

**Avon Grove Charter School
110 State Road
West Grove, PA 19390**

Board of Trustees Policy

Wellness Policy on Physical Activity and Nutrition

- Purpose:
 - The Board of Trustees of Avon Grove Charter School ("AGCS"), in combination with students, parents, administrators, faculty and staff, is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating habits and physical activity. As a means to fostering such a school environment, the Board of Trustees of AGCS sets forth the following goals and adopts the following Wellness Policy on Physical Activity and Nutrition.

- School Meals
 - Reimbursable school meals shall be compliant with federal meal pattern requirements. All food and beverages sold outside of the reimbursable school meal shall comply with federal Smart Snacks in Schools nutrition guidelines. Any foods and beverages provided, but not sold, to the students in the classroom shall meet the standards of this Wellness Policy.
 - AGCS shall make efforts to eliminate the social stigma attached to students who are eligible for free and/or reduced-price school meals as well as prevent their identification.
 - AGCS shall schedule meal periods at reasonably appropriate times and provide students with a minimum of twenty (20) minutes to enjoy their meals. In addition, AGCS will discourage the scheduling of meetings or activities during meal times, including, but not limited to, tutoring, club meetings and/or organization meetings, unless the students will be permitted to eat during those meetings or activities.
 - AGCS shall provide facilities for appropriate hygiene, such as hand-washing.
 - Students will be discouraged from sharing foods and/or beverages with others.
 - AGCS shall not use foods or beverages for the purpose of rewarding students for academic achievement or good behavior; unless such a reward system is specifically identified in a student's Individualized Education Program. Likewise, AGCS will not restrict or withhold foods or beverages for the purpose of disciplining or punishing students.

- Federal Smart Snacks guidelines in school nutrition shall be followed at school-sponsored or school-related activities or events. A la carte offerings shall be limited to components of the school lunch, single serving snacks (in a baked variety when possible), low-fat ice cream novelties, soft pretzels, and bottled water.

- Nutrition Education
 - Nutrition education shall be integrated into other areas of the curriculum, such as math, science, language arts and social studies and health classes at all grade levels. Students in grades 3-12 shall be exposed to our outside Greenhouse and Microfarm where they receive education on sustainable agricultural and growing techniques.

 - Nutrition education shall be developmentally appropriate, interactive, and teach skills needed to adopt healthy eating behaviors. Nutrition promotion shall be accomplished through posters in our cafeteria and healthy facts on our menus. Links shall also be provided on our website for information about health and nutrition resources.

 - Nutrition education materials shall be reviewed by a qualified and credentialed nutrition professional, including, but not limited to, a School Food Nutrition Specialist or Registered Dietitian.

 - Faculty and staff that teach nutrition education shall have appropriate training.

 - Informational materials will be provided to students and families to encourage sharing of health and nutrition information, and to encourage healthy eating in the home.

 - Any marketing of foods and/or beverages undertaken by AGCS shall be consistent with Smart Snacks standards.

- Physical Activity
 - Physical activity shall be integrated across curricula with activities that are safe, enjoyable and developmentally appropriate for all students in all grades.


- All students shall be given opportunities before, after and throughout the school day for physical activity through physical education, recess periods and integration of physical activity into the curriculum.
 - Faculty and staff shall be appropriately trained in integrating physical activity into the various curricular areas.
 - Students shall be encouraged to participate in physical activity outside of the school environment, in both competitive and non-competitive environments.
 - Organized physical activity shall be offered and encouraged at school-sponsored or school-related events.
 - To the extent practicable, AGCS facilities shall be made available to students, faculty, staff and the community for the purpose of offering physical activity and/or nutrition programs.
 - Physical activity shall not be used or withheld as punishment.
- Delegation of Responsibility
 - The AGCS Board of Trustees oversees and supports the "Health, Safety and Wellness Panel" which shall evaluate and address issues related to this policy. The principals and the CEO/Head of School shall have the lead responsibility to implement the Wellness Policy as designed by the Wellness Panel. The Food Service Manager shall meet with the principals and the CEO/Head of School annually regarding the implementation of the Wellness policy. There shall be parents, students, administrators, staff and a Board of Trustee member on the Panel which will meet as part of the Safety meeting, as necessary. The assessment tool shall consist of a review of all foods and beverages sold in the schools for compliance with established guidelines. A listing of activities and programs conducted to promote nutrition and physical activity shall also be included. Feedback received via an annual survey from school staff, students, parents/guardians, community members and the Wellness Panel shall be posted to the school website. At least once every three (3) years, AGCS shall review this policy and update or modify it, if deemed necessary.

TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED, TO CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS THE APPLICABLE STATE AND/OR FEDERAL LAWS CONTROL. THIS POLICY IS NOT INTENDED TO CONFLICT WITH CHARTER REQUIREMENTS.

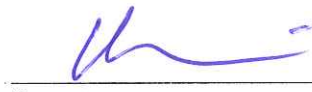
Policy Review: January 2019

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CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS, THE
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ADOPTED this 18th day of June, 2019.



President



Secretary