



NEW  
VILLAGE  
GIRLS  
ACADEMY

## **New Village Girls Academy**

### **Wellness Policy: Food Service, Nutrition, and Physical Activity**

**2021 - 2022**

New Village Girls Academy was established in 2006 to provide a high-quality educational opportunity for students who have not been successfully served in traditional public schools. We allow students to reimagine their futures by providing remarkable educational experiences that ignite their desire to learn as well as social-emotional support from teachers and expert staff. Our students feel safe, encouraged, and excited about learning. They call New Village “a second home.”

New Village believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create strength-based, positive, and health-promoting learning environments at every level and in every setting throughout the school year.

This policy outlines New Village’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at New Village Girls Academy have access to healthy foods throughout the school day through reimbursable school meals available on the school campus, in accordance with Federal and state nutrition standards;
- 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;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- New Village Girls Academy establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives;
- New Village Girls Academy will coordinate the wellness policy with other aspects of school management, including the LCAP and LEA Plan.

Specific measurable goals and outcomes are identified within each section below and will include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

#### **School Wellness Committee**

New Village Girls Academy will create a school-wide Wellness Committee that

meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy. The Wellness Committee membership will include teacher representation, as well as students, parents, meal staff, community liaisons, counselors, and administrators. There will be an effort to reflect the diversity of the community.

Name	Position	Contact Info.
Jennifer Quinones	Principal	j.quinones@newvillagegirlsacademy.org
Yolanda Molina	Office Manager	y.molina@newvillagegirlsacademy.org
Vanessa Gutierrez	Community & Parent Liaison	v.gutierrez@newvillagegirlsacademy.org
Christa Hollis	TOSA Administrator/ Science Teacher	c.hollis@newvillagegirlsacademy.org
Ana Aguirre	Development & Compliance Coordinator	a.aguirre@newvillagegirlsacademy.org

### Leadership

The committee director will convene the meetings, facilitate development of and updates to the wellness policy, and ensure the school’s compliance with the policy. The designated official for oversight is Yolanda Molina, Office Manager

### Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

#### Implementation Plan

New Village Girls Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this Wellness Policy. The plan delineates roles, responsibilities, actions, and timelines related to this Wellness Policy; and includes information about who will be responsible for which areas. There will also be specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness, like meditation and outdoor education opportunities.

#### Monitoring

The Implementation Plan must include annual training for all school staff members so

that all staff is aware of the guidelines and goals of the Wellness Policy. In each school, the principal or designee will ensure compliance with the Wellness Policies in his/her school and will report on the school's compliance to the Wellness Committee. The Wellness Committee will develop a summary report periodically on New Village Girls Academy's school-wide compliance with New Village Girls Academy's established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all school staff, parent/teacher organizations, and school health services personnel.

*This Wellness Policy, monitoring, and progress reports can be found at: [www.newvillagegirlsacademy.org](http://www.newvillagegirlsacademy.org)*

## **Recordkeeping**

New Village Girls Academy will retain records to document compliance with the requirements of the Wellness Policy at the school. Documentation will include but will not be limited to:

- The written Wellness Policy;
- Documentation of efforts to review and update New Village Girls Academy's Wellness Policy; including an indication of who is involved in the update and methods New Village Girls Academy uses to make stakeholders aware of their ability to participate on the Wellness Committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the Wellness Policy;
- Documentation demonstrating the most recent assessment on the implementation of the New Village Girls Academy Wellness Policy has been made available to the public.

## **Annual Notification of Policy**

New Village Girls Academy will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. New Village Girls Academy will make this information available via the school's website and/or schoolwide communications. New Village Girls Academy will provide as much information as possible about the school nutrition environment. This will include a summary of the school's events or activities related to Wellness Days, meditation, and outdoor education opportunities.

## **Triennial Progress Assessments**

At least once every three years, New Village Girls Academy will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which New Village Girls Academy is in compliance with the wellness policy;
- The extent to which New Village Girls Academy's Wellness Policy compares to the Alliance for a Healthier Generation's model wellness policy; and

- A description of the progress made in attaining the goals of New Village Girls Academy's Wellness Policy.

