ALPHA ACADEMY

School Nutrition – Local Wellness Policy 2026-2027

It is the policy of the board to promote a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. To accomplish these goals:

1. School Nutrition Programs will comply with applicable federal, state, and local requirements and will be accessible to all students.
2. Nutrition education will be provided and promoted, through various means and events.
3. Physical activity will be included outside of formal physical education/dance.
4. School-based activities will be consistent with this policy.
5. Foods and beverages made available at the school during the school day will be consistent with the current Dietary Guidelines for Americans, meal patterns and nutrition standards of the USDA.
6. Food and beverages made available at the school will adhere to food safety and security guidelines.
7. The school environment will be safe, comfortable, and allow adequate time for eating meals.
8. Food will not be used as a reward or punishment.
9. The school will encourage all students to participate in school meal programs and protect the identity of students who eat free or reduced price meals.
10. Triennial Progress Assessment - The LEA will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, and a description of the progress made in attaining the goals of the school's wellness policy. The school will actively notify households/families of the availability of the triennial progress report.

Goals for Nutrition Education

The School will teach, model, encourage and support healthy eating by all students. The School will provide nutrition education and engage in nutrition promotion that:

1. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.
2. Classroom teachers will integrate nutrition promotion and education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

3. Other educational activities will partner with school meal programs, nutrition promotion activities, school gardens, other school foods and nutrition-related community services.
4. Educators will teach media literacy with an emphasis on food and beverage marketing.
5. Will include nutrition education training for teachers and other staff.

Goals for Nutrition Promotion

The School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

1. Nutrition promotion will be provided by the school's food service provider by sharing information via menus, website materials, and classroom presentations.
2. Nutrition promotion and education will involve sharing information with families and the community to positively impact the school's students and the health of the community.
3. School Nutrition Services shall use the smarter lunchroom self-assessment scorecard to determine ways to improve the school meals environment and will implement at least 2 smarter lunchroom techniques at the school.
4. Students will be encouraged to start every day with a healthy breakfast.
5. Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in School (Smart Snacks) rule.

Goals for Physical Activity

1. Physical education will be provided to all students and will teach students the knowledge, skills, and values necessary to understand the short- and long-term benefits of a healthy life style.
2. The LEA shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
3. Students will be provided a daily recess period. The school will consider planning recess prior to lunch as research has shown that physical activity prior to lunch can increase nutrient intake and reduce food waste.
4. The school will provide a physical and social environment that encourages safe and enjoyable physical activity.
5. The school will encourage families and community members to institute programs that support physical activity.
6. Children and adolescents will participate in 60 minutes of physical activity every day.

Other School Based Activities Designed to Promote Student Wellness

1. After-school programs, if offered and appropriate, will encourage physical activity and healthy habit formation.
2. Support for student health will be demonstrated by helping to enroll eligible students in Medicaid and other state children's health insurance programs.
3. Healthy foods will be considered when planning school-based activities such as school events, fundraisers, field trips, and classroom snacks or treats.
4. There will be ongoing professional training for food service and physical education staff.
5. The school will provide a clean and safe meal environment for students and ensure an adequate time for students to eat their meals.
6. The LEA will offer 2 family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity/open house) each year. This will be accomplished through our Arts Integration nights and Bring a Friend Night.
7. It is the intent of the School to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the with standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

Nutrition Guidelines for Foods Available at School during the School Day – Foods Provided But Not Sold - Food and Beverage Marketing in Schools

It is the intent of the School to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the with standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule

1. Students will have affordable access to nutritious foods that they need to stay healthy and learn well.
2. The district encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.
3. All meals meet or exceed current nutrition requirements established under the Health Hunger-free Kids Act of 2010.
4. Vending machines are prohibited from being placed in any classroom where students are provided instruction, unless the classroom also is used to serve student meals.

5. All food and beverages sold outside of the school meal programs shall meet the standards established in the USDA's Nutrition Standards for All Foods Sold in School (Smart Snacks) rule.

Classroom Snacks and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in school nutrition standards including through:

1. Classroom snacks will feature healthy choices.
2. Fundraisers involving food and beverages will comply with all applicable food and beverage standards if conducted during the school day without requiring payment or donation.
3. The school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
4. Foods made available will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be in place for prevention of food illness.

Plan for Measuring Implementation and Evaluation

1. The superintendent, a board member, school principal and school nutrition director shall ensure that this policy is implemented, complied with, and annually evaluated and reported on no less than annually to the school's board of directors as required under applicable law.
2. The superintendent shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.
3. The district will invite a diverse group of stakeholders to participate in the development, implementation and periodic review and update of the policy.
4. The LEA will actively inform families and the public about the content of and any updates to the policy through the school website, and Board of Education meetings.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued under the Child Nutrition Act and the School Lunch Act as they apply to schools.