



Inquiry Charter School 126513070

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Local Wellness Policy on Physical Activity and Nutrition

The Board of Trustees of Inquiry Charter School and Belmont Charter School, in addition to students, parents, administrators, faculty and staff, are committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating habits and physical activity. The following Wellness Policy on Physical Activity and Nutrition has been developed to ensure the overall well-being of Inquiry Charter School and Belmont Charter School students.

School Wellness Committee

- Inquiry Charter School and Belmont Charter School will create and maintain a School Wellness Committee
- The committee may include, but shall not be limited to, students, parents, teachers, administrators, members of the Board of Directors, representative from the Food Service Management Company (FSMC), and community members. The School Wellness Committee will be responsible for the development, implementation, monitoring, and evaluating of nutrition and physical activity centered goals for Inquiry and Belmont CS.
- Information pertaining to the School Wellness Committee and how to participate will be made available during summer Professional Development. Additionally, all School Wellness Committee meetings will be advertised throughout the year.
- The School Wellness Committee will assist in evaluating the implementation of the Wellness Policy. This evaluation will be conducted, at minimum, biennially.

School Meals

- To the extent possible, all meals served to Inquiry Charter School and Belmont Charter School students through the National School Lunch Program, National School Breakfast

Program, Seamless Summer Option Program, and Afterschool Snack Program, will meet or exceed the minimum nutrition requirements established by local, state, and federal law, as well as Dietary Guidelines published by the federal government or an authorized governmental agency. Similarly, any foods and/or beverages sold to students from vending machines, through snack lines, at student stores, celebrations, athletic events, any school-sponsored or school-related event, or for the purpose of fundraising will, to the extent possible, meet or exceed the minimum nutrition requirements. Vending machines will prohibit student access to soda and other drinks with minimal nutritional value.

- The Food Service Management Company contracted by Inquiry Charter School to supply meals under the National School Lunch Program will involve students and parents in menu selection for the school lunch, breakfast, and afterschool programs
- Inquiry Charter School will schedule meal periods at appropriate times, and will provide students with a minimum of twenty (20) minutes to enjoy their meals. In addition, Inquiry Charter School will discourage the scheduling of meetings or activities during meal time to ensure every student has the appropriate amount of time for each meal.
- Inquiry Charter School will encourage an overall school environment that encourages students and staff to make healthy food choices.
- Foods of minimal nutritional value, as defined by federal or state law will not be offered to students or staff during school hours, or at school-sponsored events.
- Food will not be used or withheld as punishment.

Nutrition Education Delivery and Promotion

- Nutrition education will be integrated into the curriculum at all Inquiry Charter School sites.
- Nutrition education will be developmentally appropriate, interactive, and will teach skills needed to adopt a healthy lifestyle.
- Inquiry Charter School will provide opportunities to educate families on the benefits of healthy eating and encourage healthy eating in the home.
- The School Wellness Committee will work together with the Food Service Management Company to ensure parents and students are aware of the nutrient content of the food served at school and to gather input/feedback on the menus.

Physical Activity

- Physical activity will be integrated into Inquiry Charter School curriculum across all grade levels with activities that are safe and developmentally appropriate.

- Extended periods of inactivity, periods of two hours or more, will be discouraged or all Inquiry Charter School and Belmont Charter School students. Teachers will seek to incorporate physical activity breaks during extended periods of instruction.
- To the extent practical, organized aged-appropriate physical activity opportunities will be provided during recess.
- Inquiry Charter School and Belmont Charter School will make efforts to ensure that all students are given opportunities before, during, and after the school day for physical activity. This will be done through physical education, recess, and integrating physical activity into the daily curriculum to guarantee that all students receive at minimum 30 minutes of age-appropriate physical activity on all, or most days of the week.
- The Wellness Committee will develop and disseminate resources to staff on how to integrate physical activity into the school day curriculum.
- Students will be encouraged to participate as much as possible during physical education class.
- Organized physical activity will be oared and encouraged at school-sponsored or school-related events.
- Physical activity will not be used or withheld as punishment.

Annual Goals

- Each year, the Wellness Committee will plan and sponsor two school events that encourage greater nutritional awareness and promote physical activity.
- Both Inquiry Charter School and Belmont Charter School will develop school garden programs to teach students how to grow, nurture, and harvest healthy foods. These gardens will be part of the nutrition education component.
- Inquiry Charter School and Belmont Charter School will work to incorporate healthy food selections for classroom and schoolwide celebrations, reducing the amount of sweets featured.
- Inquiry Charter School and Belmont Charter School will work with the student health center to support families who need services and to provide educational resources for families.