

## **White Pine Academy Wellness Policy**

White Pine Academy promotes a healthy school by supporting wellness, good nutrition and regular physical activity as part of the total learning environment.

To accomplish these goals:

- Child Nutrition Programs (meals) will comply with federal, state and local requirements and will be accessible to all students.
- Nutrition education will be provided and promoted.
- Physical activity will be included outside of formal physical education.
- School-based activities will be consistent with this Wellness Policy.
- Foods and beverages made available at the school during the school day will be consistent with the current Dietary Guidelines for Americans and meal patterns and nutrition standards of the USDA.
- Food and beverages made available at the school will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, and allow time for eating meals.
- Food and physical activity will not be used as a reward or punishment.
- The school will encourage all students to participate in school meal programs and protect the identity of students who eat free and reduced-price meals.

### **Nutrition Education**

- Nutrition Education will be integrated into the curriculum by classroom teachers where appropriate.
- Nutrition Education will be provided by the school's foodservice provider by sharing information via menus and web site materials.
- Nutrition Education will involve sharing information to positively impact the school's students.
- The school will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

### **Physical Activity Opportunities**

- Physical Education will be provided to all students and will teach students the knowledge, skills, and values necessary to understand the short- and long-term benefits of a healthy life style.
- Physical activity will be integrated into the curriculum by classroom teachers, where deemed appropriate.
- Students must be provided a daily recess period which will not be used as a punishment or reward.
- The school will provide a physical and social environment that encourages safe and enjoyable activity for students.

### **Other School Based Activities Designed to Promote Student Wellness**

- After-school programs will encourage physical activity and healthy habit formation.
- Healthy foods will be considered when planning all school-based activities such as school events, fundraisers, field trips, and classroom snacks or treats.
- The school will provide a clean and safe meal environment for students and ensure an adequate time for students to eat their meals.

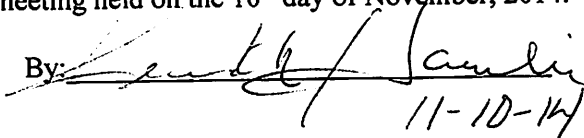
### **Nutrition Guidelines for Foods Available at School during the School Day**

- Students will have affordable access to nutritious foods they need to stay healthy and learn well.
- The school will encourage the consumption of nutrient dense foods, i.e., fresh fruits and vegetables.
- Classroom school provided snacks will feature healthy choices.
- Fundraisers will consider healthy choices.
- Foods made available will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HAACP) plans and guidelines will be in place to prevent food illness.

### **Implementation and Evaluation**

- The school principal shall ensure that this Policy is implemented and annually evaluated.

I certify that the White Pine Academy Local Wellness Policy was review and no updates were made at this time by the White Pine Academy Board of Directors, SFA, Principal or any stakeholders at this properly noticed open meeting held on the 10<sup>th</sup> day of November, 2014.

By:   
11-10-14