

*Reason for policy revision:*

*Policy 808 was reviewed as a part of our regular policy review process. As a result, the recommended changes included:*

- 1. Remove statements repeated throughout several sections,*
- 2. Move the “goal section” to section II. Policy Statement, and*
- 3. Clarify language to make it easier to read.*

## **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 service. ~~Administrative the School Health Committee, the Nutrition Café Manager, the Physical Education Instructors, the Health Instructors, parents, school staff, as well as students from Grades 5 & 6. Providence Creek Academy’s Wellness Policy will be under the leadership and guidance by all of the above to ensure its implementation into our campus lifestyle. Kevin Curry, Dining Hall Manager is responsible for the Wellness Policy Compliance.~~

### **II. Policy Statement:**

- a. 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
- b. Describe the responsibilities of the school to the children and faculty we service.
- \_\_\_\_\_
- ~~i. Child nutrition programs comply with federal, state, and local requirements. Child nutrition programs are accessible to all children.~~
  - ~~ii. Program development is underway to provide Nutrition education that is age appropriate is provided to the student body.~~

- ~~iii. Instructional physical activity is connected to students' lives outside of physical education.~~
- ~~iv. New policies are being developed to ensure that All food and beverages provided by the school as a part of the nutrition program on campus align with Dietary Guidelines for Americans state and federal regulations for nutrition~~
- ~~v. All foods made available on campus adhere to food safety and security guidelines.~~
- ~~vi. The school environment is amicable for students in reference to eating environments and ample time is allotted for physical activities.~~

c. 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 the awareness for the need of proper nutrition.
- v. Students will be encouraged to start each day with a healthy breakfast.
- ~~vi. To increase metabolism, recess will be scheduled to take place before lunch whenever possible everyday.~~
- vii. Hang MyPlate Graphics displaying healthy nutritional choices will be displayed in the Dining Hall.
- ~~viii. Request healthy advertising from vendors to display on campus.~~
- ix. Implement 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 foods originate (eg. Fifer Farms, Willey Farms, Filasky Farms).
- x. The school will maintain a healthy lifestyle ~~bulletin board and/or newsletter~~ recommendations on the school's website for students/families. ~~in the nurse's office.~~

d. Physical Activity:

- i. ~~Throughout the school~~ Physical Activity will be emphasized across the curriculum.  
~~Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. (1)~~  
~~Policies ensure that state-certified physical education instructors teach all physical education classes. (1)~~

~~Policies ensure that state physical education classes have a student teacher ratio similar to other classes. (1)~~

~~Time allotted for physical activity will be achieved through physical education, recess period, extracurricular activities and classroom integration. (2)~~

~~Provide a daily recess to all students, not using it as a reward or punishment.~~

~~Food intake will be taken into consideration when addressing physical activity.~~

- ii. Physical activity will be a part of our 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 health and physical education throughout the year.
- v. Health 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 provided available on the school's website to families to encourage physical activity in their student's lives.
- vii. The school will provide a physical and social environment that encourages safe and enjoyable activity for all students including those who are not athletically gifted. no matter a child's physical barriers or limitations.

#### ~~SNA Local Wellness Policy Guidelines:~~

- ~~viii. Physical education includes the instruction of individual activities as well competitive and non-competitive team sports to encourage lifelong physical activities.~~
- ~~ix. Equipment is available for all students to participate in physical education.~~
- ~~x. Physical activity facilities on school grounds will be safe.~~
- ~~xi. Information will be provided available on the school's website to families to encourage physical activity in their student's lives.~~
- ~~xii. The school will provide a physical and social environment that encourages safe and enjoyable activity for all students including those who are not athletically gifted. no matter a child's physical barriers or limitations.~~
- ~~xiii. Community access is given to the facilities and the land.~~
- ~~xiv. Implement programs that support physical activities, such as walking, LEAP programs, and American Heart Association sponsored activities. (1)~~

e. School Nutrition (SNA) Guidelines for All Foods Available to Students During the School Day:

- ~~i. Food providers will take every measure to ensure that student access to food and beverages meets federal, state, and local laws and guidelines. Food providers will offer a variety of age-appropriate healthy food and beverage selections for all students.~~
- ~~ii. Nutrition information for products offered as snacks, a la carte, vending and school stores will be readily available near the point of purchase.~~
- ~~iii. Families, teachers, students, and school officials will participate in choosing food selections offered to students.~~
- ~~iv. Encourage alternatives to cupcakes for birthday/classroom celebrations; have lunch in the classroom with movie/play games/movement videos (Go Noodle).~~
- ~~v. Smart Snacks Standards for beverages, foods and snacks are the only approved product that may be sold at Providence Creek Academy Charter School for all students.~~
- 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 the 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 healthy as well as ideas for snack alternatives such as small prizes that encourage activity.

f. Eating Environment:

- i. Students will be allotted 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 is aligned with state and federal guidelines.
- iii. The Café will have a process for students that require Nut Free/Allergen Free Tables.
- ~~iv. At least 10 minutes will be given for breakfast consumption and 20 minutes for lunch consumption.~~
- ~~v. Lunch periods are scheduled as close to the middle of the day as possible. Whenever possible, students will be given recess before lunch periods.~~

