

Toledo Islamic Academy

Wellness Policy

Preamble

Toledo Islamic Academy (TIA) is committed to the optimal academic and personal development of every student. TIA believes that for students to have the opportunity to achieve success we need to create positive, safe, health-promoting learning environments throughout the school year. TIA will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students.

This Wellness Policy outlines TIA's approach to advance student health, reduce childhood obesity, and promote the general wellness of students by implementing measurable goals to promote sound nutrition and health through nutrition education, physical activity, and other school-based activities. Specifically, this Policy establishes guidelines to ensure that:

- TIA students have access to healthy foods throughout the school day;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- TIA school engages in nutrition and physical activity promotion and other activities that promote student, family, and staff wellness; and
- TIA staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.

This policy applies to all students enrolled in TIA.

I. Wellness Policy Implementation

TIA will convene a representative TIA Wellness Committee ("WC") that meets at least four times per year to establish goals for and oversee school health and safety policies and programs – including the development, implementation and periodic review and update of this policy.

TIA's wellness plan must address, at a minimum:

1. Strategies for soliciting involvement by and input from individuals interested in the wellness plan and policy;
2. Activities, benchmarks, and objectives for implementing wellness goals;
3. Methods for measuring implementation of wellness goals;
4. TIA's standards for foods and beverages provided (but not sold) to students during the school day and while on campus; and
5. Methods for communicating to the public information about TIA's local wellness plan.

In developing, implementing, and reviewing the guidelines and goals of TIA's Wellness Policy and plan, the Wellness Committee will allow participation by parents, students, representatives of TIA's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public.

II. Nutritional Quality of Foods and Beverages Served on Campus

Children consume as many as half of their daily calories at school. Schools play an important role in providing access to meals that contain vital nutrients to support growth, development, and academic performance while simultaneously shaping students' eating habits. The USDA Child Nutrition Programs (CNP) aim to improve the health of students, mitigate hunger and food related disease, and model healthy eating patterns by providing meals that are low in fat and sodium, and are abundant in fruits, vegetables, lean proteins, and whole grains. CNP supports the development of lifelong healthy eating patterns while considering cultural food preferences and accommodating special dietary needs. TIA's reimbursable school meals and other foods served during the school day are designed to promote student health and reduce childhood obesity and shall be at least as restrictive as federal regulations and guidance.

School Meals. To be compliant with the USDA final rule, TIA will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including:

- fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable
- subgroups (dark green, red, and orange, beans, peas and legumes, starchy, and "other")
- grains (80% of which are whole grain-rich)
- meats and meat alternates
- fat-free and low-fat milk
- access to free drinking water

The school will:

- offer a variety of foods and beverages that are appealing and attractive to children
- ensure that eating settings are clean and inviting

Breakfast. To ensure that children are offered breakfast to meet their nutritional needs and enhance their ability to learn:

- School will offer breakfast for students
- School will, to the extent possible, utilize methods to serve school breakfasts that maximize participation, including serving breakfast in the classroom or hallway, "grab-and-go" breakfast, or breakfast during morning break or recess when applicable.

Mealtimes and Scheduling. To ensure that all children have meals with adequate and reasonable time to consume them:

- School will provide students with at least 10 minutes to eat after sitting down with their food in front of them for breakfast and 20 minutes after sitting down with their food in front of them for lunch
- School will provide time for students to eat if participating in activities such as tutoring or clubs during mealtimes
- School meals will not be withheld as punishment
- School will provide students access to hand washing stations and will advocate for hand washing before they eat meals or snacks

Sharing of Foods and Beverages. To ensure the health and safety of children with food allergies, intolerances, special diets, and religious beliefs, schools will prohibit students from sharing their foods or beverages with one another during meal or snack times.

III. Nutritional Quality of Foods and Beverages Sold on Campus

Competitive Foods and Beverages. Competitive foods and beverages include those items sold as à la carte and in vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day. These foods are called competitive foods because students may choose to eat them instead of healthier foods offered through the school meal programs.

To be compliant with the USDA final rule, the school will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet USDA Smart Snacks guidelines. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to à la carte, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day.

