

Academy for G.O.D Wellness Policy Updated 2022-23 SY

Academy for G.O.D Wellness Policy

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Academy For G.O.D School Level Wellness Policy

Preamble

Academy for G.O.D is committed to holistically educating children to become responsible, kind and ethical neighbors; competent persons, globally conscious and historically relevant. Part of this mission of education includes education concerning physical and even mental wellness. Our physical wellness programs are integrated into a K-12 curriculum integrating everything from anatomy and physiology to sustainable gardening. Children are taught how to not only maintain their own health but are also introduced to ideas that will develop their capacity to participate in wellness at a community level. Our wellness program works in tandem with a local sports association and dance academy to ensure students have access to both quality and affordable physical activity. We believe students will grow to be healthy physically and mentally if they are given a model that integrates a holistic approach to their life.

Research shows that two components, good nutrition, and physical activity before, during and after the school day, are strongly correlated with positive student outcomes, and less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{1,2,3} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{4,5,6,7} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines our school's approach to ensuring environments and opportunities for all students 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:

- Students in the school have access to healthy foods throughout the school day – through reimbursable school meals offered at Lunchtime.
- Students receive holistic education concerning health, nutrition, and physical activity.
- Students 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.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.

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- Parents, teachers, administrative staff, and community are involved in promoting healthy living for children at our school.
- Our school 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 students, staff of our school. Specific measurable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

The Academy will convene a wellness committee that reviews the policy each year to oversee school health and safety policies and programs, including **development, implementation** and **periodic review** and **update** of the school-level wellness policy.

The wellness committee will represent relevant categories of input for the benefit of all students within our Academy. The committee should have the following categories of perspectives represented:

1. Parent(s)
2. Athletic Director
3. Teacher(s)
4. School Nutrition supervisor
5. Deputy to the Headmaster (curriculum development)
6. Agricultural Head

Each year the school nutritionist will be responsible for assigning roles and ensuring the policy is enacted, monitored, and updated.

The designated official for oversight is:

Breann Chigumira
Academy Nutritionist Specialist
Breann.Chigumira@academyforgod.org
Cell: 615-992-1881
Office: 615-832-2470

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Membership Information

Name	Title / Relationship to the School or District	Email address	Role on Committee
John Edmondson	Teacher	John.edmondson@academyforgod.org	Teacher/parent
Breann Chigumira	School Nutritionist Supervisor	Breann.chigumira@academyforgod.org	School wellness policy coordinator
Steven Ownby	Athletic Director	Steven.ownby@academyforgod.org	Athletic director/parent
Geoff Hartnell	Agricultural lead teacher	Geoff.hartnell@academyforgod.org	Agricultural implementation/parent
Corey Foster	Deputy Headmaster	Corey.Foster@academyforgod.org	Curriculum implementation

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

Implementation Plan

The 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 specific to each school; 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.

Recordkeeping

The Academy will retain records to document compliance with the requirements of the wellness policy within their electronic filing system.

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating that the policy has been made available to the public
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and maintenance of their policy
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the local school wellness policy
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Triennial Progress Assessments

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

- the extent to which the LWP meets the requirements of the final rule
- the extent to which schools under the jurisdiction of the district are complying with the LWP
- the progress made in attaining the goals of the LWP

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The position/person responsible for managing the triennial assessment and contact information is:

Breann Chigumira
School Nutrition Supervisor
Breann.Bennecker@academyforgod.org
Cell: 615-992-1881
Office: 615-832-2470

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or 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

The Academy use of the School Wellness Committee will be the primary FORMAL means of feedback and implementation of our wellness policy. Because of the holistic integration of wellness into the Academy's curriculum our policy will be upheld and altered through consistent feedback and reporting from this group. Parents will be informed of improvements to the menu or nutritional information via weekly e-mail newsletter to parents. Whereas physical wellness, agricultural integration of nutrition and nutrition/cooking classes are tracked and reported to parents via teachers. The wellness policy does not stand alone as one aspect but integrated into all grades and varying subject matter the goal is to inform parents and gain community involvement through consistent and at times even weekly communication.

III. Nutrition

School Meals

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Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting 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.

The Academy for G.O.D participates in USDA child nutrition programs, including the National School Lunch Program NSLP. The Academy also operates additional nutrition-related programs and activities including, Smart Snacks, Farm to School program with Hopewell Gardens, Cooking/Nutrition courses, nutritional education in their curriculum.

To be compliant with the USDA final rule, our school will participate in the National School Lunch Program (NSLP) and will provide meals that meet the nutrition standards for school meals by including:

- fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red, and orange, dry beans, and peas and legumes)
- grains (whole grain-rich)
- meats and meat alternates
- fat-free and low-fat milk
- access to free drinking water
- school meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations.
- school meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA Professional Standards for Child Nutrition Professionals
- the school will make every effort to ensure, to the maximum extent practicable, that the method of payment does not identify a student as eligible for free or reduced-price meals (e.g., using prepayment systems which mask students' eligibility status)

The Academy is committed to offering school meals through the NSLP programs, and other applicable Federal child nutrition programs, that:

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The school will:

