

Attaches To: (see bottom of page 1, Objects(s): Job Description, Etc. Applied To)

### Policy Attributes:

Policy Title:	Health and Wellness
Policy Reference:	PL.6
Policy Type:	<input type="checkbox"/> Company <input type="checkbox"/> Position <input type="checkbox"/> Other _____

Vanguard is committed to fostering a school environment that supports the health, wellness, and academic success of all students. This Wellness Policy establishes a comprehensive framework to ensure that nutrition standards, physical activity opportunities, and health education are integrated throughout the school environment. It reflects Vanguard's commitment to promoting lifelong healthy behaviors and fulfills the USDA Local School Wellness Policy requirements.

### Description:

The purpose of this Wellness Policy is to:

Ensure that all meals served through the National School Lunch Program (NSLP) meet or exceed USDA nutrition standards. Prevent childhood obesity and support students in achieving their full academic potential by fostering physical, emotional, and social well being. Provide nutrition education that is age appropriate, culturally relevant, and designed to empower students to make informed, healthy choices throughout life.

Engage students, parents, staff, and the broader community in the planning, implementation, and review of wellness related initiatives. Ensure full compliance with all applicable federal and state wellness policy requirements, including the USDA Final Rule and state board guidelines. Establish a sustainable structure for accountability and continuous improvement through regular monitoring, transparent public reporting, and triennial assessments

### Purpose:

Meal Service, Competitive Foods & Beverages, Nutrition Education, Physical Activity, Stakeholder Involvement, Compliance  
**Scope:** Monitoring

### Wellness Leadership

The Director is designated as the official with authority and responsibility to ensure Vanguard Academy complies with this wellness policy. A Vanguard Wellness Committee (VWC) will oversee development, implementation, and triennial review of the policy.

### Stakeholder Involvement

Vanguard shall invite participation from the following stakeholders in the development, implementation, review, and update of the wellness policy: Students, Parents / caregivers, Teachers (including physical education teachers), School health professionals (e.g. nurse, counselor), Food service staff, School administrators, Members of the public, Local community organizations / partners. The policy shall include a plan for outreach, recruitment, and public notice of these opportunities.

### Public Communication & Transparency

Vanguard will annually publish a summary of the wellness policy content, any updates, and implementation status to families and the public.

The full wellness policy, progress reports, and the most recent triennial assessment will be posted on Vanguard's website.

## Record Keeping

Vanguard shall maintain records including, but not limited to: The current and past approved versions of this wellness policy, Documentation of stakeholder involvement (meeting agendas, attendance, comments), The most recent triennial assessment results, Documentation of progress toward policy goals.

## Nutrition Promotion & Education

Nutrition education will be provided at all required grade levels and integrated into science, health, and other core subjects where appropriate. Students will engage in activities promoting healthy food choices, including learning how to read nutrition labels, evaluate food advertisements, and plan balanced meals. Education materials will be culturally relevant and age appropriate. Nutrition education will include skill building components, understanding food systems, and personal goal setting. Teachers delivering nutrition education will receive ongoing training in evidence based practices. The school shall monitor the quality of nutrition education through periodic curriculum review. The school will promote healthy food choices using evidence based strategies such as Smarter Lunchroom techniques, food placement, and signage in cafeterias.

## Physical Education & Physical Activity

\*Ensure all students receive quality physical education consistent with national/state standards. \*Students in 7th and 8th grades take a minimum of .5 credits of PE each year. \*Students in grades 9-12 take a minimum of 1.5 PE credits throughout high school, students are not allowed to be exempt from required PE courses. \*Students have the option of taking PE a full year every year which would give them 225 minutes of PE per week. All students meet state required PE courses. \* Vanguard discourages students from substituting other school or community activities for PE class time or credit in place of PE. \*PE will not withheld for punishment or to make up academic time. \*Students shall not be required to engage in physical activity as punishment. \*Physical education is required to be taught by a certified licensed teacher who is endorsed to teach PE. \*We provide daily opportunities for physical activity (e.g., recess, activity breaks) beyond PE class. \*Offer alternative or modified physical activities for students who are ill or injured, when appropriate, so they can still meaningfully participate without risk. \*PE / physical activity instruction should explicitly teach cooperation, teamwork, sportsmanship, positive self image, and personal achievement. \*Physical activity will be integrated into classroom lessons whenever feasible (active learning). \*Vanguard will ensure adequate staffing, facilities, and professional development opportunities to support high-quality PE programming. PE teachers are required to complete annual professional development specific to PE content. \*Vanguard holds a fun run yearly to provide physical activity opportunities for families and community. \*Vanguard offers before and after school physical activity opportunities for students.

