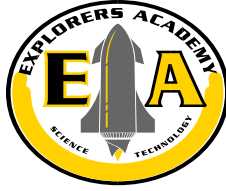


# EXPLORERS ACADEMY OF SCIENCE AND TECHNOLOGY

LOCAL WELLNESS POLICY





**EXPLORERS ACADEMY OF SCIENCE & TECHNOLOGY**  
**WELLNESS POLICY**

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Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive:

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 year) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

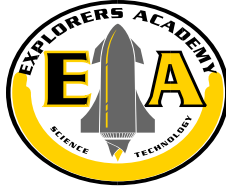
Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas; community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Explorers Academy of Science & Technology 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. Therefore, it is the policy of the Explorers Academy of Science & Technology District that:

- The school district will engage students, parents, teachers, food service and health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-6<sup>th</sup> will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.



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- To maximum extent practicable, the Explorers Academy of Science & Technology will participate in available federal school meal programs (including the School Breakfast, National School Lunch Program [including After-school snacks], Summer food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers])
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

**Module 1**

**NUTRITIONAL STANDARDS FOR FOODS PROVIDED ON SCHOOL MEALS**

Meals served through the Explorers Academy of Science & Technology Lunch and Breakfast Programs will:

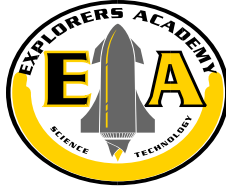
- Be appealing and attractive to children
- Be served in clean and pleasant surroundings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve reduced fat (2%), Low-fat(1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Ensure that half of the served grains are whole grain (Appendix A)

The Explorers Academy of Science & Technology will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

In addition, Explorers Academy of Science & Technology will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**FOODS OF MINIMAL NUTRITONAL (FMNV)**

Explorers Academy of Science & Technology may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until the end of the last scheduled class.



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**BREAKFAST**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

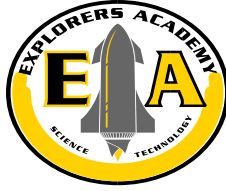
- Explorers Academy of Science & Technology will arrange bus schedules and utilizes methods to serve school breakfast that promote participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- Explorers Academy of Science & Technology will serve breakfast to students and will notify parents and students of the availability of the School Breakfast Program.
- Explorers Academy of Science & Technology will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**FREE MEALS**

Explorers Academy of Science & Technology will work to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible free and reduced-price school meals.

**MEAL TIMES & SCHEDULING**

- Explorers Academy of Science & Technology will provide students with at least 10 minutes to eat after sitting down for breakfast 20 minutes after sitting down for lunch.
- Explorers Academy of Science & Technology will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 am and 1 pm.
- Explorers Academy of Science & Technology will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Explorers Academy of Science & Technology will schedule lunch periods to follow recess periods (in elementary Explorers Academy of Science & Technology)
- Explorers Academy of Science & Technology will provide students access to hand washing or hand sanitizing before they eat meals or snacks and



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