

# Du Bois Integrity Academy - Wellness Policy

This policy outlines the School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Our goal is to teach them healthy ways of eating that they may carry these same values home and use them through-out their everyday life.

- Students will have access to healthy foods throughout the school day. Du Bois integrity Academy participates in the Fresh Fruit and Vegetable Program, which provides the students with a wide variety of fresh fruit and vegetables Monday through Friday.
- We intend to implement healthy snacks into our afterschool snack program by offering fresh fruit and whole grain items that taste appetizing, while also being nutritious.
- Students will have opportunities to be physically active before, during and after school. One way to get students active in the classroom is by utilizing the "MOVE TO LEARN LETS MOVE" video series. The series allows the children to get out of their seats and exercise to the videos; a great way to stay active and implement a brain break.
- We believe that putting our focus on physical activity and a healthier nutrition program will help our children stay on a healthier path, thus reducing the risk of childhood obesity.
- We believe that the Wellness Policy will have a greater impact on the students and the community by getting the faculty and staff involved by encouraging them to encourage their students to make better eating choices and to be physically active for at least thirty minutes a day.

## **School wellness Committee**

Our wellness committee will meet a minimum of four times a year. The purpose of the meetings will be to establish goals and oversee school health and safety program and policies. The Wellness Policy will be updated once a year to add new goals and maintain the current goals and policies stated.

The committee will consist of the Nutrition Director, teachers, School Nurse, Dean of Students, School Registrar, Parent liaison, Physical Education instructor, and a few parents. Our goal is to get more people from the community involved like local pastors, restaurant owners, and local City government officials.

## **Leadership**

Joshua Mosley, Nutrition Director, [jmosley@duboisintegrityacademy.com](mailto:jmosley@duboisintegrityacademy.com)

Alexis Hart, School Nurse, [ahart@duboisintegrityacademy.com](mailto:ahart@duboisintegrityacademy.com)

Kymmberly Bridgeforth, School Registrar, [kbridgeforth@duboiintegrityacademy.com](mailto:kbridgeforth@duboiintegrityacademy.com)

Robert Johnson, Physical Education, [rjohnson@duboisintegrityacademy.com](mailto:rjohnson@duboisintegrityacademy.com)

Charlie Walker, Dean of Students, [cwalker@duboisintegrityacademy.com](mailto:cwalker@duboisintegrityacademy.com)

The Leadership team's roles are to come up with innovative ways to introduce healthy eating lifestyles and promote physical activity to not only our school but to our community as well. Our ultimate goal is to work to put an end to childhood obesity because we realize that our students are our future and we want them to take the same things they've learned from us and pass it on to the next generation.

### **Nutrition**

As the nutrition Director, I will encourage our vendor to continue to put healthier dishes on the menus. Our breakfast and lunch menus are approved by Nutrition Dept. at the State. Our menus meet all state health regulations and we are serving nutritious meals to our students on a daily basis.

We also support our local farmers by purchasing fresh fruits and vegetables from them for our After school snack program. We believe in getting everyone involved with the wellbeing of our students healthy eating. As our local farmers market has a variety of fresh fruits and vegetables, we started shopping there for our Fresh Fruit & Vegetables Program orders as well.

### **Water**

Water is available to all of our students every day from the time they enter the building until the time they leave the building. Water is also available during breakfast, lunch and during the snack program.

### **Competitive Foods and Beverages**

Du Bois Integrity Academy is committed to ensuring that all foods and beverages consumed during the school day and at all school functions is under the USDA regulation.

### **Celebration and Rewards**

Parents, Faculty and staff are encouraged to send 'Smart Snacks in school' nutrition items for all holiday/Birthday celebrations for students. We want to continue to promote healthy eating choices no matter the occasion.

### **Fundraising**

Great American and Worlds Finest chocolates are our fundraising vendors for the 2016-2017 school year. World's finest Chocolates individual chocolate bars will be sold at the front desk

and will be available for general purchase. Students who purchase a bar will not be allowed to consume the bars until they get home.

### **Signage**

Posters are posted throughout the school advertising healthy eating habits. Food pyramid posters are also posted in the cafeteria. Pictures of fruit and vegetables are also posted and we believe that if students see frequent signage of healthy eating choices then they will be more likely to make better choices when they are on their own.

### **Physical Activity**

Physical Activity plays a very important role in health and wellness. Our students get 45 minutes of physical education once a week. As we know that isn't enough, we implemented the MOVE TO LEARN LETS MOVE initiative in the classroom which was previously mentioned. For 10 minutes a day the students get active in the classroom by moving to the video series. This not only gives the student a brain break but gets them active, while making exercising fun. That's an additional 50 minutes a week on top of the 45 minutes of physical education. This year we will be having our 1<sup>st</sup> field day so the students will get to enjoy a day full of physical activity.

### **Other Activities that Promote Student Wellness**

Our students participated in the Riverdale Christmas parade, with a route that totaled 1.5 miles. The parade was a great way to get the students and community involved in physical yet fun activity.

### **Civil Rights**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs).

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