

Collegium Charter School Wellness Policy

June 2017

Preamble

Collegium Charter School (hereto referred to as Collegium) is committed to the optimal development of every student. Collegium believes that for students 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 student outcomes. For example, student 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.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} 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.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

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

- Students in Collegium have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- 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;
- The community is engaged in supporting the work of Collegium in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- Collegium 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 and school buildings of Collegium. Specific measurable goals and outcomes are identified within each section below.

I. School-Wide Wellness Committee

Committee Role and Membership

Collegium will convene a representative School-Wide Wellness Committee (hereto referred to as the SWWC) that meets at least three times per year. The committee will conduct a school-wide needs assessment to inform future work. The committee's responsibilities will include making recommendations to establish goals for and oversee school health policies and programs, including development, implementation and periodic review and update of this wellness policy.

The SWWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program, physical education and health education teachers; school health professionals, school counselors and school psychologists; school administrators; school board members; health professionals; and the general public. To the extent possible, the SWWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Chief Executive Officer (CEO) or designee(s) will convene the SWWC and facilitate development of and updates to the wellness policy, and will ensure each school building's compliance with the policy.

The designated official for oversight is Amanda Lake, Director of Educational Services.
Address: 435 Creamery Way, Exton, PA 19341
Phone: 610-903-1300
Email: alake@ccs.us

Name	Title / Relationship to the School or District	Email address	Role on Committee
Amanda Lake	Director of Educational Services	alake@ccs.us	Policy Oversight Official Administrator
Kris Stevenson	Elementary Teacher	kstevenson@ccs.us	Committee Chair Teacher
Nicole Anderson	Board of Trustees Member	nanderson@ccs.us	Board of Trustees Representative

Graham Dryburgh	High School Assistant Principal	gdryburgh@ccs.us	Administration
Dr. Tammy James	West Chester University Professor, Health Sciences	tjames@wcupa.edu	Parent and Community Member
Alysia Fulford	Co-President, CCS Home and School Association	alyfulf@gmail.com	Parent
Jamie Tomb	Co-President, CCS Home and School Association	Jamie.Tomb@hotmail.com	Parent
Mike Ely	Director of Food Service	miely@ccs.us	Food Service
Lauren Yack	Elementary School Counselor	lyack@ccs.us	School Counselor
Brandon Prieto	High School Health & Physical Education Teacher	bprieto@ccs.us	Health & Physical Education Teacher
Colleen McNamara	Elementary School Health & Physical Education Teacher	cmcnamara@ccs.us	Health & Physical Education Teacher
Frances Carlson	Student	frances.carlson@ccs.us	Student
Aliyah Green	Student	Aliyah.green@ccs.us	Student
Douggreco Bailey	Student	Douggreco.bailey@ccs.us	Student

Each school building will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

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

Implementation Plan

Collegium will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan will delineate roles, responsibilities, actions and timelines specific to each school; and include 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 future progress reports can be found at:

<http://www.collegiumcharter.com/>

Recordkeeping

Collegium will retain records to document compliance with the requirements of the wellness policy at Collegium's Administrative Offices located at 435 Creamery Way, Exton, PA 19341 and on Collegium's computer network. 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 methods Collegium uses to make stakeholders aware of their ability to participate on the SWWC;
- 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.

Annual Notification of Policy

Collegium will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. Collegium will make this information available via Collegium website and/or school-wide communications. Collegium will provide as much information as possible about the school nutrition environment. This will include a summary of Collegium's events or activities related to wellness policy implementation. Annually, Collegium will also publicize the name and contact information of school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, Collegium 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 Collegium are in compliance with the wellness policy;
- The extent to which Collegium's 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 Collegium's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Amanda Lake, Director of Educational Services.

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

Collegium will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SWWC will update or modify the wellness policy based on the results of the triennial assessments and/or as Collegium's 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

Collegium is committed to being responsive to community input, which begins with awareness of the wellness policy. Collegium will actively communicate ways in which representatives of SWWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the school. Collegium will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Collegium will use electronic mechanisms, such as the school newsletter, social media pages, email or displaying notices on Collegium's website, as well as non-electronic mechanisms, such as presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Collegium will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that Collegium and individual schools are communicating important school information with parents.

III. Nutrition

School Meals

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.

All school buildings within Collegium participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program.

https://www.fns.usda.gov/sites/default/files/LAC_03-06-12_0.pdf All schools within Collegium are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Collegium offers reimbursable school meals that meet [USDA nutrition standards](#).)

