



## Wellness Policy

POLICY NUMBER: 102013-8	EFFECTIVE DATE: Annual Review 8/8/23	APPOINTING AUTHORITY APPROVAL: Hope Learning Academy of Toledo School Board
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- Review Policy

# **HOPE Learning Academy of Toledo**

## **SCHOOL WELLNESS POLICY**

### **8510 – Wellness**

As required by law, the Board of Education establishes the following wellness policy for the HOPE Learning Academy of Toledo District.

The Board recognizes that good nutrition and regular activity affect the health and well-being of the District's student. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school's meal program, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

**A. With regard to nutrition education:**

- 1. HOPE Learning Academy of Toledo will provide nutrition education in the school cafeterias through information on bulletin boards, displayed nutrition education posters, and point of purchase nutritional information on foods available.**
- 2. HOPE Learning Academy of Toledo will encourage the consumption of fruits and vegetables including opportunities for test testing among students.**
- 3. HOPE Learning Academy of Toledo will incorporate it its monthly newsletter, appropriate to families that encourage good nutrition and physical health.**
- 4. HOPE Learning Academy of Toledo's Health teacher will be available to the PTO for speaking opportunities at meetings or other community events as requested.**

5. HOPE Learning Academy of Toledo's website will be designed to provide nutrition education information and links appropriate for students, teachers, families, and the community that encourage good nutrition and physical health.
6. Nutrition education in the classroom is encouraged. The licensed Health educator employed by HOPE Learning Academy of Toledo will be available to assist in providing information, resources, and staff development to promote nutrition education in the classroom.

B. With regard to physical activity:

1. A sequential, comprehensive physical education program shall be provided for student in K-8 in accordance with the standards and benchmarks established by the National Association of Sports and Physical Education (NASPE) and adopted by HOPE Learning Academy of Toledo.
2. The K-8 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.
3. Properly certificated and licensed teachers shall provide all instruction in physical education.
4. Planned instruction in physical education shall encourage participation in physical activity outside the regular school day.
5. Daily recess and activities for movement in five (5) minute exercise intervals are encouraged to be part of the elementary school day schedule.
6. HOPE Learning Academy of Toledo is discouraged from using the daily recess period as punishments, denying the student opportunity for physical activity.
7. HOPE Learning Academy of Toledo is encouraged to consider planning recess before lunch since research indicates that physical activity prior to lunch can increase nutrient intake, reduce food waste, and return the student to the classroom better prepared for afternoon learning.

C. With regard to other school-based activities:

1. After-school programs will encourage physical activity and healthy habit formation.

2. HOPE Learning Academy of Toledo will provide healthy snacks to programs that meet the Federal requirements for After School Snack programs as requested.
3. HOPE Learning Academy of Toledo is encouraged to provide attractive, clean environments and adequate time for students to eat. The National Association of State Boards of Education recommends that students have at least ten (10) minutes to eat breakfast (if applicable) and twenty (20) minutes to each lunch from the time the student is seated. HOPE Learning Academy of Toledo will work to provide a positive eating environment for students and schedule adequate time for meal service.
4. Lunch periods will be scheduled as near the middle of the school day as possible.
5. All students will have access to breakfast and lunch programs at school (once the school is eligible).
6. Local wellness policy goals for nutrition and physical activity should be considered when planning all school-based activities.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

A. Nutrition Guidelines for All Foods Available on Campus During the School Day:

1. In accordance with Policy entitled Food Services, HOPE Learning Academy of Toledo shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
2. As set forth in Policy entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive and the guidelines issued by the U.S. Department of Agriculture (USDA).

B. With regard to all foods available during the school day:

1. In compliance with Senate Bill 210, all foods sold to students during the school day including before and after extended school programs must meet the nutritional standards in the Alliance for a Healthier Generation "School Competitive Food Guidelines" (see Attachment A), unless the food can be a component of the USDA meal program.
2. These restrictions govern all foods sold to students by HOPE Learning Academy of Toledo, fundraisers, or by any other group or individual during the regular

and extended school day. Foods sold in connection with a school-sponsored fundraiser or event held outside of the school day are exempt from these restrictions. Foods that are provided free of charge to students through parties, treats, carnivals, or other school activities are exempt from these restrictions.

