



RYAN BANKS
ACADEMY

Local Wellness Policy

SCH-01

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Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools' efforts to provide students with a successful and healthy future.

Wellness Policy Committee

Ryan Banks Academy’s Local Wellness Policy has been completed and approved by the Wellness Policy Committee, a collaboration of efforts in the community which consist of the following individuals. The signature and date of each person indicates their approval of the plan.

Wellness Policy Leadership

Karen Swaback, Director of Operation
karen@ryanbanksacademy.org

Wellness Policy Committee Members

David Bencivenga, RBA Teacher

Dr. Richard Glass, RBA CEEO

Ebony Mason, RBA Parent

Dr. Jenn Moore, Global Well-being Education Consultant

Jumiah Perkins, RBA Scholar

Jennifer Seyler, Registered Dietitian

Megan Wessels, RBA BOD

Wellness Policy Committee Responsibilities

The Ryan Banks Academy (RBA) permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, RBA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- School Website (www.ryanbanksacademy.org)
- Email to constituents in Mailchimp

Assessments

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three years. Ryan Banks Academy shall conduct assessments of the Local Wellness Policy every 3 years, beginning in 2021 and occurring every 3 years thereafter, using form SCH-01F01. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare RBA's wellness policy to model wellness policies
- Measure the progress made in achieving the goals as outlined in the RBA's wellness policy

Updates

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of Ryan Banks Academy. RBA shall make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Through the following channels:

- School website (www.ryanbanksacademy.org)

The Wellness Committee will meet three times per year at a minimum. It's recommended that meetings are scheduled at the beginning of the school year, at the beginning of the second semester, and at the end of the school year. Participation may be in person or remote.

Records

Ryan Banks Academy shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy
- Availability of the wellness policy and assessments to the public
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process.
- Minutes of committee meetings

Health

The following health topics will be covered for all scholars (see Three-Year Education Plan)

- 1) Human ecology and health
- 2) Human growth and development
- 3) The emotional, psychological, physiological, hygienic, and social responsibilities of family life including

- a. Sexual abstinence until marriage
 - b. Prevention and control of disease
 - c. Prevention, transmission, and spread of AIDS
- 4) Sexual abuse and assault awareness and prevention education
 - 5) Public and environmental health
 - 6) Consumer health
 - 7) Safety education and disaster survival
 - 8) Mental health and illness
 - 9) Personal health habits
 - 10) Alcohol, drug use, and abuse including the medical and legal ramifications of alcohol, drug, and tobacco use
 - 11) Abuse during pregnancy
 - 12) Evidence-based and medically accurate information regarding sexual abstinence, tobacco, nutrition, and dental health
 - 13) Course material and instruction in the Abandoned Newborn Infant Protection Act
 - 14) Information about cancer, including without limitation types of cancer, signs and symptoms, risk factors, the importance of early prevention and detection, and information on where to go for help

The following topic will be covered during academic SY22 for 9th – 12th grades:

- 15) Training on how to properly administer cardiopulmonary resuscitation (training will be in accordance with the American Red Cross, the American Heart Association, or other nationally recognized certifying organization) and how to use an automated external defibrillator

Parents / guardians are given the option to exclude their child from instruction on topics 3 and 15.

Nutrition

Ryan Banks Academy recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, RBA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

Nutrition Standards

Meals

All reimbursable meals served for the purposes of the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, and trans fat. RBA contracts with Gourmet Gorilla to provide healthy vended meals that meet federal and state regulations.

