



DISTRICT WELLNESS POLICY

Vision Charter School is committed to the ideal that a healthy life style provides a higher quality of, and a more productive life. To achieve this, Vision Charter School District promotes student health and wellness development through health and nutrition education, fitness-focused instruction and activity opportunities, and the promotion of a “wellness” attitude throughout its schools and community.

- A. District curriculum will include instructional goals that inform students about food nutrition, healthy food choices, physical fitness, and active lifestyles.
- B. VCS will provide extra activities that provide extra activities that promote the joy of physical activities.
- C. The district will continue to support community based athletic programs that involve students participating in co-ed intermural sport programs with partnering charter schools in the area when possible.
- D. Schools will encourage staff, student, and family participation in nutrition awareness and in wellness activities such as sports, exercising, walking, etc.
- E. The district will support the Federal USDA guidelines by providing lunch meal choices for all students that meet US Dietary nutritional requirements.
- F. School staff is discouraged from using food or carbonated beverages as a reward for student accomplishment. A list of alternative rewards for classroom use will be available.
- G. VCS will attempt to provide a pleasant eating experience for students by adopting the following procedures:
 - a. Nutrient analysis can be made available to teachers, parents, students, and health professionals when requested.
 - b. Adequate time to eat in a pleasant eating environment should be provided. The recommended eating time for each child after being served will be 15 minutes for lunch. School personnel will schedule enough time, lunch periods, and serving lines so students do not have to spend too much time waiting in line.
 - c. Adult supervision and role modeling is available during the meal service times to encourage students to eat the meals.
 - d. Drinking fountains will be available for students to get water at meals and throughout the day.
 - e. School personnel will encourage the healthy practice of washing hands before eating.



- H. VCS will encourage the use of healthy food and beverage choices when food is offered, for class activities, field trips, and school wise events and in their vending machines.
- I. VCS will maintain a Wellness Committee consisting of the school food authority, P.E. teacher, and school administrators. The school administrator will be responsible for compliance, development, implementation, and evaluation of this policy.
- J. VCS will maintain a web page linking from the school district site that will inform the public regarding the content and implementation of local wellness policies.
- K. VCS will be measured periodically on the extent to which the school is in compliance with the local wellness policy, the extent to which this policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy.
- L. District health curriculum will include instruction that informs students about the effects of substance abuse, negative peer pressure, and the development of positive, productive, and safe life style.
- M. VCS staff and students will encourage acceptance and respect for oneself and others, as well as acceptance of diversity of body size and weight. Schools will promote sensitive practices relating to weight assessment.



Appendix A

Healthy School Party Snack Suggestions

Students are taught in the classrooms about good nutrition and the value of healthy food choices. However, many times foods served in the classroom, in the case of a class party, are low in nutrients and high in calories. Below are some suggestions for healthier party treats:

- Milk/flavored milk
- 100% juice
- Water/flavored water
- Fresh fruit assortment
- Fruit and cheese kabobs
- 100% fruit snacks
- Vegetable trays
- String cheese/cheese cubes
- Pretzels
- Low-fat popcorn
- Graham crackers
- Vanilla wafers
- Animal crackers
- Angel food cake
- Apples with fat-free caramel dip
- Yogurt parfaits (yogurt, berries, granola, layered)
- Yogurt smoothies
- Yogurt in a tube (go-gurts)
- Quesadillas with salsa
- Low-fat breakfast or granola bars
- Trail mixes
- Crackers with cheese
- Peanut butter with apples or celery



Appendix B

Alternatives to using food as a reward

Kids learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to overweight and obesity. Kids naturally enjoy eating healthy and being physically active. Schools and communities need to provide them with an environment that supports healthy behaviors. Below are some alternatives for students to enjoy instead of being offered food as a reward at school for performance or behavior:

- Sit by friends
- Watch a video
- Read outdoors
- Teach the class
- Have extra art time
- Enjoy class outdoors
- Have an extra recess
- Play a computer game
- Read to a younger class
- Get a no homework pass
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class
- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get "free choice" time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills
- Have a teacher read a special book to the class