Concession Stands. It is recommended though not required that food and beverages available for purchase on campus **after school hours** offer a variety of items that meet USDA Smart Snacks guidelines. Concession stands must remain closed during the school day to ensure they do not compete with CNP school meal programs.

Smart Snacks. To ensure that snacks make a positive contribution to children's diets and health, all schools will emphasize serving fresh fruits and vegetables as the primary snack and water as the primary beverage.

All snacks sold must follow Smart Snacks rules¹ and should meet the following standards:

Foods

- Be a grain product that contains 50% or more whole grain; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Meet the nutrition standards for calories, sodium, fats, and sugar as indicated below:

Nutrient	Snack
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0g
Sugar	35% by weight or less

Beverages

TIA requires that:

- free, safe, and unflavored drinking water is available to students during the school day and during the extended school day (including during out-of-school time/and before and after school),
- water cups/jugs are available in the cafeteria if a drinking fountain is not present
- students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus
- all water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards
- Allowed: Plain water (with or without carbonation), unflavored low-fat milk, unflavored fat free milk and milk alternatives, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water and no added sweeteners.
 - There is no portion size limit for plain water.
 - Elementary schools may sell up to 8-ounce portions of milk and juice.
 - Middle and high schools may sell up to 12-ounce portions of milk and juice.
- Not allowed: soft drinks containing caloric sweeteners or artificial sweeteners; sports drinks*; iced teas; fruit-based drinks or any that contain additional caloric sweeteners; beverages containing caffeine.

*Sports drinks allowed for Grades 9-12. Sports drinks must have 5 calories or fewer per fluid ounce.

Smart Snacks Calculator

- To find out if your snack meets the USDA Smart Snacks Guidelines visit:
<https://foodplanner.healthiergeneration.org/calculator/>

Portion Sizes

When not using the Smart Snack calculator, limit portion sizes of foods and beverages sold individually to:

- 1.25 ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky
- 1 ounce cookie
- 2 ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items
- 4 oz. for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
- 8 oz. for non-frozen yogurt

¹ <https://www.fns.usda.gov/tn/guide-smart-snacks-school>.

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

Fundraising Activities. To support children's health and school nutrition education efforts, school fundraising activities during the school day will only sell non-food items or foods and beverages that meet or exceed the USDA Smart Snacks guidelines. Schools will also encourage fundraising activities that promote physical activity.

School organizations are allowed to organize offsite fundraising activities at food establishments, as this does not compete with Child Nutrition Program meals. Marketing for these events can be posted on school social media.

IV. Rewards, Celebrations, and Events

Celebrations and positive reinforcement are an important part of our district's culture of supporting students. Using food as a reward or withholding food as a punishment undermines healthy eating habits and interferes with children's ability to self-regulate their eating.

Food as a reward. Schools are highly encouraged to celebrate students with non-food items. Snacks may be used as a reward and must meet USDA Smart Snacks guidelines. Snacks cannot be offered during mealtimes—breakfast, lunch, and supper— as this competes with Child Nutrition Program-provided meals.

Food as punishment. Schools will not withhold food or beverages as punishment.

Celebrations during the school day. Schools are encouraged to be creative in holding celebrations without food, or solely involving foods that meet the USDA Smart Snacks guidelines (see Section III).

On-Site Events. Foods and beverages offered or sold at events on campus outside of school meal programs during the school day will, at minimum, meet the nutrition standards enumerated in Smart Snacks (See section III). TIA's Wellness Policy does not apply to offsite events.

Donations. Foods or snacks donated for on-site events must, at minimum, meet the USDA Smart Snacks guidelines and cannot be offered during campus mealtimes.

² <https://squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>.

V. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education Goals- TIA has established the following goals for nutrition education:

1. Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
2. Nutrition education will be integrated into other areas of the curriculum, as appropriate.
3. Staff responsible for nutrition education will be adequately prepared to effectively deliver the program as planned.
4. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings.

5. Educational nutrition information will be shared with families and the general public to positively influence the health of students and community members.

Nutrition Education and Promotion. TIA aims to teach, encourage, and support healthy eating.