- offer a variety of foods and beverages that are appealing and attractive to children
- ensure that eating settings are clean and inviting
- at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated
- establish practices related to feeding students with unpaid meal balances that do not embarrass children or increase social stigma related to being of low-income
- prohibit the use of food as a reward or the withholding of foods as a punishment
- ensure that menus are created/reviewed by a Registered Dietitian or another certified nutrition professional
- post menus on the district website and/or individual school websites and include nutrient content and ingredients
- ensure that students are served lunch at a reasonable and appropriate time of day
- ensure that lunch follows the recess period to better support learning and healthy eating
- promote participation in child nutrition programs among students and caregivers to ensure that caregivers know which programs are available in their district and have access to those programs
- encourage staff to model healthy eating behaviors
- implement the following farm-to-school activities:
 - incorporating local or regional foods into school meal programs
 - hosting promotions or special events, such as tastings, that highlight the local/ regional foods
 - reinforcing messages about agriculture and nutrition throughout the learning environment
 - supporting schools in hosting school gardens and field trips to local farms
- promote healthy food and beverage choices using the following marketing and merchandising techniques:
 - displaying daily fruit options in the line of sight and reach of students
 - training all staff members, especially those serving, to politely prompt students
 - select and consume the daily vegetable options with their meal
 - placing white milk in front of other beverages in all coolers
 - highlighting alternative entrée options (e.g., salad bar or yogurt parfaits) on posters or signs within all service and dining areas
 - allowing students to create reimbursable meals in any service area available to them (e.g., salad bars or grab-and-go lines)
- conducting student surveys and taste testing opportunities and using them to inform menu development, dining space decor and promotional ideas
- using daily announcements to promote and market menu options.

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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](#). 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.

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). The school will make drinking water available where school meals are served during mealtimes. Water sales will not however be promoted over milk.

Additional Steps for Hydration and good Health will be taken:

- free, safe and unflavored drinking water is available to students during the school day and during the extended school day* (including during out-of-school time/and before and after school),
- students can bring and carry approved water bottles filled with only water before, during and after the school day across the school campus
- all water sources and containers (e.g., drinking fountains, water jugs, hydration stations and water jets) will be maintained regularly to ensure adherence to health and safety standards.

Competitive Foods and Beverage

The school will require that all foods and beverages sold outside of the school meal programs during the school day will, at a minimum, meet Smart Snacks.

Celebrations and Rewards

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Celebrations and positive reinforcement are an important part of our district's culture of supporting students.¹² Using food as a reward or withholding food as a punishment undermines healthy eating habits and interferes with children's ability to self-regulate their eating.¹³

To be compliant with the USDA final rule, the school will ensure that celebrations and rewards are consistent with our nutrition policies. The Academy recommends that celebrations and rewards for birthdays focus on celebrating attributes of the student and encouraging them with words of affirmation. We do not permit parents/teachers from bringing in food or beverage for birthday parties. For other celebrations we ask food is not served in replacement of a meal and instead small healthy snacks are served.

Celebrations and parties. The Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).

1. Classroom snacks brought by parents. The Academy will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
2. Rewards and incentives: The Academy will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

The school will encourage the facilitation of non-food fundraising activities such as the penny race, read-a-thon, and skate-a-thon (to name a few). There will be no sales of food for fundraisers during the school day or in general. There will be the allowance restaurant donation nights, which will take place outside of school hours.

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 promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

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The Academy will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten evidence-based healthy food promotion techniques through the school meal programs

Nutrition Education

The Academy will teach, model, encourage and support healthy eating by all 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;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The School will include in the health education curriculum with 14 off the following essential topics on healthy eating:

1. Relationship between healthy eating and personal health and disease prevention
2. Eating a variety of foods every day
3. Balancing food intake and physical activity
4. Eating more fruits, vegetables and whole grain products
5. Choosing foods and beverages with little added sugars

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6. Preparing healthy meals and snacks
7. Risks of unhealthy weight control practices
8. Food safety
9. Importance of water consumption
10. Reducing sodium intake
11. Social influences on healthy eating, including media, family, peers and culture
12. How to find valid information or services related to nutrition and dietary behavior
13. How to develop a plan and track progress toward achieving a personal goal to eat healthfully
14. Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The 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 Academy 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 Academy property that contains messages inconsistent with the health information the Academy is imparting through nutrition education and health promotion efforts. It is the intent of the 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 the Academy's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.⁸ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or

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other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)

- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the Academy/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the Academy's wellness policy.

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in the district will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. The Academy will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the Academy will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The Academy will conduct necessary inspections and repairs.

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Physical Education

The Academy will provide students 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). The curriculum will support the essential components of physical education.

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

All Academy **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All Academy **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and the Academy will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community

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- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all days during the school year *This policy may be waived on early dismissal or late arrival days.* If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. This depends on the current weather protocol in place, which is to be determined daily by the Academy Principal.

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. This includes the use of the 'Wii' physical activity games, as well as the climbing wall among other games utilizing the bodies movement.

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.

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Classroom Physical Activity Breaks (Elementary and Secondary)

The Academy recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students 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 school recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The Academy will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The Academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

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

Before and After School Activities

The Academy offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The Academy will encourage students to be physically active before and after school by:

1. Having phoenix sports available to students after school
2. Having the following community sponsors facilitate their activities on school campus after school:
 - a. Dance
 - b. Soccer
3. Encouraging “walkers” or children who walk/bike/scooter to school in the morning

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Active Transport

The Academy will support active transport to and from school, such as walking or biking. The Academy will encourage this behavior by engaging the activities below:

1. Designate safe or preferred routes to school
2. Secure storage facilities for bicycles and helmets
3. Instruction on walking/bicycling safety provided to students
4. Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
5. Use crossing guards
6. Use crosswalks on streets leading to schools
7. Document the number of children walking and or biking to and from school
8. Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

V. Other Activities that Promote Student Wellness

The Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The 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.

Community Partnerships

The Academy will continue partnerships with: Hopewell Gardens produce, Mid State Sports League, SLAM and Center Street Dance, 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 Family Engagement

The Academy will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the

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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, the District will use electronic mechanisms (e.g., email or displaying notices on the district’s website 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

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader’s name is Rebekah Davis

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include: promotion of healthy lunch options, daily meditation and prayer, and weekly exercise. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, the 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 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.

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Glossary:

Extended School Day – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, 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 – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Non-discrimination Statement: *In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.*

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

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