

# **Urban Pathways K-5 Charter School**

**914 Penn Avenue  
Pittsburgh, PA 15222**

## **Board of Trustees Policy**

### **Wellness Policy on Physical Activity and Nutrition**

The Board of Trustees of the Urban Pathways K-5 Charter School, in combination with students, parents, administrators, faculty and staff, is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating habits and physical activity. As a means to fostering such a school environment, the Board of Trustees of Urban Pathways K-5 College Charter School sets forth the following goals and adopts the following Wellness Policy on Physical Activity and Nutrition.

#### **School Health Council**

- The Charter School shall create a School Health Council consisting of individuals representing the community, including, but not limited to, parents, students, administrators, members of the Board of Trustees, representatives of the school food authority, and other members of the public. The School Health Council will be charged with assisting in the development, implementation, monitoring and reviewing of nutrition and physical activity goals for the school community.
- The School Health Council will assist in evaluating the implementation of the Wellness Policy on Physical Activity and Nutrition as measured and informed by data collection and analysis. This evaluation will be conducted, at minimum, biennially.

#### **School Meals**

- To the extent practicable, all meals served to Charter School students through the National School Lunch and Breakfast Programs will meet or exceed the minimum nutrition requirements established by local, state and federal law, as well as Dietary Guidelines published by the federal government or an appropriate governmental agency. Similarly, any foods and/or beverages sold from vending machines, through snack lines, at student stores, celebrations, athletic events, any school-sponsored or school-related event, or for the purpose of fundraising will, to the extent practicable, meet or exceed the minimum nutrition requirements.

- The Charter School will make efforts to eliminate the social stigma attached to, and to prevent the identification of, students who are eligible for free and/or reduced-price school meals.
- The Charter School will schedule meal periods at reasonably appropriate times, and will provide students with a minimum of twenty (20) minutes to enjoy their meals. In addition, the Charter School will discourage the scheduling of meetings or activities during meal times, including, but not limited to, tutoring, club meetings and/or organization meetings, unless the students will be permitted to eat during those meetings or activities.
- The Charter School will provide facilities for appropriate hygiene, such as hand-washing and brushing of teeth.
- Students will be discouraged from sharing foods and/or beverages with others.
- The Charter School will not use foods or beverages for the purpose of rewarding students for academic achievement or good behavior, unless such a reward system is specifically identified in a student's Individualized Education Program. Likewise, the Charter School will not restrict or withhold foods or beverages for the purpose of disciplining or punishing students.

### **Nutrition Education**

- Nutrition education will be integrated into other areas of the curriculum, such as math, science, language arts and social studies at all grade levels.
- Nutrition education will be developmentally appropriate, interactive, and will teach skills needed to adopt healthy eating behaviors.
- Nutrition education materials will be reviewed by a qualified and credentialed nutrition professional, including, but not limited to, a School Food Nutrition Specialist or Registered Dietitian.
- Faculty and staff that teach nutrition education will have appropriate training.
- Informational materials will be provided to students and families to encourage sharing of health and nutrition information, and to encourage healthy eating in the home.
- Any marketing of foods and/or beverages undertaken by the Charter School will be consistent with established guidelines and/or standards.

## **Physical Activity**

- Physical activity will be integrated across curricula with activities that are safe, enjoyable and developmentally appropriate for all students in all grades.
- All students will be given opportunities before, after, and throughout the school day for physical activity through physical education, recess periods and integration of physical activity into the curriculum.
- Faculty and staff will be appropriately trained in integrating physical activity into the various curricular areas.
- Students will be encouraged to participate in physical activity outside of the school environment, in both competitive and non-competitive environments.
- Organized physical activity will be offered and encouraged at school-sponsored or school-related events.
- To the extent practicable, Charter School facilities will be made available to students, faculty, staff and the community for the purpose of offering physical activity and/or nutrition programs.
- Physical activity will not be used or withheld as punishment.

To the extent anything in this policy can be construed to conflict with applicable state and/or federal laws, the state and/or federal laws will apply.

## **Competitive Foods**

- Classroom parties will make healthy snack choice available to students through a vegetable or fruit platter and will provide bottled water along with soda.
- Students are permitted to have extra milk as a la carte items during their lunches. Soup is also available to students and meets the Dietary Guidelines. Any other a la carte foods or beverages will meet the Dietary Guidelines.
- All vending machine foods will contain no more than 35% calories from fat and  $\geq 1$  gram of fiber per serving. Vending machine contain 75% bottled water and 25% diet soda.
- Any fundraisers offered through the school will also offer healthy alternatives.

- UP encourages the use of healthy snacks (see vending machine foods) for use in student rewards.
- UP does not offer any foods or beverages through a school store.