The school should provide nutrition education and engage in nutrition promotion that:

- Offers each grade level a nutrition program at least once a year which promotes and protects their health which includes but is not limited to special promotions (NSLW, NSBW), farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy, low sodium products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure (moderate to vigorous physical activity/exercise);
- Connects school meal programs with nutrition-related community services

Communication with Parents. TIA will support and encourage parents' efforts to provide a healthy diet and daily physical activity for their children.

- The school will provide information about physical education and other school-based physical activity opportunities available before, during, and after the school day.
- The school will share ideas and recommendations for allowable awards and celebrations.
- The school will share guidance on what foods/snacks are allowable for parents to bring to campus.
 - Any snacks delivered to campuses for students that does not meet Smart Snack guidelines will be sent home to the parent or student after school.

Additionally, the school will share educational nutrition information with families and the public to promote healthy nutrition choices and positively influence the health of students.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually that meet USDA Smart Snacks guidelines (See section III).

VI. Physical Education and Health Education Goals

Physical Education (P.E.) K-12. To ensure the health and wellness of our students:

- Students in elementary/middle school including those with disabilities, special healthcare needs and alternative educational settings will receive 150 minutes of physical activity per week. A minimum of 60 minutes of that time will be spent on physical education instruction.
- Students in middle school will receive a minimum of 120 hours or 2 semesters of Physical Education instruction. High school will also receive 60 hours or 1 semester of Health Education

Space. To ensure that students participate in school physical education class, the campus will, to the extent possible, provide an environment that is safe, enjoyable, and developmentally appropriate for all students, while they are participating in the physical activity taking place during physical education.

Clothing. To ensure that students participate in physical activity during physical education class and that students' hygiene is maintained during the school day, students will to the extent possible be provided with a space to change clothing.

Health Education: To meet the coordinated health program component of the state's education requirement:

- The school will deliver health education at least once a semester that fosters the adoption and maintenance of healthy habits
- The school will make health education a priority and shall integrate it into other areas of the curriculum as appropriate

VII. **Physical Activity Opportunities**

Recess. All elementary school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which School will encourage moderate to vigorous physical activity verbally and through the provision of space, equipment, and choice play.

Physical Activity Opportunities Before and After School. TIA may offer extracurricular physical activity programs, such as athletics, non-competitive physical activity clubs and/or intramural programs. Every effort will be made by the school to provide ample opportunity before and after the school day for students to participate.

Physical Activity and Punishment. Campus administrators will not endorse or authorize campus personnel, especially teachers, to use physical activity or withhold opportunities for physical activity as a form of behavioral punishment.

Safe Routes to School. TIA will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

Additional Physical Activity Opportunities. School teachers and staff are also encouraged to integrate physical activity into the academic curriculum where appropriate. Additionally, TIA will offer appropriate training and other activities annually to employees to promote enjoyable, lifelong physical activity for TIA employees and students. .

Communication with Parents. The school will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events. Additionally, schools should include parents in before- and after-school programs involving physical activity, when appropriate.

Moreover, the school should encourage all students, parents, staff, and community members to use their recreational facilities (such as tracks, playgrounds, fields, etc.) that are available outside of school hours.

VIII. **Monitoring and Policy Review**

Monitoring. The TIA Wellness Committee listed above will ensure compliance with established TIA's nutrition and physical activity wellness policies. The principal will also ensure compliance with those policies in their school and will report on the school's compliance to the TIA's school board.

The wellness committee will develop a summary report every three years on compliance with TIA's established wellness policies based on input from stakeholders. That report will be provided to the Board of Education and distributed to school health councils, the parent/teacher organization, school principals, and school health services personnel.

Policy Review. TIA shall comply with federal requirements for evaluating this policy and the wellness plan. Generally, TIA's compliance with the wellness policy shall be assessed at least once every three years. The evaluation will consider the extent to which TIA is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. TIA will use the ODE's wellness policy assessment tool to track the school's compliance and progress.

TIA must annually inform and update the public about the content and implementation of the Wellness Policy, and make the policy and any updates, along with the wellness plan and program assessments, available to the public.

