WELLNESS POLICY

ReNEW Schools is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. ReNEW seeks to ensure all of its students obtain the knowledge and skills necessary to make nutritious food selections and enjoy life-long physical activity. To this end, ReNEW sets forth the following goals relating to nutrition promotion and education, physical activity, and other school-based activities.

Nutrition Promotion and Education:

a) Nutrition topics will be integrated within the comprehensive education curriculum and other instructional areas, as appropriate.

b) Nutrition instruction will be designed to help students acquire nutrition knowledge. Topics include, but not limited to, the benefits of healthy eating; essential nutrients; nutritional deficiencies; principles of healthy weight management; the use and misuse of dietary supplements; and safe food storage, handling, and preparation.

c) As appropriate, ReNEW will promote nutrition education activities that involve parents, students, and the community.

d) ReNEW will promote school and community awareness of this policy through various means, such as a publication on the school’s website.

e) Parents will be encouraged to send in healthy treats for classroom celebrations.

f) School personnel are strongly discouraged from using food as a reward or withholding food as punishment under any circumstance.

Physical Activity:

ReNEW Schools will provide opportunities for every student to participate in physical education and to be involved in physical activities. In doing so, the ReNEW aims to promote among students the development of knowledge and skills for specific physical activities, the maintenance of physical fitness, regular participation in physical activity, and an understanding of the short-term and long-term benefits from a physically active and healthy lifestyle.

ReNEW will ensure that the following standards are met to achieve its goals relative to physical education and physical activity:
a) A physical and social environment is provided that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

b) Activities are adapted to meet the needs of students who are temporarily or permanently unable to participate in the regular program of physical education. In doing so, ReNEW Schools will abide by specific provisions in 504 Plans and/or individualized education programs (IEP). All students, including students in need of adaptive physical education, will be encouraged to participate in physical fitness programs and competitions.

c) All classroom teachers, and particularly those engaged in the instruction of K through 5 students, are strongly encouraged to incorporate into the school day short breaks for students that include physical activity, especially after long periods of inactivity.

Other School-Based Activities:

ReNEW Schools is committed to establishing a school environment that is conducive to healthy eating and physical activity for all. ReNEW Schools will, therefore, adopt the following standards:

a) ReNEW Schools will participate to the maximum extent practicable in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service Program). Food served through these programs will meet all applicable federal and state standards.

b) Food service staff will meet with students in grades 6 through 12 annually to solicit feedback on the school breakfast and/or school lunch program(s)

c) ReNEW participates in the CEP program, which qualifies ALL students to eat free meals.

d) ReNEW will ensure:

   1. School dining areas have sufficient space for students to sit and consume meals.

   2. School dining areas are clean, safe, and pleasant environments that reflect the social value of eating.

   3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.

   4. All students have a scheduled lunch period.

   5. Lunch times are scheduled near the middle of the school day.

   6. Students are given adequate time to eat healthy meals.

   7. Students and staff have access to free, safe, and fresh drinking water throughout the school day and where school meals are served.
Nutrition Guidelines:

In an effort to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size. ReNEW will therefore ensure the following:

a) School Meals will, at a minimum, meet the program requirements and nutrition standards of the School Breakfast and National School Lunch Programs.

b) School-sponsored fundraisers conducted outside of the school day will be encouraged to support the goals of this policy by promoting the sale of healthy food items (fresh fruit and produce) and/or non-food items, such as water bottles, plants, etc., and by promoting events involving physical activity.

c) Competitive foods—which include all foods and beverages sold outside the school meal programs, on the school campus in student accessible areas, and at any time during the school day—will follow, at a minimum, the nutrition standards specified by the Healthy, Hunger-Free Kids Act. These standards will apply to all foods and beverages sold individually and outside of the reimbursable school meal, including vending machines, school stores and cafeteria a la carte lines.

b) Additionally, RENEW will not sell foods of minimal nutritional value to students from a machine, or anywhere in the building from the beginning of the school day until the end of the last lunch period. Prohibited foods include: soda water, water ices (excluding ices containing fruit or fruit juices), chewing gum, hard candy, jellies, gums, marshmallow candies, licorice, fondants (soft mints, candy corn), cotton candy and candy coated popcorn.