Competitive Foods

RBA does not sell food outside of the lunch and breakfast programs

Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. Ryan Banks Academy will prohibit the use of food as a reward or as part of a celebration. Providing alternatives to food as a reward promotes healthier habits by reducing exposure to less nutritious food items and, therefore, the amount of calorie-dense food items consumed (e.g. cakes, cookies, candy, etc.). This helps children develop improved food preferences and hunger cues to carry them throughout life. Instead, RBA will implement the following methods for rewards and celebrations (reinforcing the RAINBOW of food colors)

- S**ocial Rewards (attention, praise, thanks)
- E**xtra **A**rt project time
- S**tudent picks **I**nstruction topic
- N**on-school event (tickets for White Sox, Bulls, movies)
- B**eats (listen to music while working)
- O**utdoor class
- W**ear a costume (book characters or other theme)

Fundraisers

Fundraisers promoting food and/or beverage items will not be held on school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The school may utilize non-food fundraisers to promote healthy habits and well-being, such as:

- **Year 1: Art Project:** Color the Rainbow (art auction to raise money for school)

- **Year 2: The Big Cleanup:** Pledges are tied to a specific attainment goal such as the number of pounds of trash collected or the number of road miles cleaned of debris. Parents and members of the local community pledge to support the scholars cleaning up
- **Year 3: Color Runs:** Have scholars wear white tee shirts. At specific checkpoints, volunteers will spray them with water-based paint or throw water balloons containing paint at them. Raise money by charging a participation fee or by getting sponsors to pledge money for each lap completed.

Nutrition Education

In accordance with the Illinois Learning Standards, Ryan Banks Academy shall meet all Illinois requirements and standards for Health Education. RBA shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate (see Three-Year Education Plan). This plan has been developed for all grade levels using nutrition education information, research, and materials in the following categories:

- Purpose of Food
 - Rational (energy)
 - Emotional (taste, culture, community)
- The Big Picture of Food
 - MyPlate
 - Nutrition Basics
 - Macro and micro nutrients
- Food Safety
- Food Choices
- Relationship with Food
- Food Labels

RBA shall incorporate nutrition education into the SEL / Health / PE time slot. 45 minutes is set aside 4 days each week, which includes 20 minutes of physical activity, and 20 minutes of a Health or Nutrition topic for all grades. In one week, this will be 80 minutes of physical activity, 40 minutes of Health topics, and 40 minutes of Nutrition topics. By the end of the school year, we will have 36 full weeks of instruction, which results in 2,880 minutes of physical activity, 1,400 minutes of Health topic instruction, and 1,400 minutes of Nutrition instruction. Time spent on instruction will be tracked weekly using SCH-01F02. Time spent in physical activities will be tracked in a collaborative workspace.

Nutrition Promotion

Ryan Banks Academy shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

- Survey on meals to promote foods offered (SCH-01F04)
- Scholars judge meals according to nutrition and taste. (SCH-01F05)

Both results will be shared with Gourmet Gorilla to give feedback.

RBA shall make cafeteria menus and nutrition information available through the following platforms:

- School website (www.ryanbanksacademy.org)
- Posted near kitchen, visible to all scholars and staff

The Smarter Lunchrooms Movement uses behavioral economics to positively influence food choices made by children. The evidence-based techniques implemented through the Movement have been proven to increase children's consumption of nutritious foods. RBA shall participate in the Smarter Lunchrooms Movement by utilizing the Smarter Lunchrooms 60-point Scorecard and other educational and promotional tools.

- At the beginning of the school year, lunch service will be assessed using SCH-01F03 Smarter Lunchrooms Scorecard, including photos.
 - 9/9/21 score: 13 / 55 (24%), Bronze level
- Choose 3-5 lunchroom strategies to improve the score; develop a 3-year plan and assign responsibilities with due dates. The National Smarter Lunchroom handbook will be used to reference strategies.
 - Year 1:
 - Fruit / vegetable of the month
 - Fruit, vegetable, and entree taste tests (3) once per year
 - Self-serve seasonings, low-fat ranch/hummus/salsa, add-ins for oatmeal
 - Students volunteer in lunchroom
 - Students provide feedback on menu items; write reviews and post them.
 - Year 2:
 - Attractive, healthful food posters are displayed
 - The lunchroom is decorated in a way that reflects the student body
 - Student artwork is displayed in service / dining area
 - Offer whole fruit in attractive baskets or bowls instead of steel pans
 - Separate compostable waste vs trash; weigh to see the difference. Discuss ways to offset and set-up goals
 - Year 3:
 - Students are engaged in growing food (hydroponics vs soil)
 - One day per month where students participate in selecting and preparing meals, that meet NSLP requirements

- Re-assess lunch-service in January and May to see if score is improving and if strategic plan is on track.

