

# KIPP Albany

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## COMMUNITY PUBLIC SCHOOLS

KIPP: ALBANY Public Schools is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. KIPP: ALBANY has established a Wellness Policy Committee to develop the School's proposed local wellness policy, making such policy recommendations for review and adoption by the Board of Trustees. The School's Wellness Policy Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parent: Jessalyn Brodie
- b) Students: KIPP Tech Valley Middle School Student Council Members
- c) The school's food service program: Cindy Yonkers, Food Service Director and Blaine Fleming, Assistant Food Service Manager
- d) School Administrators: Jonathan Salls and Iesha Owens
- e) Health Service Representative: Beth Sontz
- f) KIPP employees: Jon Thatcher, Chief Operating Officer
- g) KIPP Alumni and school employee: Gabriel Smith

The Wellness Policy Committee will assess current activities, programs and policies available; identify specific areas of need; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Policy Committee is established to represent the local community's perspective.

### **Goals to Promote Student Wellness**

Taking into account the parameters of the school (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the School is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Policy Committee recommends the following goals relating to nutrition education, physical activity and other school-based activities:

#### Nutrition Education

The School will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

- a) Classroom teaching:

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Teachers will strive to incorporate and support daily healthy eating habits and physical activity as a lifelong strategy as part of their curricula in accordance with the New York State Standards. Teachers will focus on the following aspects: healthy living, nutrition, body image, weight management, eating disorders, and physical activity.

b) Education, marketing and promotion links outside the classroom:

KIPP: ALBANY PUBLIC SCHOOLS will utilize the following marketing and promotional approaches: menus designed for each school, the KIPP: ALBANY PUBLIC SCHOOLS website, informational posters, and a Wellness Committee to plan family activities. Periodically the school will invite guest speakers and will offer to the school community activities such as: Wellness Day, Career Day, Farm to School Day and Open House.

c) Fundraising activities:

It is recommended that all fund raising activities involving food will work toward the guidelines provided in the wellness policy. Student organizations are encouraged to hold fundraisers that are in accordance with the school's wellness policy.

d) Teacher training:

KIPP: ALBANY PUBLIC SCHOOLS will support professional development by allowing attendance at appropriate workshops/conferences as the budget allows. After attending workshops and conferences teachers will share the information they obtained with their colleagues.

### Physical Activity

The School will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

The Wellness Policy Committee has determined that the following standards are necessary to achieve this goal:

a) All students must attend and participate in a physical education program for not less than three times per week. In addition they must participate in 120 minutes of physical education per calendar week, exclusive of any time that may be required for dressing and showering. KIPP: ALBANY PUBLIC SCHOOLS currently complies with New York State Health and Physical Education Standards. Students are required

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to wear appropriate dress for the physical education unit activity. Suitable physical activities and equipment are also provided for special student populations.

- d) Staff training/certification for physical education:

All KIPP: ALBANY PUBLIC SCHOOLS Physical Education teachers are New York State certified.

- e) Physical activity outside physical education classes:

Physical activity is encouraged through three seasons of competitive sports. Teams from intramural to modified levels are available for both male and female students. All KIPP: ALBANY PUBLIC SCHOOLS coaches meet New York State certification requirements. Other activities that operate periodically may include dance instruction, musical productions, cheerleading, and marching band.

### Other School-based Activities

KIPP: ALBANY PUBLIC SCHOOLS wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all. In order to present a coordinated school approach where decision-making related to nutrition and physical activity encompasses all aspects of the school, the Wellness Policy Committee has determined that the following standards are necessary to achieve this goal:

- a) Federal School Meal Programs:

KIPP: ALBANY PUBLIC SCHOOLS participates in the Child Nutrition Program for breakfast and lunch as a self-operated program.

- b) Access to school nutrition programs:

KIPP: ALBANY PUBLIC SCHOOLS participates in the Community Eligibility Program, which provides free meals to all students, regardless of family income. Family orientation includes information about free meals in school through the CEP.

KIPP: ALBANY PUBLIC SCHOOLS participates in the Afternoon Snack Program. All students receive free snack that meets Child Nutrition Program Guidelines.

