



VALIANT CROSS
ACADEMY

Wellness Policy

(Revised January 2023)

Valiant Cross Academy Wellness Policy

Table of Contents

Preamble	3
School Wellness Committee.....	4
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement	5
Nutrition	7
Physical Activity	10
Other Activities that Promote Scholar Wellness	12
Glossary	14
Appendix A: School Level Contacts	15

Preamble

Valiant Cross Academy is committed to the optimal development of every student. Valiant Cross Academy believes that for scholars to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive scholar outcomes. For example, scholar participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific ^{1 2 3 4 5 6 7} foods including fruits, vegetables, and dairy products, is associated with lower grades among scholars. . . . In addition, scholars who are physically active through active transport to and from ^{8 9 10} school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

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

- Scholars in Valiant Cross Academy have access to healthy foods throughout the school day —through reimbursable school meals breakfast and lunch-in accordance with Federal and state nutrition standards;
- Scholars receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Scholars have opportunities to be physically active before, during, and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The community is engaged in supporting the work of Valiant Cross Academy in creating continuity between school and other settings for scholars and staff to practice lifelong healthy habits; and
- Valiant Cross Academy establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.
- This policy applies to all scholars and staff at Valiant Cross Academy.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at annually to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

Leadership

The Head of School or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

Name	Title	Email address	Role
Brittany Smith	CNP Director	bsmith@valiantcross.org	Wellness Policy Coordinator
Felissa Clemons	Principal	fclemons@valiantcross.org	School Administrator
Angel Garrett	Principal	garrett@valiantcross.org	School Administrator
Jasmine Nougera	School Secretary	nougera@valiantcross.org	CNP Representative
April Brown	Teacher	abrown@valiantcross.org	CNP liaison
Brittany Cromblin	Teacher	bcromblin@valiantcross.org	CNP liaison
Noah Waters	Student	noahwaters@valiantcross.org	Student Council Member
Dr. Roosevelt Daniels	Parent	rdaniel0@icloud.com	Dental Expert
Jonathan Avant		javant@abcpa.com	Community Partner

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

Valiant Cross Academy has developed and will maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to Valiant Cross Academy, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at:

www.valiantcross.org

Recordkeeping

Valiant Cross Academy will retain records to document compliance with the requirements of the wellness policy at [136 Catoma Street, Room #104] and on www.valiantcross.org. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively

notify families about the availability of wellness policy.

Annual Progress Reports

Valiant Cross Academy will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in December and will include information from each school within the district. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy; ▪ A description of Valiant Cross Academy progress in meeting the wellness policy goals ▪ A summary of Valiant Cross Academy events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or

SWC. The annual report will be available in English and Spanish.

Valiant Cross Academy will actively notify households/families of the availability of the annual report.

The DWC will establish and monitor goals and objectives for Valiant Cross Academy, specific and appropriate for each instructional unit (middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the district follow the wellness policy;
- The extent to which Valiant Cross Academy 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 the district's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is **Brittany Smith**, *CNP Director*.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Valiant Cross Academy will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and as District 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

Valiant Cross Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district.

Valiant Cross Academy will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Valiant Cross Academy will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving; and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Valiant Cross Academy participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Valiant Cross Academy is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that are:

- Accessible to all students
- Appealing and attractive to children.

- Served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The district offers reimbursable school meals that meet USDA nutrition standards.)
- *Menus are posted on the VCA website and will include nutrient content and ingredients*
- *Valiant Cross Academy child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). Valiant Cross Academy will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

- *All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.*

Competitive Foods and Beverages

Valiant Cross Academy is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student 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.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the

school campus during the school day* and *ideally, the extended school day* will meet or exceed the USDA Smart Snacks nutrition standards *or will meet or exceed state nutrition standards*. 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, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

Foods for celebration and rewards are encouraged to be healthy or non-food related.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards are encouraged to be sold through fundraisers on the school campus.

Valiant Cross Academy will encourage non-food fundraisers.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

Nutrition Education Valiant Cross Academy aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exe

Food and Beverage Marketing in Schools

Valiant Cross Academy is committed to providing a school environment that ensures opportunities

for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on Valiant Cross Academy property that contains messages inconsistent with the health information Valiant Cross Academy is imparting through nutrition education and health promotion efforts. It is the intent of Valiant Cross Academy to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with Valiant Cross Academy's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* is encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards.

IV. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason *This does not include participation on sports teams that have specific academic requirements*. To the extent practicable, Valiant Cross Academy will ensure that its grounds and facilities are safe and that equipment is available to scholars to be active.

Physical Education

Valiant Cross Academy will provide scholars with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection).

All scholars will be provided equal opportunity to participate in physical education classes. Valiant Cross Academy will make appropriate accommodations to allow for equitable participation for all scholars and will adapt physical education classes and equipment as necessary.

Outdoor recess will be offered when weather is feasible for outdoor play. *Scholars will be allowed outside for recess except when outdoor temperature is above 100 degrees /below 32 degrees. VCA-set temperature, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.*

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. *Valiant Cross Academy will maintain and enforce its own indoor recess guidelines.*

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Middle and High School)

Valiant Cross Academy recognizes that scholars are more attentive and readier to learn if provided with periodic breaks when they can be physically active or stretch. Thus, scholars will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week.

The Valiant Cross Academy will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers will serve as role models by being physically active alongside the scholars whenever feasible.

Before and After School Activities

Valiant Cross Academy offers opportunities for scholars to participate in physical activity either before and/or after the school day (or both) through a variety of methods. Valiant Cross Academy will encourage scholars to be physically active before and after school by: Physical education, SGA, Korean class, Flight School, Football, Basketball, Golf and Track.

V. Other Activities that Promote Student Wellness

Valiant Cross Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Valiant Cross Academy will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Valiant Cross Academy is encouraged to coordinate content across curricular areas that promote scholar health, such as teaching nutrition concepts, with consultation provided by either the school or nutrition team.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

Community Partnerships

Valiant Cross Academy will welcome relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

Valiant Cross Academy will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, ***Valiant Cross Academy*** will use electronic mechanisms (such as social media and displaying notices on Valiant Cross Academy's website), as well as non-electronic methods to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

Valiant Cross Academy promotes staff member participation in health promotion programs and encourage support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, Valiant Cross 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. Professional learning will help Valiant Cross Academy staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Glossary

Extended School Day - time during before and after school activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Appendix A: School Level Contacts Wellness Committee

Name	Title	Email address	Role
Brittany Smith	CNP Director	bsmith@valiantcross.org	Wellness Policy Coordinator
Felissa Clemons	Principal	fclemons@valiantcross.org	School Administrator
Angel Garrett	Principal	garrett@valiantcross.org	School Administrator
Jasmine Nougera	School Secretary	nougera@valiantcross.org	CNP Representative
April Brown	Teacher	abrown@valiantcross.org	CNP liaison
Brittany Cromblin	Teacher	bcromblin@valiantcross.org	CNP liaison
			Student Council Member
			Parent
			Community Partner