The position/person responsible for managing the triennial assessment and contact information is Yolanda Molina, Office Manager.

The Wellness Committee will monitor the school's compliance with this Wellness Policy.

New Village Girls Academy will actively notify households/families of the availability of the triennial progress report.

### **Revisions and Updating the Policy**

The Wellness Committee will update or modify the Wellness Policy based on the results of the annual School Health Index and triennial assessments and/or as New Village Girls Academy's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### **Community Involvement, Outreach, and Communications**

New Village Girls Academy will actively communicate ways in which representatives of the Wellness Committee and others can participate in the development, implementation, and periodic review and update of the Wellness Policy through a variety of means appropriate for New Village Girls Academy. New Village Girls Academy will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that New Village Girls Academy is communicating important school information with parents.

### **Nutrition and NSLP Meal Program**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to students;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;<sup>2</sup>
- calories and sodium will be specific for grade levels
- no more the 10% of total calories from saturated fat, averaged over a week;
- serve only low-fat (1%) and fat-free milk<sup>3</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that grains are whole grain.<sup>3,4</sup>

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all

scholars throughout the school day. New Village Girls Academy will make drinking water available where school meals are served during mealtimes.

- Water bottles will be available if a drinking fountain is not present in the serving area.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.

### **Breakfast**

To ensure that all students have breakfast at school in order to meet their nutritional needs and enhance their ability to learn:

- New Village will, to the extent possible, operate the School Breakfast Program.
- New Village will, to the extent possible, utilize methods to serve school breakfasts that encourage participation
- New Village will notify parents and students of the availability of the School Breakfast Program.

### **Summer Food Service Program**

New Village in which more than 50% of students are eligible for free or reduced-price school meals can sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

### **Meal-Times and Scheduling**

New Village:

- will provide students with enough time to consume their meal after it has been served.
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will encourage students to wash or hand sanitize hands before they eat meals or snacks; and
- should take reasonable steps to encourage the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of New Village Girls Academy, it is our responsibility to operate a food service program and provide continuing professional development for all nutrition professional. We will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards

website to search for training that meets their learning needs.

### **Sharing of Foods and Beverages**

New Village should monitor students sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some students' diets.

### **Competitive Foods and Beverages**

New Village Girls Academy is committed to ensuring that all foods and beverages available to scholars on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve scholar health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in New Village, are available at: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>. Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at <https://foodplanner.healthiergeneration.org/calculator/>

### **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to students' diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. New Village will assess if and when to offer snacks based on the timing of school meals, students' nutritional needs, students' ages, and Smart Snack guidelines.

### **Celebrations**

New Village should limit celebrations that involve food during the school day to no more than one party per class per quarter. New Village may elect to allow less celebrations than the maximum describes previously. It is highly encouraged that each party include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). In addition, food celebration cannot occur during breakfast or lunch mealtime, and should not be served close to those times, so as to not affect the students' appetite during mealtime.

**School-Sponsored Events** (such as, but not limited to dances, celebrations, or performances).

If New Village serves or sells food and beverages at school-sponsored events outside the school day (30 minutes before or after the school day), New Village is highly encouraged to ensure that the foods and beverages meet the Smart Snack nutrition standards for meals or for foods and beverages sold individually.

## **Nutrition Education and Promotion**

New Village Girls Academy will teach, model, encourage and support healthy eating and physical activity among students. New Village will provide nutrition and physical activity education integrated into other subjects, as part of health education and/or offer stand-alone classes at each grade level.

The school will ensure that:

- nutrition and physical activity education are taught using evidence-based curricula that are aligned with the National Health Education Standards and address the essential healthy eating and physical activity topics.
- the curricula used are consistent with the CDC's Characteristics of an Effective Health Education Curriculum.

The curricula used are designed to provide students with the knowledge and skills necessary to promote and protect their health.