Special nutritional needs and dietary requirements of students are addressed and monitored by school personnel, the school nurse and food service staff upon request. The school nutrition program is sensitive to the cultural and religious diversity of our student

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population. We encourage interdisciplinary themes in the curriculums. Lessons that can be related to culture and ethnic foods are strongly encouraged.

The School Nurse must receive written notification by a doctor regarding any student with food allergies or intolerance. This information will be shared with the Food Service Director and Kitchen Staff.

c) Meal environment:

The cafeterias have adequate seating and lighting with an ideal traffic flow for serving the student population. Attractive nutritional posters are displayed suggesting healthy eating.

The cafeteria is cleaned after each lunch period.

Students have access to drinking water during meal periods.

The population is managed to facilitate timely movement through the meal line, which allows for adequate eating time. Lunch periods are usually scheduled according to grade level to promote positive behavior and social interactions.

d) After-school programs for students:

After-school programs incorporate nutrition related components and/or physical activity in line with our school-based philosophy.

e) Community access to School facilities for physical activities.

f) Staff wellness is supported by the use of all facilities.

g) Community involvement:

The community is encouraged to participate in the planning and maintaining of the school wellness policy.

The Wellness Policy can be found on the KIPP: ALBANY PUBLIC SCHOOLS website and hardcopies are available by contacting the Director of Operations.

If you would like to participate in the development, review, update and implementation of the local school wellness policy, or have questions about the

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most recent assessment of the wellness policy, please contact your school's Director of Operations.

h) Sustainable food practices:

KIPP: ALBANY PUBLIC SCHOOLS strongly seeks environmentally friendly, local, and sustainable resources for food and supplies as budget allows.

### **Nutrition Guidelines**

The Wellness Policy Committee recommends nutrition standards to be established for **all** foods available in school and on school grounds during the school calendar year based upon the unique needs of the student body and the community. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of appropriate portion size.

#### Nutritional Values of Foods and Beverages

a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the Child Nutrition Program. Meals served through the Child Nutrition Program will:

- 1) be appealing and attractive
- 2) be served in clean and pleasant settings.
- 3) offer a variety of fruits and vegetables, at least two vegetables and two fruit option each day and will offer five different fruits and five different vegetables over the course of a week.
- 4) whenever possible fresh fruits and vegetables will come from local farmers
- 5) serve only low fat (1%) and fat free milk or nutritionally-equivalent non-dairy alternatives
- 6) serve 100% whole grain products which meet Child Nutrition Program Guidelines.

b) Food of minimal nutritional value in the school and on school grounds will be replaced with more nutritional options by adhering to the following standards for nutritional value of foods and beverages:

- 1) Calories from total fat - No more than 30%
- 2) Calories from saturated fat - No more than 10%
- 3) Total sugar – No more than 35% by weight

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- 4) Whole grain – 100% , meeting the Child Nutrition Program requirements
  - 5) Total sodium – No more than 200 mg of sodium per serving for snacks; Breakfast and Lunch will meet all Child Nutrition Program guidelines for each grade level.
  - 6) Fruits and vegetables - a choice of at least 2 fruits and 2 vegetables will be offered at any location where foods are provided in school. Such items could include, but are not limited to: fresh fruits and vegetables; 100% fruit or vegetable juices; cooked, dried or canned fruits in fruit juice; cooked, dried or canned vegetables that meet fat and sodium guidelines.
  - 7) Beverages –100% fruit or vegetable juices; unflavored or flavored low-fat or fat-free flavored milk; water. Other beverages that meet the Smart Snacks Guidelines as outlined by USDA. Discouraged: all beverages that do not meet the Smart Snacks Guidelines.
  - 8) Healthy classroom snacks will be provided at snack time in accordance with the Child Nutrition Program guidelines.
- c) Nutrition information for products will be available through the office of the Food Service Director.
- d) A la carte, student stores, food-related fundraising, and food rewards:

The Nutritional Values listed above will be applied to school events and fund raising activities to ensure consistency.

e) Birthday Celebrations

If you wish to find a way to celebrate your child’s birthday at school, we ask that you make arrangements with their classroom teacher. Know that it will not be possible to celebrate for more than 5-10 minutes, and it will likely happen at morning meeting, recess, or closing circle. If you bring a snack for the class, please make sure that it is **peanut free**. Additionally, we ask that you do not send in home-made treats to share as the school cannot identify allergens such as peanut products.