3. Nutrition information for foods available in the dining area shall be readily available near the point of purchase.
- C. With regard to beverages available during the school day:
1. In compliance with Senate Bill 210 "Beverage restrictions" (see Attachment B), all beverages sold to students during the school day including before and after extended school programs, must meet the standards listed.
  2. These restrictions govern all beverages sold to students by HOPE Learning Academy of Toledo through vending machines or any other group or individual during the regular and extended school day. Beverages sold in connection with a school-sponsored fundraiser or event outside of the school day are exempt from these restrictions. Beverages that are provided free of charge to students through parties, treats, carnivals, or other school activities are exempt from these restrictions.
  3. In all areas where beverages are sold including vending machines, at least fifty percent (50%) of the beverages excluding milk must be water or other beverages that contain no more than ten (10) calories per eight (8) ounces (grades 9-12 only).
  4. Per USDA regulations, all carbonated beverages, even low or no calorie, are prohibited from being sold in the cafeteria and adjacent areas during meal serving times.

The Board designates either the Superintendent as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall report to the Board on HOPE Learning Academy of Toledo compliance with this policy and the progress toward achieving the goals set forth herein and any recommended changes from the Wellness Committee on an annual basis.

## **ATTACHMENT A**

### **School Competitive Food Guidelines**

	<b>Calories</b>	<b>Total Fat</b>	<b>Sat. Fat</b>	<b>Trans Fat</b>	<b>Sugar by Weight</b>	<b>Sodium</b>
<b>Baseline</b>	100	35%	10%	0g	35%	230mg
<b>Dried Fruit with no added sugar</b>	150 Elem. 180 Mid. 200 High	0g	0g	0g	exempt	230mg
<b>Nuts, Nut Butters, and Seeds</b>	150 Elem. 180 Mid. 200 High	exempt	exempt	0g	35%	230mg
<b>Low Fat and Fat-Free Dairy*</b>	150 Elem. 180 Mid. 200 High	35%	10%	0g	35%	480mg
<b>Soups and Vegetables with Sauce</b>	150#	35%	10%	0g	35%##	480mg
<b>Snacks **</b>	150 Elem. 180 Mid. 200 High	35%	10%	0G	35%	230mg
<b>Fruits with Nuts *** (Trail Mix)</b>	150 Elem. 180 Mid. 200 High	exempt	10%	0g	355	230mg

\* Cheese may be reduced fat or part skim in 1.5 oz portions. One (1) egg or egg equivalent with no added fat is permitted.

\*\*Snack Calories: If contains at least one of the following: 2g fiber, or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium magnesium, potassium, or iron; or ½ serving (1/4 cup) fruit or vegetables.

\*\*\*Trail Mix: Product must contain only fruit, nuts, and/or seeds and must have no added sweeteners.

#Soup Calories: If contains at least two of the following: 2g fiber or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron, or ½ serving (1/4 cup) fruit or vegetables.

##Soups, Sugar by Weight: If contains at lease one of the following: 2g fiber, or 5g protein; or 10% DV Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron, or ½ serving (1/4 cup) fruit or vegetables.

## ATTACHMENT B

### SENATE BILL 210 – Beverage Restrictions

(R.C. 3313.816, amended by Ohio House Bill 153)

The act's restrictions on beverage apply somewhat differently across schools depending on the grade levels they serve. The following table shows the beverages that may be sold under the act. Schools do not have the option to follow the *Alliance for a Healthier Generation* standards for beverages. Schools must follow the below standards (schools have the option to follow standards that are more restrictive than the standards listed below).

<b>Grades</b>	<b>Beverages Allowed</b>	<b>Description</b>
Schools composed primarily of Grades K-4	Water, Milk	8 oz. or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contain no more than 160 calories per 8 oz. No other beverages allowed.
Schools composed primarily of Grades 5-8	Water, Milk	10 oz. or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contain no more than 160 calories per 8 oz. No other beverages allowed.
Schools composed primarily of Grades 9-12	Water, Milk	12 oz. or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contain no more than 160 calories per 8 oz. No other beverages allowed. 12 oz. or less of any beverage that contains no more than 66 calories per 8 oz., or any size of a beverage that contains no more than 10 calories per 8 oz. The latter may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring.

Schools composed primarily of Grades 9-12	Before January 1, 2014	Water or 16 oz. or less of low-fat or fat-free milk, including flavored milk, that contains no more than 170 calories per 8 oz. 12 oz. or less of 100% fruit juice or a 100 % fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 oz.
Schools composed primarily of Grades 9-12	Start January 1, 2014	Water or 16 oz. or less of low-fat or fat-free milk, including flavored milk, that contains no more than 150 calories per 8 oz. 12 oz. or less of 100% fruit juice or a 100 % fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 oz.



**HOPE**  
Learning Academy of Toledo

**Wellness Policy**

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HOPE Learning Academy of Toledo has adopted a board approved Wellness Policy that includes standards governing the types of food and beverage that may be sold at the school. The Policy also includes, when applicable, specified times and places each type of food or beverage may be sold.



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