

Hebrew Language Academy Charter School

Wellness Committee Meeting

Date: December 6, 2016

Wellness Committee Members: Michelle Galleotti, Lisa Beckford,
Peter Katcher

* Menu Discussion:

- Is the menu what students want? Are there meal days students refuse the meal?

Yes, the school has met with Food Management Company to review the food preferences of the children and have had a food tasting.

- Are there items that we should serve more often? Less often?

No

- Do the meals meet NYSED and National School Lunch requirements?

Yes

* Outside Food - What limitations do we want, if any, to implement on foods brought into school?

The school discourages students from bringing sugary items and beverages to school.

Our Wellness Policy States:

The School will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. This School strongly discourages bag lunch items brought from home, such as candy, soda, high-fat items and any other non-nutritive food items.

* Physical Education - Are the current hours of PE each week sufficient for our students?

Physical activities are scheduled twice a week in all classes and recess is structured daily with a coach to manage recess periods.

* Are there any new policies that should be reviewed or adopted at this time?

Current policies are acceptable at this time.

* **Nutritional Classroom Education:**

Are we in compliance with our classroom educational goals?

New Heights Academy for Leadership Charter School aims to teach, encourage, and support healthy eating by students. We will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

Yes, healthy foods are discussed in Hebrew class, as part of language and social development. We know there is a benefit to this, as we have had an increase in meal participation at school.

- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

The school has a garden and grows cucumbers, corn, herbs, tomatoes, & zucchini

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

The school is in the process of developing a school wide schedule where every student will work in the garden where they will learn where food comes from and how healthy habits translate to their daily lives.

- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

The School encourages students to eat healthy and nutritious foods and get plenty of exercise

- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

Classroom teachers have been trained in offer vs. serves and compliant components for reimbursable meals