

NAVIGATOR SCHOOLS STUDENT WELLNESS POLICY

The Navigator Schools (“Navigator”) Board of Directors (“Board”) is committed to the optimal development of every student. Navigator 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. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. 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. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This Policy outlines Navigator’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 Navigator have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout Navigator 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 the school day.
- Navigator engages in nutrition and physical activity promotion and other activities that promote student wellness.
- Navigator 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 Navigator in creating continuity between Navigator and other settings for students and staff to practice lifelong healthy habits.
- Navigator establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of this Policy and its established goals and objectives.
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This Policy applies to all students and staff in Navigator. Specific measurable goals and outcomes are identified within each section below.

I. Navigator Wellness Committee

Committee Role and Membership

Navigator will convene a representative Navigator Wellness Committee (“Well-Com”), or work within an existing school health committee, that meets at least four (4) times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this Policy.

The Well-Com membership will represent all grades/schools and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., CEO & Superintendent, principals, vice principals); school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (“SNAP-EDEDSNAP-Ed”). To the extent possible, the Well-Com will include representatives from each school and reflect the diversity of the community.

Leadership

The CEO & Superintendent or designee(s) will convene the Well-Com and facilitate development of and updates to the Policy and will ensure each Navigator’s compliance with the Policy.

Additionally, the designated official for oversight of the Well-Com is:
Director of Partnerships and Community Engagement

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

Implementation Plan

Using the steps outlined below, Navigator will ensure Navigator meets legal obligations regarding implementation of this Policy.

Recordkeeping

Navigator will retain records to document compliance with the requirements of this policy in the main office. Documentation maintained in this location will include but will not be limited to:

- The written Policy.

- Documentation demonstrating that the Policy has been made available to the public.
- Documentation to demonstrate compliance with the annual public notification requirements and community involvement requirements.
- Documentation of the triennial assessment of the Policy.
- Documentation demonstrating the most recent assessment on the implementation of the Policy has been made available to the public.

Annual Notification of Policy

Navigator 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. Navigator will make this information available via Navigator website and/or Navigator-wide communications. Navigator will provide as much information as possible about Navigator nutrition environment. This will include a summary of Navigator's events or activities related to Policy implementation.

Annually, Navigator will also publicize the name and contact information of Navigator official(s) leading and coordinating the Well-Com, as well as information on how the public can get involved with the Well-Com.

Triennial Progress Assessments

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

- The extent to which Navigator in compliance with this Policy;
- The extent to which Navigator's Policy compares to model wellness policies; and
- A description of the progress made in attaining the goals of Navigator's Policy.

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

Director of Partnerships and Community Engagement

The Well-Com/CEO & Superintendent will monitor Navigator's compliance with this Policy. Navigator will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

Navigator will update or modify this Policy as appropriate based on the results of the annual Navigator Health Index and triennial assessments and/or as Navigator 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. This Policy will be assessed and updated as indicated at least every three (3) years, following the triennial assessment.

Community Involvement, Outreach and Communications

Navigator is committed to being responsive to community input, which begins with awareness of the Policy. Navigator will actively communicate ways in which representatives of Well-Com/Navigator and others can participate in the development, implementation and periodic review and update of this Policy through a variety of means. Navigator 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 Navigator nutrition standards.

Navigator will use electronic mechanisms, such as email or displaying notices on Navigator’s website, as well as non-electronic mechanisms, such as newsletters, 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 this Policy, as well as how to get involved and support the Policy. Navigator will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that other local schools are communicating important school information with parents.

Navigator will actively notify the public about the content of, the implementation of, and any updates to the Policy annually, at a minimum Navigator will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

Navigator Meals

Navigator participates in USDA child nutrition programs, including the National School Lunch Program (“NSLP”), and the School Breakfast Program (“SBP”.) Navigator is committed to offering school meals through the NSLP and SBP programs, and other applicable 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 (Navigator offers reimbursable school meals that meet USDA nutrition standards).
- Promote healthy food and beverage choices using at least ten of 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.
 - All available vegetable options have been given creative or descriptive names.
 - Daily vegetable options are bundled into all grab-and-go meals available to students.

- o All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- o White milk is placed in front of other beverages in all coolers.
- o Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- o A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
- o Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- o Student artwork is displayed in the service and/or dining areas.
- o Daily announcements are used to promote and market menu options.

Staff Qualifications and Professional Development

All Navigator nutrition staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These Navigator nutrition personnel will refer to USDA's Professional Standards for Navigator 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. Navigator will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

Navigator is committed to ensuring that all foods and beverages available to students on Navigator campus during the school day support healthy eating. The foods and beverages sold to students on campus during the school day (including the period from the midnight before, to 30 minutes after the end of the official school day) and served outside of Navigator meal programs (e.g., "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.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable School meal programs that are sold to students on the School campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

All foods offered on the Navigator campus will meet or exceed the USDA Smart Snacks in Navigator nutrition standards, including through:

1. Celebrations and parties. Navigator will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. Navigator will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. Navigator 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

Foods and beverages that meet or exceed the USDA Smart Snacks in Navigators nutrition standards may be sold through fundraisers on the Navigator campus during the school day. Navigator will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Promotion

Navigator 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 using Smarter Lunchroom techniques described above; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in Navigator nutrition standards.

Food and Beverage Marketing in Schools

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.

As the CEO & Superintendent reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this Policy.

IV. Physical Activity

The Centers for Disease Control (“CDC”) recommends that all children and adolescents participate in a minimum of sixty (60) minutes of physical activity every day. The CDC recommends that aerobic activity make up the bulk of such physical activity, with vigorous-intensity aerobic activity on at least three days per week. The CDC also recommends that physical activity include muscle strengthening activities, such as gymnastics or push-ups, on at least three days per week, and bone strengthening activities like jumping rope or running at least three days per week. In developing these goals, Navigator reviewed and considered evidence-based strategies and techniques and parent input.

V. Other Activities that Promote Student Wellness

Navigator will integrate wellness activities across the entire Navigator setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Navigator 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 this Policy, including but not limited to ensuring the involvement of the Well-Com and/or parents and the community.

All Navigator-sponsored events will adhere to this Policy's wellness guidelines. All Navigator-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

Navigator will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this Policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with this Policy and its goals.

Professional Learning

When feasible, Navigator 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 Navigator 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.