

CIS Academy's Wellness Policy

I. Wellness

- 1) Philosophy. The CIS Academy and the CIS Board of Directors believe that children and youth, who begin each day as healthy individuals can learn more, learn better and are more likely to complete their formal education. The board and the Academy also believe that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.
- 2) Thus CIS Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of CIS Academy that:
 - The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
 - All students in grades 6-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
 - Foods and beverages served at school will meet with the minimum nutritional requirements set forth by Federal and State Guidelines.
 - Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant setting and adequate time for students to eat
 - CIS Academy will participate in the National School Lunch Program as provided by PSRC at Pembroke Middle School. Students will be transported to the public school site daily .
 - The academy will provide nutrition promotion, nutrition education, and physical activity to foster lifelong habits of healthy eating and engagement in physical activity. Community resources will be utilized to raise awareness of services beyond the school environment.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, with USDA meal pattern regulation established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables

- Serve daily variety (at least 2 choices) of milk: fat-free (unflavored/flavored) or 1% low fat (unflavored).
- Ensure that all served grains menu items meet with the whole grain rich criteria.
- Drinking, potable water will be available to students during meals and throughout the day.

The school will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, on cafeteria menu boards, or other points-of-purchase materials, and the weighted nutrient analysis.

Free and Reduced-priced Meals. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. CIS will promote the availability of school meals to all students.

Meal Time and Scheduling. CIS Academy

- Will provide students with at least 20 minutes to eat lunch.
- Will schedule meal periods at appropriate times, e.g.; lunch should be scheduled between 11 a.m. and 1p.m.;
- Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Will take responsible steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As a partner with the Public Schools of Robeson County, CIS Academy will endorse continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels or responsibility.

Sharing of Food Beverages. The school will discourage students from sharing their foods or beverages with one another during meal time, given concerns about allergies and other restrictions on some children’s diets.

Middle/Junior High and High Schools. CIS students purchasing a la carte items at Pembroke Middle School will meet with the USDA Smart Snack standard.

CIS in Accordance with PSRC will meet the following nutrition and portion size standards:

Beverages for Middle School:

- **ALLOWED:** water or plain carbonated water (no size limit); low-fat milk, unflavored (1% or less) (<12 oz); non-fat milk flavored or unflavored (<12 oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; 100 % fruit/vegetable juice

(<12oz); and 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (<12oz).

- NOT allowed: Caffeine containing beverages

Allowable competitive food items:

A la carte food items at Pembroke Middle School.

- Acceptable food items must have no more than 35 % calories from total fat as served (exemption:reduced fat cheeses(including part-skim mozzarella), nuts and seeds and nut/seed butters are exempt from the total fat standards. Products consisting of only dried fruits with nuts and/or seed with no added nutritive sweeteners or fats are exempt from the saturated fat standards.
- Acceptable food items must have <10% calories for saturated fat as served (exemption:reduced fat cheeses(including part-skim mozzarella), nuts and seeds and nut/seed butters are exempt from the total fat standards. Products consisting of only dried fruits with nuts and/or seed with no added nutritive sweeteners or fats are exempt from the saturated fat standards.
- Zero grams of trans fat as served (no more than 0.5 g per portion)
- Acceptable food items must have no more than 35% of weight from total sugar as served (exemption: Dried whole or pieces of fruits or vegetables; dehydrated fruits or vegetables with no added nutritive sweeteners; dried whole fruits or pieces with nutritive sweeteners that are required for processing and /or palatability purposes (i.e., cranberries, tart cherries, or blueberries).
- Acceptable a la carte items must: meet all of the proposed competitive food nutrient standards(exemptions; fresh fruits and vegetables with no added ingredients except water or that contains a small amount of sugar for processing purposes to maintain the quality and structure of the product);and be a grain produce that contains 50% or more whole grains by weight or have whole grains as the first ingredient; have as the first one of the non-grain main food groups ;fruit, vegetables, dairy, or protein foods(meats, beans, poultry, seafood, eggs, nuts, seeds, etc.);or be a combination food that contains at least ¼ cup fruit and / or vegetables; or contain 10% of the Daily Value (DV) of a nutrient of public health concerns (potassium, calcium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.
- Snack items and side dishes sold a la carte: no more than 200 calories per item as served, including any added accompaniments.
- Entrée items sold a la carte: no more than 350 calories per item as served including any added accompaniments(exemptions to the standard:entrée items served as a NSLP are exempt on the day of or day after service in the program meal)

Celebrations. The school should limit celebrations that involve food during the school year.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. CIS Academy aims to teach, encourage, and support healthy eating by students. The school should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; Nutrition class for 6th, 7th, 8th graders
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.
- Make students and teachers aware of new USDA My Plate.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physical-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate on a daily basis.
- Partnering with the North Carolina Safe Routes to School Project, Academy students and staff will participate in a quarterly walking activity to include a visit on the UNC-P campus. These activities will occur in the months of October, December, March and May.

Communications with Parents. The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will encourage healthy eating seminars for parents, send home nutrition information, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, and rewards. In addition, the school will provide parents a list of foods that meet the district's snacks standards and ideas for healthy celebrations/parties, and rewards. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a newsletter, or other take-home materials, special events, or physical education homework.

Staff Wellness. CIS Academy highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. CIS Academy will develop a plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. CIS Academy's gym is open daily for staff to utilize for physical activities before and after school hours. In partnership with UNCP, staff members are allowed the use of their track, fitness center, and swimming pool.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education. All students in Grades 6-8, will receive daily physical education (the equivalent of 225 minutes/week for middle and high school students) for the entire year. All physical education will be supervised by a physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. In partnership with UNCP, students are allowed the use of their track, fitness center, and swimming pool.

Physical Activity and Punishment. Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Active Routes to School. CIS Academy, in partnership with NCDOT and Robeson County Health Department, is committed to teaching our students the importance of having a healthy lifestyle by increasing physical activity. Our school wellness committee is dedicated to promoting students well-being through the adoption of a walk at school program. The Active Routes to School walking program will engage all students, including those with disabilities, will accommodations provided as appropriate, on a quarterly (October, December, March and May) walk across the campus of the University of North Carolina at Pembroke. Through this program students will walk at school for a minimum of one day a week for 45 minutes for grades 6-8.

Use of School Facilities Outside of School Hours. School spaces and facilities school gym are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations scheduled through PSRC. These spaces and facilities also are available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

V. Monitoring and Policy Review

Monitoring. The principal will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the CIS Board of Directors.

School food service staff, at the school or with PSRC, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Executive Director of CIS Academy and/or to the school principal. In addition, the school district will report on the most recent review finding and any resulting changes. If the district has not received an Administrative Review from the state agency within the past three years, the district will request from the state agency that an AR review be scheduled as soon as possible.

Policy Review. To help with the initial development of the school's wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results will be compiled at the end of the year (June) and used to identify and prioritize needs.

Assessments will be repeated yearly to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review its nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. CIS Academy will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.