- Promote healthy food and beverage choices using the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - School hosts a school garden;
 - School hosts field trips to local farms; and
 - School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.
 - Menus are posted on Collegium's website.
 - 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.
 - Local and/or regional products are incorporated into the school meal program;
 - Messages about agriculture and nutrition are reinforced throughout the learning environment;

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff are members of the School Nutrition Association of Pennsylvania, and meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). The [USDA's Professional Standards for School Nutrition Standards website](#) is used to select training that meets their professional development needs.

Water

To promote hydration, free, safe, unflavored drinking water is available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). Collegium will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

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, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Collegium is committed to ensuring that all foods and beverages available to students by The Food Services Department, on the school campus during the school day, support healthy eating. The foods and beverages sold and served outside of the school meal programs by The Food Services Department (e.g. a la carte items) meet the USDA Smart Snacks in School nutrition standards, at a minimum.

Celebrations and Rewards

Collegium 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](#). Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will encourage parents to provide the following: fresh fruits and vegetables, water, 100% fruit juice, or milk.

Collegium will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards and encourage parents to follow these recommendations when packing their children's snacks. <https://docs.google.com/document/d/1SLGVUm-YAc8btzdM1MdNNT16jY505hc64c8GXPYsNA/edit> Collegium will provide teachers and other relevant school staff a [list of alternative ways to reward children](#).

Fundraising

Food items sold as fundraisers on school property and available for sale during the school day must meet the guidelines below and will be reviewed by the principal of the school building.

Fundraising groups will receive a list of fundraising foods that meet these guidelines prior to the commencement of the fundraiser. The school food service director shall assist the principal in determining the suitability of fundraising items in accordance with the guidelines.

- Items will provide < 250 calories per serving.
- Packages will be in single serving sizes.
- Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.
- Total fat will be < 10% of the total calories.
- Sugar content will be < 35% by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient. (Table 3)
- Items will contain minimal to no trans fatty acid. (Table 4) Food items will be available no earlier than 30 minutes after the last meal period of the day.

A maximum of five exempt fundraisers will be permitted in each elementary and middle school building per year, and a maximum of 10 exempt fundraisers will be permitted in each high school building per year. Each fundraiser may not exceed one school week. Exempt fundraisers may not be sold in the food service area during the meal period. Each Local Education Agency must have a process for monitoring the number of exempt 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 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.

Collegium 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 or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that Collegium may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

Collegium 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
- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum.
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

Essential Healthy Eating Topics in Health Education

Collegium will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

Collegium 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. Collegium strives to teach students how to make informed choices about nutrition, health and physical activity. We believe that these efforts will be weakened if students are subjected to advertising on school property that contains messages inconsistent with the health information Collegium is imparting through nutrition education and health promotion efforts. It is the intent of Collegium 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 Collegium's wellness policy.

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.¹⁵ 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 other durable equipment when existing contracts are up for renewal or to the extent that is in 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 Collegium.
- 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 Collegium officials review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions will reflect the applicable marketing guidelines established by Collegium wellness policy.

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity, both in and outside of school, 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, family and community engagement, and Collegium's commitment to providing these opportunities.

Withholding physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will be kept to a minimum. Collegium will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

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

Physical Education

Collegium 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. The curriculum will support the essential components of physical education.

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

All Collegium elementary students will receive physical education for at least 60 minutes per six day cycle throughout the school year. All Collegium middle and high school students are required to take the equivalent of one academic year of physical education.

Collegium physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

All physical education teachers in Collegium will be expected to participate in at least a once a year professional development in education. All physical education classes are taught by Pennsylvania certified teachers.

Essential Physical Activity Topics in Health Education

Health education will be provided in all elementary grades and Collegium will require middle and high school students to take and pass at least one health education course. Collegium 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
- 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.

Elementary Recess

All elementary schools will offer at least 20 minutes of recess on all days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play. 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.

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.

Before and After School Activities

Collegium offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods such as After School Care programming, intramural activities, and interscholastic sports.

V. Other Activities that Promote Student Wellness

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

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 SWWC/SWC.

Community Partnerships

Collegium will continue relationships with community partners 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 Family Engagement

Collegium 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, Collegium will use electronic mechanisms (e.g., email or displaying notices on Collegium's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), 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 SWWC 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.

Professional Learning

When feasible, Collegium 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 Collegium 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 – 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.

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- ¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>