Farm to School efforts positively impact School Nutrition Programs by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. RBA shall participate in the following Farm to School activities from the Illinois Farm to School Network.

- Illinois Harvest of the month
- Great Apple Crunch on the second Thursday of October

Marketing

Ryan Banks Academy will prohibit the marketing and advertising of all foods and beverages on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment.

Physical Activity

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. Ryan Banks Academy recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

Physical Education

In accordance with the Illinois Learning Standards, Ryan Banks Academy shall meet all Illinois requirements and standards for Physical Education. RBA shall offer Physical Education during the PE / Health course. As stated previously, the course will take place 4 days per week, for 45 minutes, with an anticipated 80 minutes of active time per week.

- Year 1: Physical activities will be listed on the collaborative workspace. Scholars will choose the items for their physical activity during the allotted time and will record active minutes on the website.
- Year 2:
 - A Physical education curriculum will be developed that is based on group exercise or sports during the school day. Individual objectives will be set, rather than comparing to others.

- Read *Spark* by John Ratey. This book provides an explanation of the revolutionary connection between exercise and the brain's performance. Dr. Ratey emphasizes how even moderate exercise can “spark” mental circuits to combat stress, improve mood and thinking, and enhance memory. He explains the many positive physical, psychological and physiological effects of exercise.
- Year 3: Enhance physical education by finding a gym nearby that can be used for PE. A van or bus would be needed to transport scholars to class.

Other Opportunities for Physical Activity

Noting that our normal schedule is short of the recommended 60 minutes of daily activity, Ryan Banks Academy shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Brain breaks: Scholars are given two 10-minute brain breaks each day, one at mid-morning and another at mid-afternoon.
- RBA will continue to look for local partners that would help to support physical activity, such as XS Tennis, which can be incorporated into the school day

Physical Activity Promotion

RBA shall promote physical activity outside of the school day through the participation in the following initiative(s):

- 1) PACES (Parents and Children Exercising Simultaneously) – weekend activities for families, culminating in PACES day (the first Saturday in May after May 3)
 - a. Year 1: May 7, 2022
 - b. Year 2: May 6, 2023
 - c. Year 3: May 4, 2024

- 2) Promote activities / events / outings that encourage physical activity
 - a. Year 1
 - i. Arshay Cooper rowing event 9/11/21
 - ii. Paintball 9/25/21
 - iii. Sneaker Ball Dance 11/5/21
 - b. Year 2
 - i. School sports teams (after school)
 - ii. Annual dance
 - c. Year 3

- i. Annual dance

Other School-Based Activities

Just as it takes a comprehensive curriculum to provide education to support students' futures, Ryan Banks Academy's wellness approach must also be comprehensive in its intent to provide students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, RBA commits to making additional wellness-based activities available to all students.

Ryan Banks Academy shall offer other school-based activities to support student health, nutrition, and wellness, including coordinated events and clubs. The following events or clubs shall be organized and promoted each year:

- 1) Clubs that meet quarterly (Year 1)
 - a. Young chefs club – explore healthy recipes; family event
 - i. 21Q3: Roasting: brussel sprouts, squash salad
 - ii. 21Q4: Stove Top: beef asparagus pasta, broccoli fritters
 - iii. 22Q1: Salads: Chicken-grape salad, jicama salad, kale salad
 - iv. 22Q2: Grilling: Grilled asparagus, turkey kabobs
 - b. New sports club – try a new sport
 - i. 21Q3: disc golf (IIT course)
 - ii. 21Q4: tennis (XS Tennis facility)
 - iii. 22Q1: fencing (RedStar)
 - iv. 22Q2: pickleball (Gwendolyn Brooks Park court)
- 2) Bi-monthly event (Year 1)
 - a. September: Careers in health care, nutrition, and sports
 - b. November: Recipe contest (nutrition) – scholars
 - c. January: Step counters – use apps/get step counters (physical activity)
 - d. March: Health Fair
 - e. May: Technology turnoff week – TV, phone, games (health)