

Life Source International Charter School Wellness Policy

Life Source is committed to the optimal development of every student. Life Source believes that for student to have the opportunity to achieve personal academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, through the school year. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated to positive student outcomes. This policy outlines Life Source's approach to ensuring environment and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals

Life Source is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. All schools within the District participate in USDA child nutrition programs.

- All school meals are accessible to all students.
- Drinking water is available to all student throughout the school day, including during meal times.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch.
- Lunch will follow the recess period to better support learning and healthy eating.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Other food available at school

- All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Exemptions may be allowed at the discretion of the school principal, but shall not exceed more than one exemption per class.
- Life Source will provide a list of healthy party ideas and snacks to parents and teachers.
- Life Source will provide teachers and other relevant school staff a list of alternative ways to reward children.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

Nutrition Promotion

Life Source will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

- Promote healthy food and beverage choices using at least ten Smarter Lunchroom techniques.

- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Nutrition Education

Life Source aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities.
- Life Source teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. Life Source will include health education curriculum with the following essential topics on healthy eating:
 - Food guidance from MyPlate
 - Reading and using USDA food labels
 - Balancing food intake and physical activity
 - Food safety
 - Social influences on healthy eating, including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

List of Prohibited Snacks

- Candy
- HOT Chips (example: Hot Cheetos, Takis, Hot Fries, etc)
- Soda
- Sweet Pastries (example: Honey Buns, Suzy Q's etc., Cinnamon Rolls)
- Snacks HIGH in sugar

Should your child bring any of the above snacks please know and understand these snacks will be confiscated and returned to them at the end of the day.

We have provided a list of healthy snack alternatives. (see the attached list)

In addition, for birthday day celebrations we ask that you choose healthier alternatives to cake or cupcakes.

Physical Education

Life Source will provide students with opportunities for physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as

incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All Life Source students will participate in physical education that meets or exceeds state standards.
 - All elementary and middle school students will receive physical education for at least 60 minutes per week throughout the year.
- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- Waivers, exemptions, or substitutions for physical education classes are not granted.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be required or withheld** as punishment for any reason.
 - Outdoor recess will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; provide equipment to decrease congestion on play structures; and provide group games, led by staff.

Other Activities that Promote Student Wellness

Life Source will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Life Source will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- Life Source will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- Life Source promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management.
- When feasible, Life Source will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Leadership

The Life Source International school will develop a committee to meet periodically regarding school wellness. For the purposes of this committee, a team will be formed to evaluate and provide input into the LSWP. This team shall include all those who are interested in participating, including but not limited to:

- Parents
- Teachers
- Students
- Board Members
- School Health Professionals
- School Nutrition Staff
- School Administrators
- Members of the General Public

Compliance with the Local School Wellness Policy at the organization-wide and at the school site level will be monitored by the CEO and Founder, Dr. Debrae Culpepper.

Public Notification

The public shall be notified of the content of the LSWP and any changes that have been made to this policy. Notifications shall be made annually or more frequently as needed. Notification shall be made via the school website. Members of the public will also be notified as to how they can participate in the LSWP via the website.

A triennial assessment of the LSWP shall take place with input from the policy leadership team. This assessment shall measure the extent to which the policy has been implemented and will recommend areas of improvement. The assessment shall be made public by posting on the school website.

USDA Civil Rights

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Revised November 14, 2017.