



# Truxton Academy Charter School Wellness Policy

## Policy Statement

Truxton Academy Charter school is committed to providing an inclusive environment to promote and protect the health and well-being of our Truxton Academy Family, including staff, students, families and community members. In order to grow, learn and thrive we will provide an environment that encourages eating healthy foods and participation in a lifetime of physical activity. We will support and promote healthy eating and physical activity through outreach and education.

## Wellness Committee

The Wellness Committee will review and update the wellness policy annually. The Wellness Committee members will consist of administrators, the physical education teacher, the Nutrition Program team, and community members.

### 1. Nutritional Quality of Food & Beverages Served

- a. School meals: Truxton Academy offers a variety of local meat, dairy, fresh fruits and vegetables when possible. We promote student interest through our Agriculture program where students and staff utilize outdoor gardens and indoor grow towers to grow our own food. Truxton Academy follows the USDA nutrition standards and healthy meal choices are offered and promoted. We aim to serve 80% whole grains for the school year.
- b. Breakfast: Truxton Academy will offer homemade breakfasts daily. At least 2 hot options weekly to all students and staff. Truxton Academy offers Lowfat white milk or water, and 100% fruit juice. Kitchen is open 8:00-9:00 AM for breakfast.
- c. Lunch: Made fresh daily, no prepackaged items. Students may opt for a fresh salad bar with fresh veggies and also includes a daily protein option. Truxton Academy offers Lowfat milk/chocolate milk and water. Kitchen is open 10:55-12:30 PM daily with each section getting 25 minutes to eat. Outside dining is available when weather permits.
- d. Snacks: Truxton Academy provides a snack time in each classroom daily. We encourage families to send in healthy snack options and talk to students about

what makes healthy snack choices. We offer Hershey a la carte items of low fat/ low sugar ice cream to students on Fridays only.

- e. Qualifications of Food Service Staff: A qualified nutrition professional will organize and administer the school's meal program. The Nutrition Program Director (NPD) will be responsible for planning menus, compiling recipes and nutrition information for each meal served at Truxton Academy. The NPD will maintain all certifications as required by NYS.
- f. Free and Reduced Meal Program: Qualifying students/ families can receive free or reduced breakfast and lunch at Truxton Academy. We will advertise this program yearly and encourage prospective families. It is our mission to remove any stigma associated with the program and to encourage qualifying families to enroll.

## **2. Physical Activity and Nutrition Promotion**

- a. Truxton Academy will educate and support healthy eating by students and staff by providing nutrition education and promotion that includes a comprehensive and sequential standards based program to empower students with the knowledge and skills that are essential to support and fortify their health.
  - i. Health and Nutrition curriculum will be incorporated into the subjects of Physical Education and Agriculture studies as well as applicable course work and extracurricular activities.
  - ii. Promotes healthy food choices as well as healthy food preparation to identify nutrition losses vs. various cooking options. Student participation in growing, tasting, creating meals and entering food contests that promote excitement for trying new foods and taking ownership in their health to promote lifelong learners.
  - iii. Emphasizes caloric balances between calorie consumptions versus expenditures / exercise. Comparing burning active and passive calories. Students are provided 4 days of physical education for 30-45 minutes each. Additionally students have a 30 minute recess daily.
  - iv. Students are taught about food allergies and sensitivities. Food groups are also taught during physical education class RLL.
- b. Communication with Families and Community Members
  - i. Truxton Academy encourages students and families to pack nutritious meals and snacks.
  - ii. Truxton Academy will assist in parents efforts to provide a healthy diet and physical activity to children and family members. We will share

important health information via handouts, emails, school webpage and social media.

- iii. Truxton Academy will host students, families and community members in several ways throughout the school year. Events will have healthy food options as outlined by this wellness plan and physical activities that excite and engage our school community.
- c. Personnel wellness and promotion at Truxton Academy will be a priority. We value the health and safety of every employee and volunteer including parents and community members. We will implement activities that support and help to maintain a healthy lifestyle.
  - i. All Truxton Academy meals are compensated as part of their employee benefits. We encourage participation in the Truxton Community Center adult recreation activities such as but not limited to basketball, pickleball, and volleyball. Access to the workout room is also available.
  - ii. Staff will have an opportunity to participate in at least one wellness activity on Professional development days for a minimum of 30 minutes. Lead by the physical education teacher or other trained professional. Yoga, team building, outdoor walks, etc.

### **3. Physical Education and Activities**

- a. All students in Kindergarten through 6th Grade, including those with special health care needs and/or disabilities will participate in regularly scheduled physical education or its equivalent for the entire school year. Those with such needs will receive additional support and accommodations based on the needs of the individual. All physical education will be taught by a certified physical education instructor.
  - i. Physical Education teachers will use NYS Standards to guide instruction and align Truxton Academy PE curriculum accordingly. Each unit will be developmentally appropriate by grade level and will encourage maximum participation for each student at their own level of physical fitness. Students will have 45 minutes of Physical education per day and 30 additional minutes for recess. Additionally we encourage staff to utilize outdoor spaces during classroom time.
  - ii. To engage in a variety of physical fitness activities that promote major muscle groups, increase endurance and promote balance and flexibility.
  - iii. Activities are designed to encourage students to demonstrate resilience and resolve. To acquire skills necessary to live a healthy life and to connect physical well being with emotional wellness.

- iv. To help students recognize the importance in balancing good nutrition, proper hydration and rest/sleep.
- v. Partnership with the Truxton Community Center in collaboration with the Town of Truxton Recreation program to help facilitate before/after school and summer physical activities and organized sports.

#### **4. Policy assessment and Review**

- i. Truxton Academy Principal will ensure compliance for the Wellness program in collaboration with the Wellness Committee that all aspects of the program are understood, implemented and executed. Truxton Academy will encourage staff, student and family input by a yearly survey.