## Other School Based Wellness Activities

\*Ensure that noncurricular wellness opportunities (after school clubs, sports,) support healthy behaviors. \*Integrate wellness topics (mental health, stress reduction, sleep, hydration) into broader school wellness efforts. \*Staff wellness programs and activities will be offered and promoted regularly. \*Non-food rewards will be encouraged and modeled by staff. Rewarding extra physical activity time such as whole class supervised outdoor activity time. \*Staff shall be encouraged to model healthy eating and physical activity behaviors.

## Goals & Objectives

\*Classroom food usage: Teachers may allow food that fits in with the objectives of the Vanguard wellness policy to be eaten. \*No soda, carbonated, caffeinated, or energy drinks (Sparkling water and juice, and naturally sweetened beverages are allowed): Vanguard will neither provide nor permit students to have soda, caffeinated, or energy drinks on campus. \*No prepared foods with sugar, artificial sweeteners, artificial colors, or MSG: Vanguard staff or students shall not prepare or provide any foods containing these ingredients to students. Any food or beverages served at parties, or other purposes meet all federal nutrition standards (i.e., Smart Snacks). \*Limited treats / parties: Two director approved parties per year may involve food distribution; those parties must follow all applicable nutrition standards in this wellness policy and be preapproved by the Director. \*After school food for Vanguard events: Any food provided during Vanguard sponsored after school events must be under the direction of the Director (or designee) and follow the wellness policy standards. \*Marketing on school campus will be limited to those products that are allowed to be sold according to the school's and Smart Snacks nutrition standards.

## Nutrition Standards & Guidelines for Foods and Beverages

**School Meal Participation:** Vanguard discourages consumption of competitive foods in place of school meals by not allowing competitive food choices during meal times in the cafeteria. Student do not have the option of purchasing snacks during meal times. **Healthy Choice Promotion:** Salads are fruits are the first food choice options provided at meals. Vanguard regularly includes fresh, locally-grown foods in school meals from local farms. \*Per **USDA rule**, the wellness policy must include standards for all foods and beverages available on campus during the school day whether sold or provided (e.g. snacks, parties, classroom rewards). **Meal Programs:** \*Meals served through Vanguard must meet or exceed the USDA meal patterns and nutrition standards (e.g. limits on saturated fat, sodium, 0 g trans fat, whole grains, fruit & vegetable offerings). \*Vanguard will coordinate with the school food authority to ensure compliance and continuous improvement. **Competitive Foods / Smart Snacks:** \*Vanguard will follow the Smart Snacks in School standards for all food and beverages sold to students on the school campus during the school day as found on our website. \*Any food or beverage sold to students (e.g. vending, a la carte, school store) must comply with the Smart Snacks and USDA in School nutrition standards. \* All fundraisers held during the school day must meet Smart Snacks. \*Marketing of foods and beverages on campus (posters, ads) is limited to only those items that meet the competitive standards. **Foods Provided / Not Sold (Classrooms, Rewards, Celebrations):** \*Any food or beverage given to students during school (classroom snacks, celebrations, incentives) must meet nutrition guidelines (e.g. fruit, vegetables, whole grains, low fat dairy, limited sugar) and comply with Vanguard's additional requirements (no soda, no artificial sweeteners/colors, etc.). \*For classroom food use as educational tools, the Director's prior approval is required. \*On the two permitted annual parties per classroom, foods offered must be consistent with healthful choices and meet the policy's nutrition standards. **Water Access:** \*Free, safe drinking water shall be available to all students throughout the school day (during meals and in other locations). \*Students may bring and carry water bottles (filled with water) as allowed by classroom policies.

