

Franklin Towne Charter Elementary School

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James Rodgers, CEO

School Wellness Policy

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Franklin Towne Charter Elementary School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The Board adopts this policy in accordance with federal and state laws and regulations.

To ensure the health and well-being of all students, the Board establishes that the Franklin Towne Charter Elementary School shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.

The CEO or designee shall be responsible for the implementation and oversight of this policy and shall be responsible for ensuring compliance with this policy, related policies and any established guidelines or administrative regulations.

The CEO or designee shall annually report to the Board on Franklin Towne Charter Elementary School's compliance with law and policies related to school wellness. The report may include:

- Assessment of school environment regarding school wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from Franklin Towne Charter Elementary School's staff, students, parents/guardians, community members and the Wellness Committee.

The CEO or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

- The extent to which Franklin Towne Charter Elementary School is in compliance with law and policies related to school wellness.
- The extent to which this policy compares to model wellness policies.
- A description of the progress made by Franklin Towne Charter Elementary School in attaining the goals of this policy.

Franklin Towne Charter Elementary School shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as Franklin Towne Charter Elementary School and community needs and priorities change, wellness goals are met, new health science, information and technologies emerge and new federal or state guidance or standards are issued.

Franklin Towne Charter Elementary School shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the Franklin Towne Charter Elementary School website, student handbooks, newsletters, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness Policy, and a means of contacting Wellness Committee leadership.

Recordkeeping

Franklin Towne Charter Elementary School shall retain records documenting compliance with the requirements of the School Wellness Policy, which shall include:

- The written School Wellness Policy
- Documentation demonstrating that the Franklin Towne Charter Elementary School has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy
- Documentation of efforts to review and update the School Wellness Policy, including who is involved in the review and methods used by the Franklin Towne Charter Elementary School to inform the public of their ability to participate in the review

Wellness Committee

The Franklin Towne Charter Elementary School shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: School Board member, Franklin Towne Charter Elementary School administrator, Franklin Towne Charter Elementary School food service representative, student, parent/guardian, school health professional, physical education teacher and

member of the public. It shall be the goal that the committee will include representatives from each school building and reflect the diversity of the community.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness Policy that complies with law to recommend to the Board for adoption.

The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school-based activities that promote student wellness as part of the policy development and revision process.

Nutrition Education

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education in Franklin Towne Charter Elementary School shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.

School food service and nutrition education classes shall cooperate to create a learning laboratory.

Nutrition education shall be integrated into other subjects such as math, science, language arts and social sciences to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development. Franklin Towne Charter Elementary School shall develop standards for such training and professional development.

Nutrition education shall extend beyond the school environment by engaging and involving families and the community.

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.

Franklin Towne Charter Elementary School shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria.

Franklin Towne Charter Elementary School staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Franklin Towne Charter Elementary School food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes and to decrease plate waste.

Consistent nutrition messages shall be disseminated and displayed throughout the Franklin Towne Charter Elementary School classrooms, cafeterias, homes, community and media.

Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

Franklin Towne Charter Elementary School shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

Physical Activity

Franklin Towne Charter Elementary School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students, including physical activity breaks in the classroom.

Franklin Towne Charter Elementary School shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity daily, as recommended by the Centers for Disease Control and Prevention. Opportunities offered at school will augment physical activity outside the school environment, such as outdoor play at home, sports, etc.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

Age-appropriate physical activity opportunities, before and after school programs, during lunch, clubs, intramurals and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be

maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Before and/or after-school programs shall provide developmentally appropriate physical activity for participating children.

Franklin Towne Charter Elementary School shall partner with parents/guardians and community members and organizations, such as YMCAs, Boys & Girls Clubs, local and state parks, hospitals, etc., to institute programs that support lifelong physical activity.

Physical activity shall not be used or withheld as a form of punishment.

Franklin Towne Charter Elementary School shall promote physical activity through encouragement of walking and biking as a means of transportation to and from school.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All Franklin Towne Charter Elementary School students must participate in physical education.

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

Appropriate professional development shall be provided for physical education staff.

Physical education classes shall have a teacher-student ratio comparable to those of other courses for safe and effective instruction.

Physical activity shall not be used or withheld solely as a form of punishment.

Social, Emotional and Mental Health Services

Franklin Towne Charter Elementary School's School Wellness curriculum shall include a developmentally appropriate program addressing behaviors affecting mental health and wellness, including alcohol and other drug-related programs. The curriculum shall be updated as needs require and in accordance with updates to the School's comprehensive plan. In addition to instruction in these areas, the School shall provide school counseling, mental health services, a robust Student Assistance Program, and School Nursing supports. These aspects of wellness are addressed in separate Board policies and/or procedures.

