

Salem Academy Charter School Wellness Policy

The Salem Academy Charter School (SACS) recognizes the relationship between student well-being and student achievement. We recognize the importance of a comprehensive district Wellness Policy. Therefore, the school will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity.

The Wellness Policy will be implemented in a multidisciplinary fashion. Wellness Committee The Salem Academy Charter School will establish a wellness committee that consists of at least one student, nurse, school foodservice representative, school administrator, and other community members as appropriate. The Wellness Committee Director is Jennifer Pullen. She will be responsible for oversight and evaluation of this policy. Policy approval is subject to a vote of the Board of Trustees.

Nutrition Guidelines

It is the policy of Salem Academy that all foods and beverages made available on campus during the school day are consistent with the National School Lunch Program nutrition guidelines. Guidelines will be based on nutrition goals, not profit motives. Every student will have their own 4-digit PIN number to use to purchase breakfast and lunch. Breakfast will be available from 7:45-8:15 am in the cafeteria. Lunch will be served as close to the middle of the school day as possible.

Separate guidelines for foods and beverages in the following categories: 1. Foods and beverages sold as part of school-sponsored fundraising activities; and 2. Refreshments served at parties, celebrations, and meetings during the school day and at school events. Nutrition and Physical Education Salem Academy Charter School will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and School Breakfast Program as well as MyPlate guidelines in all grades. Salem Academy will provide physical education training aligned with the standards established by the Massachusetts Department of Education.

Nutrition Education Goals: - Students in grades 6-12 receive nutrition education that teaches the skills they need to adopt healthy eating behaviors. - Students receive consistent nutrition messages throughout the school, classrooms, lunch room, and in material sent to students' homes. - Salem Academy Charter School's health education curriculum standards and guidelines include both nutrition and physical education.

Nutrition is integrated into the health education program or core curricula when appropriate. Salem Academy links nutrition education activities with the coordinated school health program. Staff who provide nutrition education have appropriate training. We encourage all students who bring a school lunch from home to bring in nutritionally balanced meals.

Physical Education Activities Goals:

- Students are given opportunities for physical activity during the school day through physical education (PE) classes.

- Students are given opportunities for physical activity through a range of before-school and/or after-school programs such as interscholastic athletics and physical clubs.

- The school works with the community to create ways for students to walk, or bike safely to and from school.

- The school encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

- The school provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Other School-Based Activities Goals:

- Salem Academy Charter School provides a clean, safe, enjoyable meal environment for students.

- Salem Academy provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.

- Salem Academy makes provisions for students to get water at meals and throughout the day.

- The school encourages all students to participate in school meals program and protects the identity of students who eat free and reduced price meals.

- Environmentally-friendly practices such as the use of locally grown and seasonal foods, and non-disposable tableware will be considered and implemented where appropriate.

- Physical activities and/or nutrition services or programs designed to benefit staff health will be considered and, to the extent practical, implemented.

Food or Physical Activity as a Reward or Punishment Goal:

- Salem Academy Charter School will not use or withhold food or physical activity as a punishment for any purpose. Evaluation The Wellness Committee Director shall be responsible for oversight and evaluation of the SACS wellness policy and will bring to the attention of the administration any concerns regarding the failure of the school to meet the goals of the school wellness policy.