

## ***NorthBay Adventure Wellness Policy***

### **Preamble**

NorthBay Adventure is committed to the optimal development of every student. NorthBay teaches students that their attitudes and their actions have an impact on their future, the environment and people around them. In order to help students make better choices for their lives students are taught Environmental and Character Building lessons. In addition to those lessons, they will also learn how food and nutrition choices, along with physical activity will have a positive impact on their lives.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. At Northbay Adventure, students will be afforded the opportunity to enjoy a healthy, calorie appropriate breakfasts and lunches. On top of that, physical activity will play a large part of their time at NorthBay Adventure.

This policy outlines NorthBay'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 at Northbay have access to healthy foods throughout the school day through reimbursable school meals in accordance with Federal and state nutrition standards;
- Students have opportunities to be physically active before, during, and after school;
- NorthBay engage in nutrition and physical activity promotion and other activities that promote student wellness;
- NorthBay staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of NorthBay and
- NorthBay 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, school staff, and NorthBay employees.

### **Wellness Policy Implementation, Monitoring, Accountability**

#### ***Implementation Plan***

NorthBay 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, 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.

NorthBay's Dining Services Manager, Craig Worley and Director of Operations, Joe Antonio will ensure NorthBay's compliance with the Wellness policy as well as facilitate development/updates as school needs change. Craig Worley will ensure that all meals served for the School Breakfast and Lunch programs meet all Federal requirements in regards to nutritional requirements. That the proper amounts of fruits, vegetables, meat/meat alternates, whole grains and milk are served. Craig will also ensure that all students with special dietary needs are served a reimbursable meal as well. Visual aids will be provided so that students can make informed decisions regarding their meal choices.

Joe Antonio will ensure that all staff meet the necessary number of training hours, as required by Federal regulations. These trainings will include but not be limited to Civil Rights training, customer service, what a reimbursable meal is and basic food safety. Joe will also make sure that foods, that do not meet the nutritional requirements of the program, are not served nor promoted through out the school day. And when possible, food and nutrition education will be taught to students who attend our programs.

A copy of the Wellness policy will be found at: [www.northbayadventure.org](http://www.northbayadventure.org).

Public participation is welcomed in the development, implementation, review and updating of this Wellness Policy. In regards to any questions, concerns or recommendations, please email Joe Antonio, the Director of Operations at [jantonio@northbayadventure.org](mailto:jantonio@northbayadventure.org)

### ***Recordkeeping***

NorthBay will retain records to document compliance with the requirements of the wellness policy in the Dining Manager's Office and/or on NorthBay's file server. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance
- Documentation of annual policy progress reports and updates

### ***Revisions and Updating the Policy***

NorthBay will update or modify the wellness policy based on the results of the annual progress reports, and/or as school needs change; 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 by the Dining Services Manager and Operations Manager. They will evaluate how well NorthBay is in compliance with the wellness policy and how it compares to other model policy's. Progress made with the wellness policy will be communicated via NorthBay's website.

## **Nutrition**

### ***School Meals***

NorthBay is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of students within their calorie requirements. The school meal programs aim to improve the diet and health of students, 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.

NorthBay will participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). NorthBay is committed to offering school meals through the NSLP and SBP 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. (NorthBay offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices by:
  - Presenting fruit options (whole or sliced)
  - Vegetable options are served in proper portions
  - All staff members have been trained to serve the proper number of components in order to ensure compliance with the meal programs.
  - White milk is served to students during breakfast and at lunch
  - A reimbursable meal can be created with minimal effort
  - Visual aids are used to promote menu options
  - Menus will be created/reviewed by the Dining Services Manager
  - NorthBay will accommodate students with special dietary needs.
  - Students will be allowed at least 30 minutes to eat breakfast and at least 30 minutes to eat lunch and both meals will be served at appropriate times.

## **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and at every meal. In addition, students will be allowed to bring and carry water bottles filled with only water with them throughout the day. Water will be offered at several drinking fountains and coolers.

## **Nutrition Promotion**

NorthBay will not promote any food, during the school day that does not support healthy eating habits. Soda and candy machines will be turned off and covered up during the school week.

## **Nutrition Education**

NorthBay aims to teach, model, encourage, and support healthy eating by students. NorthBay 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;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);

### ***Food and Beverage Marketing in Schools***

NorthBay is committed to providing an environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. NorthBay 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 NorthBay property that contains messages inconsistent with the health information that NorthBay is imparting through nutrition education and health promotion efforts. It is the intent of NorthBay to protect and promote student's health by not permitting advertising and marketing for foods and beverages that do not comply with the Food and Nutrition program regulations.

Food advertising and marketing is defined as 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. 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.
- Vending machine will not be made available to students and will have visual barriers when students are present.

### **Physical Activity**

Students at NorthBay will participate in physical activity throughout the whole day. Physical activity during the school day will not be withheld as punishment for any reason. To the extent practicable, NorthBay will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

*During the school day:*

- *Students will walk up to a mile a day as they travel to and from their outdoor classroom settings;*
- *Students will be given over 60 minutes to play basketball, gaga ball, hopscotch, football or any other physical activity when their school day ends at 3:00pm.;*
- *Students will be physically active at the Climbing wall, Giant Swing, Zip Line, Ropes Course and Low Ropes adventure elements.*

### ***Active Academics***

Educators will do their part to limit sedentary behavior during the school day. During their day as students learn about the environment students will be active by:

- Will actively dig for mussels and clams
- Operate a trolling net to catch fish
- Walk through wet lands to find turtles, snakes and other animals
- Dig up and remove invasive species
- Clean the waterfront of any marine debris

