



# The College Preparatory and Leadership Academy of High Point

## School Nutrition School Wellness Policy 2013/2014

**School District:** The College Preparatory and Leadership Academy “The Point”

This policy supports the mission of The College Preparatory and Leadership Academy “The Point”: Providing the environment that cultivates maximum student achievement. Nutrition influences a child’s development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This school-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

- Students in grades K-5 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school cafeteria as well as in the classrooms, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout schools, classrooms, cafeteria, homes, community and media.
- Nutrition is integrated into the health education or core curricula (i.e. math, science, language arts).
- Staff provide nutrition education have appropriate training.
- The Point Academy conducts nutrition education activities and promotions that involve parents, students, and the community.

### Physical Activity

- Students are given opportunities for physical activity during the school day through, daily recess periods, Fine Arts (Chorus, etc.), and the integration of physical activity into the academic curriculum.
- The Point Academy encourages parents and guardians to support their children’s participation in physical activity in family events.
- The Point Academy provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.



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## **Vending**

- The Point Academy sets guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- The Point Academy makes recommendations for refreshments served at parties, celebrations, and meetings during the school day.
- The Point Academy makes decisions on these guidelines based on nutrition goals, not on profit making.

## **Dining Environment**

- The Point Academy provides a clean, safe, enjoyable meal environment for students.
- The Point Academy provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The Point Academy makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- The Point Academy encourages all students participate in school meals program and protect the identity of students who eat free and reduced price meals.

## **Time to Eat**

- The Point Academy will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- The Point Academy will schedule lunch time as near the middle of the school day as possible.
- The Point Academy will implement no talking and focus time for elementary students the first 15 minutes of lunch so that children will be less distracted and ready to eat.

## **Food or Physical Activity as a Reward or Punishment**

- The Point Academy will prohibit the use of food as a reward or punishment in schools.
- The Point Academy will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

## **Consistent School Activities and Environment**

- The Point Academy will ensure that all schools' fundraising efforts are supportive of healthy eating.
- The Point Academy will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- The Point Academy encourages parents, teachers, school administrations, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The Point Academy encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- The Point Academy will provide information and outreach materials about other programs such



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as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.

- The Point Academy encourages all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School program, and School Breakfast programs.