



## **Atlantis Charter School Wellness Policy**

### **Last Updated 5/06/2025**

Atlantis Charter School strongly believe that staff and students need access to healthy food choices and to be physically active, understanding that physical and mental health, emotional wellbeing and positive development are linked with academic success. The Massachusetts School Nutrition Regulation for Competitive Foods and Beverages, (105 CMR 225.000) is an initiative aimed at combating childhood obesity by offering staff & students foods and beverage choices that will enhance learning, contribute to healthy growth and development and promote lifelong healthy eating habits.

In compliance with Section 204 of Public Law 108-265 of the Child and WIC Reauthorization Act, Atlantis Charter School believes that it is essential to the development & implementation of a successful wellness policy. Improved health optimizes student performance potential and ensures that no child is left behind. To create a healthy school environment, where the healthy choice is the easy choice, Atlantis Charter School has developed this policy regarding wellness initiatives.

- I. Health Advisory Council (HAC):** Atlantis Charter School will maintain a health advisory council which will meet at least four times per year. The membership of the council is composed of staff, students, parents, administrators, school physician and school nurses. The main purpose of the HAC is to develop, implement, monitor and review, and as necessary, make recommendations on revisions to the Wellness Policy.
  
- II. Nutritional Guidelines and Standards for School Meals:** The Food Service Program will continue to follow the USDA requirements for the Federal School Meals Program and the School Meals Initiative for Healthy Children.

During each school day the food service program will provide breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast program.

Safe drinking water and convenient access to facilities for hand washing will be available during all meal periods. Water bottle filling stations and drinking fountains will be maintained regularly to ensure adherence to health and safety standards.

The school will strive to improve breakfast and lunch nutritional quality under the current vended-meal contract and will aim to incorporate improvements in future bid cycles.

A. The nutritional requirements for school lunches:

- Must Provide 1/3 of the Recommended Daily Allowance (RDA) for:
  1. Calories
  2. Protein
  3. Vitamin A
  4. Vitamin C
  5. Calcium
  6. Iron
- The program will comply with whichever standard is stricter (state or federal)
  - Massachusetts Nutrition Standards for Competitive Foods and Beverages in Public Schools <https://www.mass.gov/regulations/105-CMR-22500-nutrition-standards-for-competitive-foods-and-beverages-in-public-schools> and
  - USDA Smart Snacks in School Standards <https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks>

No more than 30% of an individual's calories will come from fats and less than 10% of the calories will come from saturated fats.

- Meals will be appealing and attractive to students
- Meals will be served in a clean and pleasant setting
- Meals will meet nutritional requirements established by local, state and federal regulations
- Fiber rich fruits, vegetables and whole grains will be offered
- Milk served will be 1% or fat free

B. Meal times and Scheduling:

- Twenty to Thirty minutes per day will be provided to students for lunch time
- Lunch periods are scheduled mid-day
- Tutoring, club or organizational meeting or activities will not be scheduled during meal times, unless student is able to eat during activity
- Students will have access to hand washing before they eat meals or snacks
- Students with oral health needs, if appropriate, will have access to care

C. Food Service Staff Qualifications: Qualified nutritional professionals will serve the school meals. The school will provide annual training for food and nutrition staff in accordance with USDA professional standards along with extended professional development opportunities and ensure compliance with the School's Protocol for the Prevention and Management of Life Threatening Allergies.

D. Food/beverage Sharing: Schools will follow the District wide policy of encouraging "NO SHARING" of any foods or beverages, given concerns about allergies and some diet restrictions.

### **III. Compliance with Nutritional Education for Staff, Students, Parent/Guardians:**

All students in Grades K-12 shall receive nutrition education. Atlantis Charter School's aim is to teach, encourage and support healthy food choices by students.

