportunities and encourage employee participation in wellness-related activities and programs. Ideal implementation will encourage physical activity opportunities before and after school through athletics, enrichment programs, expanded learning programs, and supervised recreation.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities. The SFA will prepare and make available to the public an annual progress report regarding implementation of the wellness policy.



Glossary:

Extended School Day - time during before and after school activities that include clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport scholars, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

Board Policy on Wellness
Approved: 20260604

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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 state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#)  (PDF), found online at How to File a Program Discrimination Complaint 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. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. fax:
202-690-7442; or

3. email:

Program.Intake@usda.gov.

This institution is an equal opportunity provider.

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