FREIRE
CHARTER WILMINGTON

SCHOOL WELLNESS POLICY

Freire Charter School Wilmington is fully committed to doing anything and everything it can to provide for, facilitate, and maximize student achievement and success at Freire, in college, and throughout life. This commitment to student achievement and excellence is behind Freire's wellness policy. Ubiquitous research shows clearly that students who eat better do better in school. Research also shows that students who participate in physical activity several times or more during the week outperform their peers who do not participate in frequent physical activity. This policy is in place in order to realize Freire's commitment to students and to comply with provisions of the Healthy, Hunger-Free Kids Act of 2010 and its implementing regulations, specifically 7 CFR §210.31.

Goals

In the coming years, as Freire continues to grow and to excel, so, too, will the level of student and staff wellness. Our overall goal is to promote healthy eating and living as well as help prevent and reduce obesity in our students. Our vision includes that one day, all students and staff will participate in safe, healthy physical exercise. Our specific program goals are that Freire students will:

- Be drawn to healthy practices.
- Be drawn to physical exercise and healthy eating.
- Demonstrate fundamental knowledge of health and nutrition.
- Know how to care for themselves.
- Demonstrate their knowledge of how to provide basic care for others through the life cycle.
- Monitor their own health and command strategies for addressing the health problems of others.

Programs

Freire's graduation requirements include one credit of physical education and one half credit of health. In health education, students will delve into sex education, body systems and maintenance, diseases and disease prevention, nutrition, exercise, drug and alcohol prevention, and overall wellness. Our physical education course promotes exercise as a part of maintaining good health.

Freire students also have the opportunity to participate in a variety of extracurricular athletic programs such as basketball, cross country, track & field, cheerleading, and yoga. In the future, the school may examine the idea of making participation in at least one sport per year a mandatory part of a Freire education.

Food Standards and Sales

All foods and beverages that Freire provides to students through the National School Lunch Program shall meet applicable standards and nutrition guidelines. Freire uses the Community Eligibility Provision to provide

school breakfast and lunch to any student free of charge. **In order to promote inclusivity and comply with federal regulations, Freire does not permit the sale of foods or beverages to students on school property until 30 minutes after the end of classes. All food and beverages available to students during the school day must be provided free of charge. Marketing of any food items at any time is strictly prohibited.**

Food and beverage items to be provided, but not sold, to students during the school day should not encourage unhealthy eating habits. Freire not use food as a reward unless the reward promotes a positive message. We also encourage parents to send their children with healthy food to school or to participate in the school's healthy foods initiatives when offered.

In order to maximize attention, concentration, and learning potential, Freire encourages the selection of healthy snacks such as fresh fruit, granola bars, yogurt, dried fruit, and water. Such foods provide extended hours of energy for learning, whereas sugary snacks provide only short term energy followed by a crash. We discouraged fried foods or those with high amounts of added sugar.

Policy Review Process

Freire invites the wider school community to provide input and participate in the review and implementation of this policy. This includes students, their families, school board members, the general public, and school staff including administrators, physical education teachers, health professionals, and food service staff.

In order to make information about Freire's school wellness programs and to solicit public input, this policy will be posted on the school's website. Information describing any updates made to the policy will be posted along with the policy itself no less than annually.

As required under USDA regulations, once every three years Freire will conduct a community review of this policy ("triennial assessment"). Freire will make a good faith effort to include representatives from the school community as described above in the process. The review will:

- Assess the school's compliance with and measure the implementation of the policy
- Evaluate the school's progress toward meeting the goals defined in the policy
- Review and consider evidence-based strategies and techniques in developing specific goals
- Examine how Freire's policy compares to model policies

After conducting the review, Freire will create a report on the findings and update this policy in response to the findings. The report will be posted on the school's website along with the policy and description of updates.

Responsible School Official

The school official responsible for the implementation and oversight of this policy to ensure Freire's compliance with it is the Co-Head of School, Academic Supports.

Recordkeeping

Freire will comply with all applicable recordkeeping requirements. This includes retaining a copy of this policy and triennial assessment reports. Requirements also include documentation of community involvement and the public availability of the policy and reports. This is not intended to be an exhaustive list of records

required. Changes to Freire's food standards or other areas of the wellness policy may create additional recordkeeping requirements. The retention period will be the longer of any requirement under school policy or state or federal regulation.