

LOCAL WELLNESS POLICY

The purpose of this policy is to direct and guide the community of students and staff at Lift for Life Academy in its health, fitness, and wellness goals and actions.

In accordance with guidelines, the main components of this policy will include:

1. Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
2. Nutrition guidelines for all foods available at the school with the objective of promoting students health and reducing childhood obesity.
3. Permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.
4. Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.
5. Be measured periodically on the extent to which the school is in compliance with the local wellness policy, the extent to which LFLA's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

1A. Nutrition Promotion

-Teachers will regularly integrate information on health and wellness into their core curricula, no matter what the subject being taught may be.

Teachers can do this through such techniques that include various interdisciplinary activities.

-All teachers will also express the vital connection between a healthy diet and a student's ability to learn effectively and achieve high academic standards.

- Food and drinks inside of classrooms will be limited during instruction time.

-All staff members will be encouraged to make healthy eating choices that model best behavior practices for students.

-Food based incentives will not be a standard use for rewarding students for academic achievements or good behavior. Food will also not be withheld for any type of punishment.

- Teachers will allow students to take periodic short breaks when possible so that students may stretch and walk around the classroom for a brief period of time.
- Students will be able to work in the school's vegetable garden and participate in the process of planting and tending to the vegetables.
- Posters will be displayed throughout the building that will give helpful information on nutrition and dietary facts.
- Health classes will cover a range of topics, including healthy eating and teaching students how to take care of their bodies through proper diet. The curriculum will address the relationship between caloric intake and energy expenditure through physical activity and exercise, will teach students how to evaluate the nutritional qualities of foods, will look at how companies market foods to children, will talk about proper portion sizes, and promote diets full of fruits, vegetables, whole grain products, low fat dairy products, and healthy food preparation techniques, among many other topics.
- Family and Consumer Science classes will bring a focus on food preparation and consumption that is beneficial to student's wellbeing and healthy growth into adulthood.
- Classes focusing on health and nutrition will also recognize and celebrate different cultural heritages as they relate to food and wellness, and will incorporate the sharing of cultural diversity into discussions about various types of foods and diets.
- Staff members who are responsible for nutrition education will receive regular professional development sessions in order to stay up to date with the most beneficial information regarding our students and their health.
- Staff will be cognizant of the fact that 90% of our students come from households that are eligible for free or reduced meals to help learn about and understand what types of food students may have access to when they are outside of school.
- Students will have access to drinking water at all appropriate times with the understanding that in normal circumstances, classes will not be interrupted for long periods of time.
- When possible, health and wellness education will be provided to families through various means such as handouts, information on the school's website, and parent workshops or presentations.

1B. Physical Activity

- Physical education classes will be taught by certified teachers who have received professional development on P.E.

- P.E. teachers will gauge what the student's general strengths and weaknesses are, and will focus on areas of fitness that will benefit students the most.
- P.E. classes will have a daily routine that consists of warm-ups, jogging, stretching, upper body and core strengthening, and fitness training.
- P.E. classes will also vary its educational units to include participation in many different activities such as basketball, volleyball, kickball, badminton, flag football, soccer, dancing, and other cardio exercises.
- P.E. classes will teach appropriate types of movement and benefits of physical activity, and will also give students the opportunity to learn about cooperation, teamwork, fair play, and responsible participation.
- In order to keep a positive view of physical activity, staff members will not use exercises as punishment. Staff will also not withhold opportunities for physical activity as punishment during regular school hours.
- Students will be required to complete a certain amount of P.E. and health courses to gain the credits needed to graduate.
- Student grades will be based upon their participation, effort, and their ability to demonstrate reasonable competency through the completion of certain activities.
- Physical activity programs outside of P.E. will be made available to students through extracurricular activities and sports such as basketball, football, softball, volleyball, baseball, cheerleading, step, track and cross country, wrestling, etc.
- Staff members will be encouraged to participate in regular physical activity for at least 30 minutes 3 to 4 times a week, and on-site exercise classes will be made available to staff members when possible. Staff members may also receive sponsorship for activities not directly connected to the school, such as recreational sports teams or races, in order to foster an atmosphere and culture of regular activity for everyone at the school.