Other School Based Activities

Drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.

Nutrition professionals who meet hiring criteria established by the Franklin Towne Charter Elementary School and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for Franklin Towne Charter Elementary School nutrition staff, as required by federal regulations.

Franklin Towne Charter Elementary School shall provide adequate space, as defined by the Franklin Towne Charter Elementary School, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Franklin Towne Charter Elementary School shall implement alternative service models to increase school breakfast participation where possible, such as breakfast served in the lunchroom and health impacts of a healthy breakfast.

Meal periods shall be scheduled at appropriate hours, as required by federal regulations, and as defined by Franklin Towne Charter Elementary School.

Students shall have access to hand washing or sanitizing before meals and snacks.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students.

Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.

All staff will be trained on the components of the School Wellness Policy and policy goals shall be considered in planning all school-based activities.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

Administrators, teachers, food service personnel, students, parents/guardians and community members shall be encouraged to serve as positive role models through Franklin Towne Charter Elementary School programs, communications and outreach efforts.

Franklin Towne Charter Elementary School shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Franklin Towne Charter Elementary School shall maintain a healthy school environment, including, but not limited to, indoor air quality, in accordance with the Franklin Towne Charter Elementary School's healthy learning environment program and applicable laws and regulations.

Nutrition Guidelines for All Foods/Beverages at School

All foods and beverages available in Franklin Towne Charter Elementary School during the school day shall be offered to students with consideration for promoting student health and reducing obesity.

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.

Foods and beverages offered or sold at school-sponsored events outside the school day, such as athletic events and dances, shall offer healthy alternatives in addition to more traditional fare

Competitive Foods –

Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.

Competitive foods available for sale shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School). These standards shall apply in all locations and through all services where foods and beverages are sold to students, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, snack carts and fundraisers.

For purposes of this policy, **school campus** means any area of property under the jurisdiction of the school that students may access during the school day.

For purposes of this policy, **school day** means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

Franklin Towne Charter Elementary School may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.

Fundraiser Exemptions –

Exempt fundraisers are fundraisers in which competitive foods are available for sale to students that do not meet the Smart Snacks in School nutrition standards.

Fundraising activities held during the school day involving the sale of competitive foods shall be limited to foods that meet the Smart Snacks in School nutrition standards, unless an exemption is approved in accordance with applicable Board policy and administrative regulations.

Franklin Towne Charter Elementary School may allow a limited number of exempt fundraisers as permitted by the Pennsylvania Department of Education each school year: up to five (5) exempt fundraisers in Elementary and middle school buildings, and up to ten (10) exempt fundraisers in Elementary school buildings.

Franklin Towne Charter Elementary School shall establish administrative regulations to implement fundraising activities in Franklin Towne Charter Elementary School, including procedures for requesting a fundraiser exemption.

Non-Sold Competitive Foods –

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by Franklin Towne Charter Elementary School.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

Rewards and Incentives:

- Foods and beverages shall not be used as a reward or incentive in Franklin Towne Charter Elementary School.
- Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g. guest chef, field trip to a farm)

or farmers market, etc.).

Classroom Parties and Celebrations:

- Only non-food-based parties and celebrations shall occur on the school campus during the school day in Franklin Towne Charter Elementary School
- Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom
- Parents/Guardians shall be informed through newsletters or other efficient communication methods that foods/beverages should only be brought in when requested for scheduled parties
- Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide fresh fruits/vegetables, water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk
- When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns
- Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period

Shared Classroom Snacks:

- Shared classroom snacks are not permitted in Franklin Towne Charter Elementary School

Franklin Towne Charter Elementary School shall provide a list of suggested nonfood ideas and healthy food and beverage alternatives to parents/guardians and staff, which may be posted via the Franklin Towne Charter Elementary School website, student handbook, newsletters, posted notices and/or other efficient communication methods.

Marketing/Contracting

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board policy and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by the Board in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

Management of Food Allergies in Franklin Towne Charter Elementary School

Franklin Towne Charter Elementary School shall establish Board policy and administrative regulations to address food allergy management in Franklin Towne Charter Elementary School in order to:

- Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions
- Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Safe Routes to School

Franklin Towne Charter Elementary School shall assess, and to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

Franklin Towne Charter Elementary School shall cooperate with local municipalities, public safety agency, police departments and community organizations to develop and maintain safe routes to school.

Franklin Towne Charter Elementary School administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

References:

School Code – 24 P.S. Sec. 1422, 1422.1, 1422.3, 1512.1, 1513

National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.

School Breakfast Program – 42 U.S.C. Sec. 1773

Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296

National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220

