

Board Policy Adopted: 02/20/2024

Revised:

Approved by: LJA's Board of Directors

Section:

Laura Jeffrey Academy Wellness Policy

I. ADVERTISING OF NON-NUTRITIOUS FOOD

Laura Jeffrey Academy (LJA) prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means. LJA completes goals for nutritional education that are designed to promote student, staff and community wellness. This is done through nutrition education and developing skills that are behavior focused, interactive and participatory. The education taught is sequential and comprehensive while integrated into subjects beyond health education. Please refer to our links for our [food service sponsor](#) and our supplementary programs in place for [weekend assistance](#). LJA is always looking for more advanced ways to bring the farm to the table in our agricultural food systems.

II. FUNDRAISING AND CLASSROOM REWARDS

The Leadership Team or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. The Leadership Team shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. Healthy food should be served for any school parties, celebrations or activities before or after school.

III. IMPROVING THE CAFETERIA ENVIRONMENT

Laura Jeffrey Academy desires to provide students with adequate time and space to eat meals. To the extent possible, school and transportation schedules shall be designed to encourage participation in school meal programs. LJA shall provide all students and staff with a clean, safe and pleasant eating environment with sufficient time for eating meals. Twenty minutes for breakfast and thirty minutes for lunch are provided daily. Meal opportunities are posted in the cafeteria. Fresh water is available for every meal and throughout the day.

IV. FOODS SOLD & SERVED ON CAMPUS

Qualified child nutrition professionals (Leadership Team and lunch caterer) shall provide students with access to a variety of affordable, fresh, nutritious and appealing foods that meet the USDA Federal health and nutrition needs of students. LJA will protect the privacy of students that qualify for Free/Reduced Educational benefits. Organic and locally grown produce shall be provided when available and economically and operationally feasible. Student

preferences shall be solicited in the planning of menus and snacks and religious ethnic and cultural diversity of the student body shall be incorporated in meal planning. Carb counts are sent to families upon request.

V. PHYSICAL EDUCATION AND ACTIVITY

All students in grades 5-8 shall be provided opportunities to be physically active on a regular basis including students with disabilities and students with special health care needs in compliance with national standards by a qualified instructor who has been trained in physical education. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other structured and unstructured activities. There is a minimum of 90 minutes per week included in every student's structured week. 30 Minutes of recess are also conducted daily. Our community is welcome to participate in various activities throughout the year. Some of these activities happen before or after school. LJA offers movement breaks for students that are in need and host a specific space to conduct movement year round within the school. The encouragement of active transportation is encouraged each year and LJA has a bike rike available for security purposes.

VI. NUTRITION EDUCATION

Integrate current, scientifically accurate nutrition content into classroom instruction. Encourage instructional strategies that incorporate experiential learning opportunities (such as taste testing, cooking demonstrations, tours of farmers markets and school gardens). Reinforce messages on healthy eating by coordinating school food service with classroom-based nutrition and health education. Provide instructional staff with adequate and ongoing in-service nutrition education training. Food Service Provider works hand-in-hand with the school to educate students on product and nutrition.

VII. LJA's COMMUNITY GARDEN

Staff have access to fresh fruits, vegetables, and herbs throughout the school year.

VIII. COMMUNICATING THE WELLNESS POLICY

The Wellness Committee will develop a means of communicating the Wellness Policy, the importance of healthy foods, physical activity, fundraising using foods, training, and curriculum to the school community including administrators, teachers, students, and parents. Staff are requested to participate in being ambassadors of healthy examples for our students. Employee wellness is just as important as our students. LJA does not use wellness as a reward or punishment. Please refer to the current list of participants.

IX. MONITORING AND EVALUATION

The LJA Wellness Committee shall recommend specific quality indicators that will be used to measure the implementation of the wellness policy. These measures shall include, but are not be limited to feedback from food service personnel, staff, students, parents/guardians, school administrators and other appropriate persons. LJA will not stigmatize students based upon their ability to cover any costs associated with the meal program. All families will be requested to participate in the Educational Benefits Program through the Minnesota Department of Education.

X. TRAINING

LJA will follow the federal requirement to insure annual training for food and nutritional services in accordance with the USDA Professional Standards.