- ~~vi. Cafeterias include enough serving space so that students do not have to spend too much time waiting in line.~~
- ~~vii. Dining areas are attractive and have enough space for seating all students. (8)~~
- viii. Drinking water is available to all students throughout the day and during meals.
- ~~ix. Using food as a punishment or reward for good behavior is not encouraged unless stated in the student's Individualized Education Plan. (IEP)~~

g. 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 snack and summer foodservice programs).
- iv. PCA will employ a ~~food service director~~ café 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 personal will have adequate pre-service training in food service operations as required by state and federal regulations.
- ~~vi. Students are encouraged to start each day with a healthy breakfast.~~
- ~~vii. Maintain the Backpack Program.~~

h. Food Safety/Food Security:

- i. All foods ~~made available on campus~~ 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 service operations will be limited to Child Nutrition staff and authorized personnel. ~~For further guidance see the~~ 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.
- viii. ~~In the Dining Hall, to prevent food borne illness and possible allergic reactions outside food CAN NOT be brought in for a group or class. Outside food may be brought in but only for one's child or children.~~

i. ~~Goals:~~

- i. ~~Recess will not be used as a reward/punishment for any student.~~
- ii. ~~Rewards will not be given within the classroom in the form of sweets for behavior or celebrations but implement physical activity in the form of extra recess and/or movement video (Go Noodle).~~
- iii. ~~Inform the families of our students of the changes made to our Wellness Policy via Facebook post and/or newsletter by the end of the first trimester. We will also allow suggestions from families to add to our policy.~~
- iv. ~~Our policy will be reviewed every three years with the next revision due in 2026.~~
- v. ~~Implement a 10 Minute physical activity break for every 90 minute Block.~~
- vi. ~~Continue to implement healthy lifestyle initiatives such as "Fuel Up to Play 60" to encourage physical activity and healthy eating habits.~~
- vii. ~~Continue to implement Physical Education classes into each student's schedule for the entire school year, not one trimester.~~

III. Responsibility:

~~The School Wellness Policy is a collaborative effort of the Administrative Team, the School Health Committee, the Nutrition Manager, the Physical Education Instructors, the Health Instructors, parents, school staff, as well as students from Grades 5 & 6. Providence Creek Academy's Wellness Policy will be under the leadership and guidance by all of the above to ensure its implementation into our campus lifestyle. Kevin Curry, Dining Hall Manager is responsible for the Wellness Policy Compliance.~~

The Wellness Policy is the responsibility of the entire school community. The primary implementers of this policy are:

- a. Head of School and the administrative team;
- b. School nurse;
- c. The Café Manager
- d. PCA Faculty.

IV. Related Policies:

USDA, Food and Nutrition Service Guidelines located at :  
<https://www.fns.usda.gov/schoolmeals/nutrition-standards>

V. Related Procedures and Documents:

PCA Student Handbook:

[https://pcasaints.org/files/galleries/Student\\_Handbook\\_2025-2026-0001.pdf](https://pcasaints.org/files/galleries/Student_Handbook_2025-2026-0001.pdf)

- a. ~~A Guide to Smart Snacks in School: [https://fns-prod.azureedge.net/sites/default/files/tm/508\\_USDASmartSnacks\\_508\\_82218.pdf](https://fns-prod.azureedge.net/sites/default/files/tm/508_USDASmartSnacks_508_82218.pdf)~~

VI. ~~References :~~

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- (2) ~~National Association for Sport and Physical Education. Physical activity for children: a statement of guidelines for children ages 5-12. Available at: [http://www.aahperd.org/naspe/template.cfm?template=or\\_123103.html](http://www.aahperd.org/naspe/template.cfm?template=or_123103.html). Accessed March 7, 2005.~~
- (3) ~~National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: <http://www.nasbe.org/HealthySchools/fithealthy.html>. Accessed March 7, 2005.~~
- (4) ~~United States Department of Agriculture, Food Safety and Inspection Service. Food safety and emergency preparedness. Available at: [http://www.fsis.usda.gov/Food\\_Security\\_&Emergency\\_Preparedness/index.asp](http://www.fsis.usda.gov/Food_Security_&Emergency_Preparedness/index.asp). Accessed March 7, 2005.~~
- (5) ~~Alabama Action for Healthy Kids. Guide to Healthy school parties. Available at: <http://www.actionforhealthykids.org/AFHK/team-center/team-public-view.php?team=AL>. Accessed March 7, 2005.~~
- (6) ~~Texas Agriculture Commission. Creating a course for change. Available at: <http://www.squaremeals.org/fn/home/page/0,1248-0-0-0,00.html>. Accessed March 7, 2005.~~
- (7) ~~Seattle Public Schools. Breakfast and lunch program. Available at: <http://www.seattleschools.org/area-news/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.~~
- (8) ~~Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at: <http://www.wasb.org/policy/focusoct03.html>. Accessed March 7, 2005.~~

Approval and Revision Dates:

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