*Birthday celebrations are the only exception to the healthy snack policy on the following page as we will allow sweets such as cupcakes on this special day.*

Healthy Snack/ Lunch Policy

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If you would like to send your child to school with lunch even though it is provided by the school daily at no charge, we require that it is reasonably healthy. Specifics about allowable snacks and foods that students will not be allowed to eat at school are below:

Reasonably Healthy Snacks	Snacks <b>NOT PERMITTED</b> at school
<ul style="list-style-type: none"><li>● Pretzels</li><li>● Veggie Straws</li><li>● Popcorn</li><li>● 100% Juice</li><li>● Flavored Waters</li><li>● Natural Fruit Snacks</li><li>● Cheese</li><li>● Fruit</li><li>● Yogurt</li><li>● Tortilla Chips</li><li>● Cheez-its</li><li>● Whole Grain Pop Tart</li><li>● Crackers</li></ul>	<ul style="list-style-type: none"><li>● Sugary Juices/KoolAid</li><li>● Potato Chips</li><li>● Cookies of any kind</li><li>● Cheetos, or similar snacks</li><li>● Funions, or similar snacks</li><li>● Gushers</li><li>● Candy of any kind</li><li>● Cakes/Pies</li><li>● Honey Buns/Sticky Buns</li><li>● Sugary or Frosted Donuts</li><li>● Pudding</li><li>● Soda</li><li>● Candy that comes in Lunchables</li><li>● Snacks that are not in single serve packaging</li></ul>

If any of the **Not Permitted** foods come to school with a student, they will simply remain in their backpacks or be held by a teacher until the end of the day. Families will be reminded of the school policy by staff when necessary.

### *A note about Snacks:*

Our strong preference is that students eat the snack that is provided by the school in the morning (Primary School) and afternoon in order to ensure timely distribution and avoid potential distractions during learning time. If it is necessary for your child to eat an alternate snack, please consult your child's teacher or the Leadership Team so that they can make an alternate plan, or just send the healthy home snacks for lunch when students have more time to unpack their lunchbox independently.

### **PEANUT FREE POLICY**

**KIPP: TECH VALLEY PRIMARY SCHOOL** is a peanut free school. If you would like to send your child to school with a lunch or snack, please be sure that it does not contain peanuts or any peanut-by-products. Any food brought from home containing peanuts will be discarded and a school meal/snack will be provided. This policy has been implemented to keep the Primary

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School safe for our young students, faculty and staff with peanut allergies. Additionally, we ask that you do not send home-made treats to share as the school cannot guarantee that they are peanut free.

KIPP: TECH VALLEY MIDDLE SCHOOL is not a peanut free school.

### School store, concession stands, and other food outlets

School-based marketing will be consistent with nutrition education and health promotion. Food and beverage marketing will be limited to the promotion of foods and beverages that meet the nutrition standards specified above. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is discouraged. The promotion of healthy foods including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Access to the school store, concession stands, and other food outlets on school property will be limited.

### **Assurance**

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

### **Implementation and Evaluation of the Wellness Policy**

To satisfy the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the KIPP: ALBANY PUBLIC SCHOOLS Wellness Policy Committee shall monitor the school's implementation of the Wellness Policy and evaluate student health activities. Such monitoring will help gauge whether or not policies have in fact been implemented, whether or not they are effective, and their overall impact on student and staff health. The results may also highlight areas in need of further change and help shape future policy. The Wellness Committee will utilize the School Health Index as a tool to evaluate the effectiveness of this plan. In an effort to improve the health of the KIPP: ALBANY PUBLIC SCHOOLS community, the Wellness Committee will report annually to the Chief Operating Officer. The Board of Trustees will receive any revisions to the Wellness Policy upon the recommendation of the Superintendent.

Child Nutrition and WIC Reauthorization Act of 2004

[Public Law Section 108-265 Section 204](#)



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Richard B. Russell National School Lunch Act

[42 United States Code \(USC\) Section 1751 et seq.](#)

Child Nutrition Act of 1966

[42 United States Code \(USC\) Section 1771 et seq.](#)

7 Code of Federal Regulations (CFR) Section 210.10

[http://www.access.gpo.gov/nara/cfr/waisidx\\_05/7cfr210\\_05.html](http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html)

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