808: Wellness Policy on Physical Activity and Nutrition

I. Purpose:

a. Providence Creek Academy Charter School is committed to providing a school environment that enhances learning and development of lifelong wellness and nutrition practices. The School Wellness Policy is a collaborative effort of the entire PCA community including administration, faculty and the families we serve.

b. It is the goal of the PCA wellness policy to meet state and federal regulations for:
   i. Nutrition Education
   ii. Physical Activity
   iii. Nutrition guidelines for all food available to students during the school day.
   iv. Eating environments
   v. Child Nutrition Operations
   vi. Food Safety/ Food security

c. The Wellness Policy is designed to outline the minimum standard for activity, nutrition, and overall wellness.

II. Policy Statement:

a. Nutrition Education

   i. Nutrition Education will be integrated across the curriculum.
   ii. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program.
   iii. The school cafeteria provides opportunities to apply critical thinking skills to real life choices regarding food selection as permitted by state and federal requirements.
   iv. Nutrition education will involve sharing information with families to increase awareness for the need for proper nutrition.
   v. Students will be encouraged to start each day with a healthy breakfast.
   vi. Graphics displaying healthy nutritional choices will be displayed in the Dining Hall.
   vii. Students will experience a Service-Learning trip in at least one grade level to a greenhouse and/or farm to learn where healthy and nutritious food originates (eg. Fifer Farms, Wiley Farms. Filasky Farms.)

viii. The school will maintain healthy lifestyle recommendations on the school's website for students/families.

b. Physical Activity:

i. Physical Activity will be emphasized across the curriculum.
ii. Physical activity will be a part of the students' daily experience, and recess is scheduled daily.
iii. Equipment is available for all students to participate in physical education.
iv. Students will participate in healthy and physical education throughout the year.
v. Healthy and physical education state standards will be followed, and students will meet or exceed the number of hours required in Delaware Code for these course offerings.
vi. Information will be available on the school's website to families to encourage physical and social environment that encourages safe and enjoyable activity for all no matter a child's physical barriers or limitations.

c. School Nutrition Authority Guidelines for All Foods Available to Students During the School Day:

i. Snacks provided by the school nutrition department will meet all federal and state requirements.
ii. The Head of School or her/his designee will provide processes and procedures for food being brought into the school for celebrations such as birthdays and holidays. The Head of School will include the school nurse and the nutrition program manager when developing procedures involving food brought into school. These procedures will ensure:
    1. All items brought into school will need to be in store packaging that includes the proper ingredient labels.
    2. Packaging must ensure that items are free of nuts to avoid issues with allergies.
    3. The processes will encourage parents to provide celebratory snacks that are healthy as well as ideas for snack alternatives such as small prizes that encourage activity.

d. Eating Environment

i. Students will be allotted for an adequate amount of time for consuming meals in accordance with state and federal regulations.

ii. PCA has a cafeteria where students are able to eat meals that are aligned with state and federal guidelines.
iii. The Cafe will have a process for students that require Nut Free/Allergen Free Tables.
iv. Drinking water is available to all students throughout the day and during meals.

e. Child Nutrition Operations:

i. The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
ii. All students will be encouraged to participate in the food service program for both breakfast and lunch.
iii. The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after school snacks and summer food service programs).
iv. PCA will employee a cafe manager, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
v. All food service personnel will have adequate pre-service training in food service operations as required by state and federal regulations.

f. Food Safety/Food Security:

i. All foods prepared by the school's nutrition department for students and faculty will comply with the state and local food safety and sanitation regulations.
ii. Hazard Analysis and Critical Points (HACCP) plans and guidelines will be implemented to prevent food illness in schools.
iii. For the safety and security of the food and facility, access to the food services operations will be limited to Child Nutrition staff and authorized personnel- in accordance with the US Department of Agriculture food security guidelines.
iv. Parents are able to bring in or pack meals for their own children.
v. The school is not responsible for keeping packed lunches refrigerated or for cooking/heating food items brought into the school.
vi. Food delivery service is not permitted for students as there is no method of ensuring food items are properly stored.

vii. Parents are not permitted to supply food for other children unless, it meets the policy requirements described in Section II. E of this policy.

III. Responsibility:

a. The Wellness Policy is the responsibility of the entire school community. The primary implementers of this policy are:
   i. Head of School and the administrative team;
   ii. School nurse;
   iii. The Cafe Manager;
   iv. PCA Faculty.

IV. Related Policies:

a. USDA, Food and Nutrition Service Guidelines located at: Nutrition Standards for School Meals | Food and Nutrition Administration

V. Related Procedures and Documents:

a. PCA Student Handbook: Providence Creek Academy

Approval and Revision Dates:

APPROVED BY THE BOARD OF DIRECTORS JUNE 20, 2006
REVISED BY THE BOARD OF DIRECTORS June 27, 2017
REVISED BY THE BOARD OF DIRECTORS JULY 25, 2107
REVISED BY THE BOARD OF DIRECTORS APRIL 24, 2018
REVISED BY THE BOARD OF DIRECTORS JUNE 27, 2022
REVISED BY THE BOARD OF DIRECTORS JULY 31, 2023
REVISED BY THE BOARD OF DIRECTORS OCTOBER 27, 2025
REVIEWED AND REVISED FOR FORMATTING BY THE BOARD OF DIRECTORS OCTOBER 26, 2026