2. Nutrition Guidelines for Available Foods

- The school will keep a professional chef on staff to create healthy menus.
- The chef will train his staff on proper healthy cooking techniques, sanitation, and food safety, and will make sure that everyone is licensed and certified as needed.
- The chef and the rest of the food service staff will provide healthy meals that are appealing to student's tastes.
- All reimbursable food served for breakfast and lunch will abide by USDA and DESE Food Services guidelines and standards in regard to the breakdown of nutritional information in each item and portion size.

- Multiple varieties of fruits and vegetables will be served daily.
- All milk served will be either low fat or fat free.
- Meals will be served in a cafeteria that is consistently cleaned and that is well supervised and maintained.
- Students will be encouraged to wash their hands before and after eating to ensure a more sanitary environment.
- Students will be given an adequate amount of time to eat their food in an environment where enjoyment of the nutrition is fostered.
- Student meetings, tutoring, or other student activities will not be scheduled during meal times.
- The chef will offer nutrition information if requested for every meal served.
- The school will maintain one beverage vending machine that only offers 100% juice and diet drinks.
- Students will be encouraged to eat meals provided by the school to ensure that they receive the necessary nutrition for healthy growth and brain functioning. The school participates in the CEP program, so all students have access to free meals. Students will be discouraged from buying foods from independent establishments on days that they are allowed to go off campus.
- Special holiday and celebration meals will be served on a regular basis to give the students a chance to try different types of healthy foods that they might not normally be exposed to.
- When fundraisers take place for various student groups, non-food campaigns and fundraisers that involve physical activity will be encouraged.
- Guidelines will be set for classroom parties involving food or beverages so that they meet nutritional standards.

3. Participation in the Development, Implementation, Review, and Update of the LWP

- Participation from students, family members, teachers-- specifically P.E., health, and FACS teachers, healthcare workers, fitness experts, nutritionists, dieticians, food service providers, school administrators, the food service administrator, school board members, and other interested community members will be necessary to complete the best possible policy.
- The team of policy creators and supervisors will assess the needs of our student demographic to develop a plan that will make a positive impact on our student's overall lives.
- Community members and representatives from various organizations participate in a yearly Health Fair that is organized with help from the students at the Goldfarb School of Nursing. Parents are invited to come and

learn with their children about topics including wise lifestyle decision making, diabetes awareness and prevention, asthma and allergy issues, exercise, hygiene, yoga as a form of exercise, cancer support, sexual education, mental health, and drug and alcohol abuse.

-We will continue to receive community involvement by having mobile vision and dental centers come one to two times a year to give students in need free exams and treatment.

4. Informing and Updating the Public

-The wellness policy will be posted on our school website for viewing by the general public.

-At orientation, registration, parent/teacher conferences, and other related school events, an effort will be made to supply materials that provide information about healthy foods and exercise to show parents our commitment to the overall state of their children's wellbeing.

-We will encourage not only the people developing the policy, but also staff members to promote the implementation of its content.

-The school will make sure that people contributing to the policy are being heard and understood correctly and supportively so that the correct information can be assembled together from all involved parties.

5. Periodic Assessment of the Policy's Effectiveness

-The policy needs to be shared with everyone involved in any way. All teachers and staff members must be made aware of their role in committing to put into practice all of the steps that are being taken to reach every goal outlined in the plan.

-A point person will be assigned to the role of making sure that the policy is being implemented. This will be someone in a leadership position who has the authority to take corrective action if the plan is not being executed properly.

-There will be assessments completed on different levels. First, there needs to be an assessment of whether or not the policy is actually being implemented and followed routinely. Secondly, the goals that are put into place need to be measured by their outcomes. The plan is designed to give students knowledge and best practices regarding their health. If the assessor finds that the initial goals are not contributing to the betterment of our students and progress towards healthier living, then the goals need to be reexamined, shifted, re-implemented in their new form, and then made known to the public through our website and social media. Any changes in the wellness policy will also reflect up-to-date USDA guidelines, new

research on wellness trends and scientific findings, new local and national government initiatives, and possible changes in student demographic characteristics.

Any questions or concerns regarding the Local Wellness Policy may be submitted in writing to Lift for Life Academy at 1731 South Broadway, St. Louis, MO, 63104 or to info@liftforlifeacademy.org or by calling (314)231-2337.

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