



CPLC Community Schools

School Policy on Wellness and Nutrition

CPLC Community Schools recognizes and appreciates our role in contributing to the general health and well-being of every student who attends our school. We strive to ensure all students have access to the most nutritious meals possible. Proper education will be provided as to the importance of good health and physical activity in the development, both mentally and physically, of every young person. Healthy eating and physical activity are linked to reduced risk of mortality and the development of many chronic diseases as adults, and we recognize that the importance of teaching these habits is just as vital as any other knowledge that can be attained within our classrooms.

To ensure the health and well-being of all students, our entire staff shall promote and monitor student wellness according to policy.

SCHOOL NUTRITION REGULATIONS

All meals served to the students during the regular meal service hours shall meet or exceed the National School Lunch Act Guidelines. Any questions regarding school meals and their nutritional content should be directed to the school site National School Lunch Coordinator.

OUTSIDE FOOD REGULATIONS

CPLC Community Schools strive to provide the healthiest environment possible for our students and encourage our parents to assist in the process by no longer delivering food to a child at lunchtime without pre-approved medical reasoning. CPLC Community Schools have found this practice was being misused and was raising the likelihood of children eating deep fat fried food during the school lunch period and has been thus deemed a competitive Food of Minimal Nutritional Value; competitive foods with minimal nutritional value are not allowed on campus.

If your child has pre-approved medical reasoning, please ensure their lunch or snacks are healthy, nutritious, and brought from home. Chips will be allowed from home, but only in small portions within a packed lunch, and baked chips will be encouraged over fried.

Food is not to be used as a reward or encouragement for students under any circumstances. Approved classroom parties and special events held outside of the regular school day should exist only to celebrate an event (such as birthdays or graduations). They should never be used as an incentive or reward for good classroom

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behavior. Classroom parties (potlucks or pizza) may only be held with the direct approval of school administrators.

PHYSICAL & HEALTH EDUCATION REGULATIONS

CPLC Community Schools believes physical and health education is beneficial to the physical health of the student and their mental and social development. Physical activity will be required at a minimum of 30 minutes a week. This can be conducted at the beginning or end of classes as a stretching exercise or walking in place. During crew, crew walks or pilgrimages may be performed.

Health education will be piloted at CPLC Community Schools. The encouragement of a healthy lifestyle and good health habits is vital to a student's well-being. Health education classes such as calorie counting, anti-drug alcohol, and tobacco classes will be provided, along with courses on monitoring the intake of sugar and carbohydrates.

ADDITIONAL REGULATIONS & MONITORING

CPLC Community Schools reserve the right to modify these regulations at any time, as the CPLC Community School District Administration and/or CPLC Community Schools Governing Board deem necessary*. Every effort to consult and give voice to any person(s) who may be involved or affected by the situation, including but not limited to:

- ✚ Site NSLP Coordinators
- ✚ Students and their Parents/Family Members
- ✚ Principals/Assistant Principals
- ✚ School Staff
- ✚ The public and Community (if necessary)

The site NSLP Coordinators will monitor and settle most disputes regarding this policy. Still, the Superintendent and Legal Council will resolve the final word on all issues related to this policy. All questions regarding school nutrition and school meals should be directed to the site NSLP Coordinator, who will be responsible for ensuring the compliance of the National School Lunch Program. All questions regarding physical and /or health education should be directed to the site NSLP Coordinator.

*(or as required by a change in the USDA regulations)

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