- To provide all students with the knowledge and skills necessary to promote and protect their health. It is the goal of ACS to have a school-wide approach to health and nutrition curriculum, assuring that each student receives an equitable health and nutrition education. The curriculum will include goals for nutrition education that are designed to promote student wellness and enforce an understanding that the quality of foods consumed affects personal health and performance. All students will receive sequential and comprehensive nutrition education that will be integrated into other subjects beyond health such as: science, math, language and physical education. Atlantis adheres to the Comprehensive Health and Physical Education Massachusetts Curriculum Framework covered across the K-12 grade-span..
  - Promotes fruits, vegetables, whole grain products, low fat & dairy free products and healthy food preparations
  - Emphasizes caloric balance between food intake and physical activity
- A. Communication with Parents/Guardians: ACS will support parent/guardian's efforts to provide healthy meal choices and daily physical activity for their children. School staff will encourage parents to pack healthy lunches and snacks and to refrain from sending foods/beverages that do not meet the nutritional standards. Parents/guardians will be provided with ideas for health celebrations, rewards and fundraising activities.
- B. Food Marketing in Schools: School based food marketing will be consistent with nutrition education and health promotion. Schools will promote food and beverage marketing that meet the nutrition standards for meals or for foods/beverages sold individually. Schools will not promote low nutrition foods and beverages. Healthy foods include fruits, vegetables, whole grains and low fat dairy products will be encouraged. The school will include press releases, marketing campaigns and communications such as menu's to educate students and families/caregivers about the lunch and breakfast program options.

Marketing techniques that are unacceptable include: logos and brand names on books, text book covers, school supplies, scoreboards and sports equipment; educational incentive programs that provide food as a reward; programs that provide school with supplies when families buy low nutrition food products. Marketing activities that promote healthful behaviors include: vending machines promoting water, sales of fruit for fundraisers and coupons for gym memberships.

### **IV. Physical Activity Opportunities and Physical Education:**

- A. Physical Education K-12: All students in grades K-12 will be offered physical education and will be taught by certified physical education teachers.

[https://docs.google.com/document/d/1lhjzz\\_e3bvCWlnSJy7yHHNe8ggMIWEWq0smzv2YVOCs/edit?tab=t.0](https://docs.google.com/document/d/1lhjzz_e3bvCWlnSJy7yHHNe8ggMIWEWq0smzv2YVOCs/edit?tab=t.0)

- B. Daily Recess in Specific Schools: All elementary students will have at least 15 minutes a day of supervised recess, preferably outdoors, weather permitting, during which moderate to vigorous physical activity is encouraged.
- C. Physical Activity Opportunities Before and After School: The middle and high school will offer extracurricular activity programs, such as physical activity clubs or intramural programs. ACS will offer a range of activities that meets the needs, interests and abilities of all students including students with disabilities and students with special healthcare needs.

V. **Promote a Healthy Lifestyle for Staff which promotes a Healthy School Climate**: ACS values the health **and** wellbeing of every staff member and will plan to implement activities that support personal efforts by staff to maintain healthy lifestyles. ACS provides access to and encourages various wellness programs and/or resources that improve healthy eating, physical activity, stress management and social-emotional health. Healthy students and staff promote a healthy school climate:

- Improves staff and student morale
- Healthy staff models create a positive role model for the students
- Encourage the commitment from staff to help improve school nutrition and physical activity environment
- Offers healthy activities for staff and students (ex: walking competitions and fun run)
- Employee Assistance Program newsletters are distributed monthly to staff by the Human Resources Department which provides a focus on overall wellness.
- Provides professional development activities for staff that incorporate social and emotional wellness that staff can implement into their teaching and interactions with students.
- The school nursing department provides annual health screenings in accordance with the Massachusetts General Laws Chapter 71, Section 57 and related regulations (105 CMR 200.000) (i.e. vision, hearing, body mass index, postural and Screening, Brief Intervention, and Referral to Treatment (SBIRT)).

VI. **Compliance with Policy Review and Monitoring**:

- A. Monitoring: Atlantis Charter School District leaders will ensure compliance with current district-wide nutrition and physical activity wellness policy and will report any concerns to the Executive and Associate Executive Director.

School food service staff will ensure compliance with the wellness policy within food service areas and report any concerns to the Food Service Director.

- B. Policy Review: The Health Advisory Council will assess and review the wellness policy and determine compliance and any areas that may need improvement or revisions. The HAC will ensure that the school promotes an environment that supports health food choices and physical activity.

**VII. Compliance with Guidelines for Reimbursable School Meals:**

- A. Free and Reduced Meals: The School will make every effort to eliminate any social stigma attached to students that are eligible for free/reduced school meals. Applications for free/reduced lunch are available at the main office.

**VIII. Compliance with Standards for Competitive Foods and Beverages Sold or Provided during school day:**

- A. The District 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. A summary of the standards and information are available at:  
<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Requests for consideration for the Wellness Policy can be made to the Wellness Committee by emailing [wellness@atlantiscs.org](mailto:wellness@atlantiscs.org)