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## Implementation, Monitoring & Evaluation

**Implementation Plan:** The VWC will create a multi-year action plan with benchmarks and assigned responsibilities. The plan should include steps to align school practices (menus, service, curriculum, scheduling) with this wellness policy. Vanguard shall incorporate wellness into existing structures (e.g. staff meetings, committees, professional development). **Monitoring & Reporting:** The VWC shall meet biannually and is open to feedback throughout the year. The VWC shall monitor policy implementation at least annually, including collecting data on practices (menus, classroom compliance, party approvals). Reports on implementation progress shall be reviewed by the VWC and made available publicly. **Triennial Assessment:** At least once every 3 years, Vanguard shall conduct a triennial assessment to: \*Evaluate compliance with the wellness policy (i.e., how well the school is following the written policy). \*Compare the written policy to model policies (e.g. those used in WellSAT) to identify strengths and gaps. \*Measure progress toward achieving the policy's goals. The assessment shall be documented and made public. Results shall inform updates or revisions to the wellness policy or implementation plans. **Policy Review and Update:** Policy revisions will follow input from stakeholders and committee review. If gaps or emerging best practices are identified, the policy shall be updated accordingly, with stakeholder input. Vanguard shall document who was involved, how stakeholders were informed and involved, and reasons for changes and updates will be publicly posted on Vanguard's website. **School Breakfast Program:** Vanguard provides breakfast through the USDA School Breakfast Program.

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## Staff Wellness & Professional Development

Vanguard encourages staff wellness, providing opportunities for staff health initiatives, wellness challenges, or professional development on school wellness topics. Free water, healthy lunch and healthy snacks in the staff room are provided for staff. Staff training shall include support for implementing wellness policy components (e.g. healthy celebrations, integrating movement into classrooms, nutrition literacy). All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for training needs.

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## Additional Provisions / Safeguards

While Vanguard is under **Community Eligibility Program (CEP)** all students receive free school meals. If we no longer qualify for CEP, we use students code and not cash at the POS. Vanguard will serve students a reimbursable meal, regardless of whether the student has money to pay or owes money. No reprisals shall occur for any person raising concerns about the wellness policy or its implementation.

Exceptions: In rare cases where extenuating circumstances arise (e.g. medical restrictions, allergy protocols), the Director (or VWC) may grant an exception with appropriate documentation and safeguards. Any such exception must still align as closely as possible with the core intent of the policy and must be documented.

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## Meal Times

Breakfast is offered at least 20 minutes before school starts and continues service at least 10 minutes after school starts. Lunch is monitored to ensure the line is served and students are seated at least 15 minutes before lunch ends. In emergency situations lunch time will be extended to ensure all students have at least 15 minutes to eat after being served. Lunch staff will portion out available food to match students in each of the 2 lunches, ie if 70% of our students are in first lunch we will use 70% of the food service, allowing students to get additional food but will not use the second lunch portion during first lunch.

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## Job Description Object(s) Applied To:

UBMRev:8/18V1.7.8  
SY:UBM  
MFI#930.101.02.01.07  
DocRev:8/18V6 SL\_  
App#\_Rev\_V\_  
MFI#\_  
DocRev:\_V\_SL\_

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SY:\_  
MFI#  
DocRev:\_V\_SL\_  
App#10 Rev:11/19 V1  
MFI#103.02.03.01.01.02  
DocRev:11/19 V1 SL\_  
Object String Ref#

Reference	Job Description (JD) Title(s)
JD.1	Lunch Program Director

### Template Object(s) Applied To:

Reference	Templates (TP) Title(s)

### Revision History:

Revision #	Date of Change	Description of Change	Authorized By
1.1	N/A	Launched Object	