



Last Revised: 2/22/2024

Scintilla Charter Academy Wellness Policy

Scintilla Charter Academy recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. Scintilla Charter Academy is committed to providing a school environment that promotes and protects student wellness, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Development of Local Wellness Policy

In accordance with federal law, Scintilla Charter Academy has involved parents, students, representatives of food services, school administrators, and the public in developing a school-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, Scintilla establishes in this policy goals to promote student wellness.

Nutrition Guidelines

To the extent practicable, Scintilla Charter Academy will participate in available federal school meal programs. All food and beverages made available on campus during the school day shall be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

- All food items available for sale during the school day must meet all nutrition standards and be in compliance with federal nutrition standards. Food and beverages that meet the Smart Snacks in school nutrition standards are the only foods and beverages allowed to be advertised and marketed. In order to determine products meeting the Smart Snacks criteria, snacks are to be evaluated using the online Smart Snacks Product Calculator found at: <https://foodplanner.healthiergeneration.org/calculator/>
- Exceptions to this rule may include provisions for fundraising purposes. However, the school may not exceed 30 fundraisers per year, per school, lasting no more than 3 days in length. Fundraisers must be approved by the school nutrition director and the school nutrition director must maintain an exempt fundraiser tracking sheet to document each event. Exempted fundraisers cannot operate anywhere on the school campus 30 minutes before, until 30 minutes after the end of breakfast and lunch services.
- Food served as refreshments at school parties and events are encouraged to meet federal requirements.
- Fundraising sponsored by the school and school groups shall be encouraged to be healthy foods or non-food sales.
- Pre-prepared commercial foods served in the school meal program shall be evaluated for sodium, cholesterol, and fat.
- Drinking water is available free of charge to students at meals and throughout the day.

- Foods and beverages that meet the food guidelines are encouraged to be used for rewards.
- Students have adequate time to eat school meals after being seated.
- Foods served in the school meal program are developmentally appropriate and encourage consumptions within the time allotted.
- Lunch is scheduled as near to the middle of the school day as possible.
- Serving areas are adequate to ensure students do not have to wait too long in line.
- Seating is available to facilitate students' eating within time allotted.
- Foods available on campus adhere to food safety standards.
- Each preparation site is represented by at least one person credentialed in food safety.

Nutrition Education and Promotion Goals:

It is the intent of Scintilla Charter Academy to teach, encourage, and support healthy eating by students. Scintilla Charter Academy will provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the following goals:

- Is offered as part of a comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of classroom instruction in subjects such as math, language arts, social studies, and elective subjects;
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- School cafeteria serves as a learning laboratory to support classroom instruction through menu offerings, point-of-sale information, signage, etc.
- School nutrition staff will be available as a resource to teachers and staff.

Physical Education Goals:

All students in grades K-9th (continuing to 12th, as we add each grade) shall have opportunities, support, and encouragement to be physically active on a regular basis. Scintilla Charter Academy will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the following goals:

- Opportunities for physical activities will be incorporated into other subject lessons;
- Introduction in physical education classes of lifetime sports and activities;
- Credentialed physical education instructors teach physical education classes;
- Time allotted physical education is consistent with research, national and state standards;
- Adequate equipment is available for all students to participate in physical education/activity;
- Physical education/movement is the environment where students learn and practice on developmentally appropriate motor skills, social skills, and knowledge.

Other School-Based Activities:

Schools should create a healthy building environment and develop classroom management strategies that provide consistent wellness messages that are conducive to healthy eating and a physically active lifestyle. Therefore, Scintilla Charter Academy should:

- Provide a clean and safe meal environment;
 - Promote and encourage alternatives to food as a reward or punishment;
 - Provide a safe environment for physical activity.
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- A. Goals of the wellness policy shall be considered in planning all school-based activities such as school events and field trips.
 - B. Teachers and appropriate school staff will be provided assistance in detecting student health problems that may impact student learning.
 - C. Schools provide safe, clean, and hygienic restrooms.

Implementation:

The school nutrition director shall designate a committee to assist in the implementation of the wellness policy. The school nutrition director shall be charged with operational responsibility for ensuring that the school works toward informing the public about the contents of the wellness policy and the school's progress in meeting the wellness goals and shall report the school's compliance to the Superintendent and to the public.

The school nutrition staff at the school level shall monitor compliance with nutrition guidelines within the school food service areas and will report on this matter to the Superintendent or to the school nutrition director.

Triennial Assessments

In order to be compliant with the USDA final rule, at least once every three years, the district will assess the Local Wellness Policy (LWP) by measuring:

- The extent to which the LWP meets the requirements of the final rule;
- The extent to which schools under the jurisdiction of the district are complying with the LWP; and
- The progress made in attaining the goals of the LWP.

Revisions and Updating the Policy

The Wellness Committee of Scintilla Charter Academy will assess and update the wellness policy as needed every three years, following the triennial assessment. All changes will be approved by the School Board and posted on the Scintilla Charter Academy webpage School Nutrition Department link.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Non-Discrimination Statement
Programs and services are available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online

at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

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