



RAPOPORT ACADEMY PUBLIC SCHOOL WELLNESS PLAN

The District shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity. This document, referred to as the “wellness plan”, is intended to implement the wellness policy, which has been adopted by the Board.

Committee Membership & Public Involvement

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:

1. By posting on the District’s website the dates and times of SHAC meetings.
2. Listing in the student handbook the name and position of the person responsible for oversight of the District’s wellness policy and plan along with an invitation to contact this person if the reader is interested in participating in the development, implementation and evaluation of the wellness policy and plan.

Implementation

Each campus Dean of Students is responsible for the implementation of this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Superintendent is the District official responsible for the overall implementation of wellness policy, including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

The approved Wellness Policy and Plan can be found on the district website.

Evaluation

The SHAC will compile and publish an annual report to share annually with the school board. This document will include, but is not limited to:

1. Information about how the public can access a copy of the wellness policy and plan
2. A description of the District progress in meeting the wellness goals as outlined in the wellness policy



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3. A summary of the District's events or activities related to wellness policy implementation
4. The name, position title, and contact information of the designated District official responsible for implementation of the wellness policy
5. Information on how stakeholders can become involved with SHAC

At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District's wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the "triennial assessment."

The SHAC will update or modify the wellness document based on the results of the annual progress reports and triennial assessments, and/or as District 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 guidelines will be assessed and updated as indicated at least every three years, following the triennial assessment.

Documentation

Documentation regarding the District's Wellness Policy and Plan will be retained in accordance with law and the District's records management program. Questions may be directed to the Superintendent or the District's designated records management officer.

Public Updates

To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy;
2. A copy of this wellness plan;
3. Notice of any Board revisions to policy;
4. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;
5. Notice of SHAC meetings including date, time and location
6. The SHAC's triennial assessment; and
7. Any other relevant information.



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The District will also publish the above information in appropriate District or campus publications.

Foods & Beverages Sold

The District has established the following objectives to support the nutrition guidelines for ***Foods and Beverages Sold*** as outlined in the Wellness Policy:

1. The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance. These standards apply in all locations and through all services where foods and beverages are served.
2. The District shall require that student lunch contents meet the National School Lunch Program (NSLP) guidelines and may not include candy, fried foods or carbonated beverages.
3. The District shall prohibit the sale of vendor foods and beverages on all campuses.
4. The district shall follow the guidelines for recommended eating time and meal periods will be scheduled as close to the middle of the day as possible.
5. The District shall encourage non-food fundraisers including those that promote physical activity such as walk-a-thons, jump rope for heart, fun runs, etc.
6. The District shall limit the sale of Competitive Foods as a fundraiser to two (2) times per school year on each school campus. Fundraisers must be approved by administration in advance.
7. The District shall recommend that healthy food and beverage options be included at concessions at school-related events outside of the school day.

Foods and Beverages Provided

The District has established the following objectives to support the nutrition guidelines for ***Food and Beverages Provided***, as outlined in the Wellness Policy:

1. The District shall recommend that that foods and beverages supplied for celebrations and parties meet the Smart Snacks Nutrition Standards and will provide parents a list of foods and beverages that meet Smart Snacks Nutrition Standards.
2. The District shall prohibit the use of foods and beverages will as a reward or punishment for any reason, such as for performance or behavior.
3. The District shall consider student food allergies when providing food in the classroom.



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Water

The District has established the following objectives to support the nutrition guidelines for ***Water***, as outlined in the Wellness Policy:

1. The District will make drinking water available during mealtimes where school meals are served during meal times via drinking fountains or water containers.
2. The District will allow students to carry an approved water container with them throughout the day.

Nutrition Promotion

The District has established the following objectives to support ***Nutrition Promotion*** as outlined in the Wellness Policy:

1. The District's shall promote participation in the Federal Child Nutrition program by posting a copy of the school lunch menu on the district website and in public areas throughout the District.
2. The District shall promote participation in the Federal Child Nutrition programs by encouraging completion of the Free/Reduced Lunch application.
3. The District shall research opportunities to offer supplemental food and nutrition programs and will regularly inform families regarding any available programs.

Nutrition Education

The District has established the following objectives to support ***Nutrition Education*** as outlined in the Wellness Policy:

1. The District shall display posters and signs that promote healthy eating.
2. The District shall provide healthy snacks and nutrition tips at parent events during the school year.
3. The District shall research organizations in the community that offer nutrition seminars, workshops or events and provide this information to families.

Physical Education

The District has established the following objectives to support the ***Physical Education*** goals as outlined in the Wellness Policy:

1. The District shall adopt a state approved coordinated health program for grades K-12.
2. The District shall recommend that recess and physical education not be withheld as a form of punishment.
3. The District shall meet the required amount of physical activity in elementary school grades by providing at least 30 minutes per day of structured Physical



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Education. Additional unstructured physical activity is available daily during recess, weather permitting.

4. The district shall recommend all middle school students (grades 6 – 8) to be enrolled in physical education or athletics at least four out of six semesters.
5. The District shall require high school students (grades 9 – 12) to be enrolled in the equivalent of one academic year of physical education.

Physical Activity

The District has established the following objectives to support the ***Physical Activity*** goals as outlined in the Wellness Policy:

1. All elementary schools will offer at least 20 minutes of recess on all days during the school year with exception of early dismissal or late arrival days.
2. Outdoor recess will be offered when weather is feasible for outdoor play and will complement, not substitute, physical education class.
3. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside students when feasible.
4. Students will be offered periodic opportunities to be active or stretch throughout the day.

Wellness Promotion

The District establishes the following objectives to support ***Wellness Promotion*** as outlined in the Wellness Policy:

1. The District will develop and maintain relationships with community partners in support of the Wellness Policy.
2. Families will be invited to participate in school-sponsored activities that promote the benefits of healthy eating and physical activity.
3. The District will implement strategies to promote staff wellness resources in coordination with human resource staff.
4. The District will offer professional learning opportunities and resources to staff to promote healthy behaviors in the classroom.