## **Physical Education and Physical Activity Opportunities Comprehensive Physical Activity Program**

A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program\* (CSPAP). A CSPAP ensures strong coordination and synergy throughout the school environment to encourage students to be active for at least 60 minutes per day. A CSPAP includes PE, physical activity before, during and after the school day, family and community engagement and staff involvement.

Physical education and physical activity will be provided by the Physical Education Teacher in Physical Education class, as well as monthly wellness days, outdoor education opportunities, and daily meditation.

## **Physical Education (P.E.) K-12**

All students in grades 9-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive weekly physical education for the entire school year. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

- New Village shall be encouraged to annually administer the physical fitness test designated by the State Board of Education to students in grade 9.

## **Physical Activity Opportunities Before and After School**

New Village will offer, when appropriate, extracurricular physical activity programs, such as outdoor education. New Village will offer, when feasible, a range of activities that meet the needs, interests, and abilities of all students.

After-school and enrichment programs when appropriate will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

## **Professional Learning**

When feasible, New Village Girls Academy will offer annual professional learning

opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help New Village Girls Academy staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school reform or academic improvement plans/efforts.

## **WELLNESS POLICY GOALS**

### **Goal# 1 School meal programs are consistent with State and U.S. Department of Agriculture (USDA) requirements and Healthier US New Village criteria.**

- Activities:
  - Inform appropriate constituencies (parents, teachers, school administrators, community, etc.) about this key element of the Wellness Policy.
  - Plan and prepare menus to comply with established nutrition standards.
  - Provide food service personnel with regular professional development on school meal programs, nutrition/health education, and wellness.

### **Goal# 2 Increase meal participation rates by offering quality, accessible, and appealing meals.**

- Activities:
  - Feature menus with healthy choices that are flavorful and attractively presented.
  - Promote the school meal programs to all constituencies.

### **Goal# 3 New Village will offer and promote staff health and wellness opportunities.**

- Activities:
  - Inform appropriate constituencies about this key element of the Wellness Policy.
  - New Village will be provided with professional development tools to be used for staff training.
  - Staff-based meetings and celebrations will maximize the use of nutritionally aligned food whenever possible.

### **Goal# 4 School parties/celebrations/meetings (PCM) and other school-sponsored events should maximize the use of healthy food choices and only allow limited non-smart snack aligned food or beverage.**

- Activities:
  - Inform appropriate constituencies about this key element of the Wellness Policy.
  - Establish food standards for school PCM and other school-sponsored events.

### **Goal# 5 New Village will use non-food rewards for school accomplishments.**

- Activities:
  - Inform appropriate constituencies about this key element of the Wellness Policy.
  - Provide training to teachers on non-food-related incentives.

**Goal# 6 Students will have adequate space and time to eat in a pleasant dining environment.**

- Activities:
  - Inform appropriate constituencies about this key element of the Wellness Policy.
  - Provide facilities that are easy to access and adequate to meet demand.
  - Provide meal schedules that provide enough time for students to eat; (no less than 30 minutes for lunch) and that there is at least a 2-hour window of time between breakfast or snack, and lunch whenever possible.

**Goal# 7 Students will receive comprehensive health education instruction in all grades**

- Activities:
  - The school-wide curriculum will reflect nutrition, social-emotional, hygiene, and other health-related topics based on the National Health Education Standards.
  - Teachers will develop and implement lesson plans in all grade levels and all subject areas, if applicable.
  - Teachers will develop correlated assessments and assess student learning.
  - The school will provide professional development for teacher learning

**Goal# 8 Students will receive 60 minutes of daily physical activity throughout the school day when feasible**

- Activities:
  - New Village will develop and implement a comprehensive school physical activity program
  - Teachers will develop and implement physical activities/breaks on a daily basis.
  - New Village will collaborate with an extended learning program to provide before and after-school physical activity opportunities, as well as collaborate with yard supervisors for more break and lunchtime activity
  - New Village will provide the equipment necessary to encourage more physical activity
  - New Village will provide professional development for staff learning.