Northeast Ohio Classical Academy

Local School Wellness Policy

Last Reviewed: 4/20/2026

I. Purpose

Northeast Ohio Classical Academy recognizes that student wellness and proper nutrition are essential to academic success, lifelong health, and positive school culture.

This Local School Wellness Policy establishes goals and standards that promote:

- Student health and well-being
- Nutrition education and promotion
- Regular physical activity
- Access to nutritious foods
- Compliance with the National School Lunch Program (NSLP)

This policy complies with requirements established under federal child nutrition laws, including the Healthy, Hunger-Free Kids Act of 2010.

II. Wellness Policy Leadership

The school designates the following individual(s) to ensure compliance and implementation:

Wellness Policy Coordinator:

Name/Title: Rachel Altman/Office Manager

Responsibilities include:

- Implementing and monitoring the wellness policy
- Coordinating wellness initiatives
- Ensuring compliance with USDA regulations
- Leading evaluations and reporting

III. Stakeholder Involvement

Northeast Ohio Classical Academy permits participation from:

- Parents and guardians
- Students
- School administrators
- Teachers and staff
- School food service personnel
- Physical education teachers
- School health professionals
- Governing board members
- Community members and the general public

Stakeholders will be invited to participate in development, implementation, review, and updates of the policy.

IV. Nutrition Promotion

The school will promote healthy eating behaviors by:

- Encouraging consumption of fruits, vegetables, whole grains, and low-fat dairy
- Displaying nutrition education materials in cafeterias
- Providing adequate time for students to eat meals (minimum 20 minutes seated time)
- Promoting participation in school meal programs
- Making potable drinking water available at no cost during meals
- Supporting a positive dining environment

Food shall **not** be used as punishment or withheld as disciplinary action.

V. Nutrition Education

Nutrition education will:

- Be integrated into appropriate academic subjects
- Promote lifelong healthy eating habits
- Align with state academic standards where applicable
- Encourage critical thinking about food choices
- Support connections between nutrition, health, and academic performance
- Each grade level will have at least one physical education lesson per year with the sole focus on nutrition education and promotion

Teachers are encouraged to model healthy behaviors.

VI. Physical Activity

Northeast Ohio Classical Academy supports daily physical activity to improve student health and readiness to learn.

Requirements:

- Students shall receive regular physical education instruction (1 or 2 days per week)
- Recess will be provided for all grades (twice daily for elementary, once daily for middle school grades)
- Physical activity will not be withheld/implemented as punishment
- Classroom movement breaks are encouraged
- Schools will promote participation in extracurricular physical activities
- Physical Education classes will track measurable fitness goals through curriculum based activities and participation in personal fitness improvement challenges (ie The Tressel Challenge)

VII. Nutrition Standards for Foods and Beverages

All foods and beverages available on campus during the school day must meet or exceed **USDA Smart Snacks in School Standards**.

School Meals

All reimbursable meals will:

- Meet USDA meal pattern requirements
- Include fruits, vegetables, whole grains, and appropriate calorie ranges
- Limit sodium, saturated fat, and added sugars

Competitive Foods

Foods sold outside reimbursable meals (fundraisers, vending, school stores) must:

- Meet Smart Snack nutrition standards
- Promote student health and wellness

VIII. Other School-Based Wellness Activities

The school will:

- Maintain a clean and welcoming cafeteria environment
- Schedule meal periods at appropriate times
- Encourage staff wellness initiatives
- Promote mental, emotional, and social well-being
- Support farm-to-school or local food exposure when feasible

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IX. Marketing and Advertising

Only foods and beverages that meet Smart Snacks standards may be marketed or advertised on campus during the school day.

X. Public Notification

Northeast Ohio Classical Academy will:

- Make this wellness policy publicly available on the school website
- Provide updates to families and community members
- Share results of wellness assessments and policy updates

XI. Monitoring and Implementation

The Wellness Policy Coordinator will ensure:

- Policy implementation throughout the school

- Documentation of activities and compliance
- Retention of records required by the state agency administering child nutrition programs

Documentation may include:

- Meeting agendas and invitations
- Assessment reports
- Board approvals
- Public notices

XII. Triennial Assessment

At least once a year, the school will conduct a wellness policy assessment that evaluates:

1. Compliance with the wellness policy
2. Progress toward wellness goals
3. Comparison with model wellness policies

Results will be made available to the public.

XIII. Policy Review and Updates

The wellness policy will be reviewed annually and updated as needed based on:

- Assessment findings
- Stakeholder feedback
- Changes in federal or state regulations

XIV. Recordkeeping

Northeast Ohio Classical Academy will maintain records demonstrating compliance, including:

- Current wellness policy
- Documentation of stakeholder involvement
- Assessment results
- Public communications