

# Southwest Leadership Academy: Wellness Policies on Physical Activity and Nutrition

## I. Wellness Policy Goals

Southwest Leadership Academy (SLA) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

### Goals for Nutrition Education:

Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education is integrated into other subject areas besides health education. Nutritional education to be provided as part of culinary instruction, through posters in cafeteria and in core subject areas as it relates to subject matter at hand.

### Goals for Nutrition Promotion:

Encourage participation in school meal programs. School meal program menus will be posted on the school website. Participation in meal programs will be promoted to families.

### Goals for Physical Activity:

Southwest Leadership Academy will implement a Comprehensive School Physical Activity Program. Physical activity will occur daily with focus on cardiovascular/respiratory health, flexibility, and strength training. Any physical activity during the day will not be used or withheld as punishment for any reason. At least 225 minutes of physical activity per week for the school year.

### Goals for Other School-Based Activities that Promote Student Wellness:

The district will use electronic and non-electronic mechanisms to ensure that all families are actively notified of opportunities to participate in school-sponsored

activities and receive information about health promotion efforts. All school-sponsored events will adhere to the wellness policy guidelines.

## II. Nutrition Standards

### School Meals:

The program will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

Students will be given at least 10 minutes to consume meals after sitting down for breakfast and 20 minutes after sitting down for lunch services. Meals are offered at a reasonable and appropriate time of day.

Meals will be flavorful, appealing, and attractive in order to maximize participation.

Meals will be served in a clean and pleasant setting.

The programs value a healthy breakfast for all students. Students of the programs are eligible to participate in free breakfast as part of the School Breakfast Program.

The programs value a healthy lunch for all students. Students of the programs are eligible to participate in free lunch as part of the National School Lunch Program.

Any special dietary needs will be accommodated to any students in need.

Meals will be accessible to all students, and administered by a team of nutrition professionals.

Students will have access to free drinking water throughout the campus, provided by water fountains and/or water dispensers.

### Competitive Foods and Beverages:

In order to reduce less nutritious food options, food is not sold to students.

The programs do not provide vending machines, fundraisers, school stores, etc. in which students can purchase food.

The programs do not use reimbursable foods or beverages as rewards for good behavior and will not withhold food or beverages (including food served through school meals) as punishment.

The programs do not have class parties that involve food.

### III. School Wellness Committee

#### Committee Role and Membership

Southwest Leadership Academy will maintain a Wellness Committee to implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.

Southwest Leadership Academy will convene a representative Wellness Committee that meets quarterly to establish goals for and oversee school health and safety policies and programs, including development, implementation, and review any relevant wellness concerns.

In addition to the Wellness Council, Southwest Leadership Academy has designated a Wellness Policy Coordinator who is responsible for completing annual wellness policy review and leading the school Wellness Council.

Annually, the Wellness Committee will share its plan with the Advisory Board.

The local Wellness Committee membership will represent the school level and include (to the extent possible), but not limited to: parents and caregivers; students; representatives of the school nutrition program (e.g. Food Service Manager); physical education teacher; school administrators, school board members; and the general public.

#### Leadership:

The Principal or designee(s) will convene the local wellness committee and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

Name	Title / Relationship to the School or District	Email Address	Role on Committee
Christae Spivey	Principal	Christae.Spivey@rop.com	Assists in the evaluation of the wellness policy implementation and revises, as necessary
Miqala Salinas	Compliance Coordinator	Miqala.Salinas@rop.com	Assists in the evaluation of the wellness policy implementation and revises, as necessary
Yolonda Jones-Weathersby	Culinary Manager	yolonda.jones_weathersby@rop.com	Assists in the evaluation of the wellness policy implementation.
Rob Bowser	Food Service Manager	robert.bowser@rop.com	Assists in the evaluation of the wellness policy
Evan Fertig	PE Teacher	Evan.Fertig@rop.com	Assists in the evaluation of the wellness policy

This wellness policy can be found at: [www.southwestleadershipacademy.com](http://www.southwestleadershipacademy.com).

## IV. Community Involvement, Outreach, and Communications

The programs support parents’ efforts to provide a healthy diet and daily physical activity for their student to the extent which is reasonable and feasible on the residential campus and in consideration of parental lack of custody or no contact orders.

Menu and nutrition information will be available to those by request, to be provided with respect to loss of parental rights or no contact orders.

The program will also make available information about physical education and other school-based physical activity opportunities before, during, and after the

school day upon parental request, to be provided with respect to loss of parental rights and no contact order.

## V. Wellness Policy Implementation Plan

The RCCI School Wellness Policy Contact representative will ensure compliance with established program Wellness Plan on Nutrition and Physical Activity and will report on the school's compliance to the Advisory Board.

The programs school food service manager will ensure compliance with nutrition policies within school food service areas and will report on this matter to the RCCI School Wellness Policy Contact representative. In addition, the programs will report to the Advisory Board on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The RCCI School Well Contact representative will develop a summary report every three years on program compliance with established Wellness Plan for Nutrition and Physical Activity, based on input from the Wellness Council. That report will be provided to the Advisory Board and other individuals by request.

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the programs will review nutrition and physical activity policies, provision of an environment that supports healthy eating and physical activity and nutrition and physical education policies and program elements. The Wellness Policy will be revised as necessary, with corresponding plans to facilitate their implementation. In addition, the most current Wellness Policy will be posted online to be viewable by any persons.