



Dual Language Academy

Revised May 2026

Student Nutrition and Physical Activity (School Wellness Policy)

Purpose and Goals

Dual Language Academy recognizes the link between health and academic achievement and the importance of creating a healthy school environment. The purpose of this School Wellness Policy is to articulate the actions we are taking to comply with the USDA regulations following the 2010 Healthy Hunger-Free Kids Act. This policy is designed to help us meet our school goals to support the diet quality, physical fitness, and overall health of our students and staff.

Nutrition Environment and Services

Dual Language Academy will provide breakfast and lunch each day through the USDA School Breakfast Program and the National School Lunch Program. These meal programs are operated in full compliance with the USDA's regulations (<https://www.fns.usda.gov/school-meals/nutrition-standards>). In addition, the Dual Language Academy will participate in the Fresh Fruit and Vegetable Grant program, providing fresh fruits and vegetables in accordance with grant guidelines 3x per week to all students. In accordance with federal regulations, free drinking water will be available to students in every cafeteria during mealtimes. All food and nutrition services staff shall receive annual training consistent with current USDA Professional Standards (<https://www.gpo.gov/fdsys/pkg/FR-2015-03-02/pdf/2015-04234.pdf>).

Free and reduced-price meals. We work to ensure that families of students who qualify for free or reduced-price meals complete the necessary state application so the students can receive these meals. We do this by sending the application home to all families at the beginning of the school year and providing the application in the school office. Students pay for meals through an online SIS portal. One benefit of this system is that it protects the privacy of students who are receiving a free or reduced-price meal.

Unpaid meal debt. We work directly with parents and guardians to resolve unpaid meal debt, including helping them determine if they qualify for free or reduced priced meals. We are careful not to stigmatize or involve the student when there are unpaid meal balances; we do not identify these students at school, and we continue to provide standard reimbursable meals.

Promoting meal participation. We are proud of the nutritious meals we provide, and we will take the following steps to encourage participation:

- a. We will provide colorful monthly menus for families to encourage them to eat school lunches.
- b. We will schedule the day to include at least 20 minutes of seated time for students to eat lunch in the cafeteria.
- c. We will open the cafeteria to students 40 minutes before the first bell so that students who arrive early will have at least 10 minutes to sit and eat breakfast.
- d. We aim to not schedule tutoring, club, or organizational meetings during the lunch period. If there is a lunchtime meeting, students are given time to first get their school lunch and consume it during the meeting.

Farm to School Connections. Dual Language Academy values local farms and producers and will strive to build these connections and support our local economy.

- a. We will prioritize including locally grown fresh fruits and vegetables as part of our Fresh Fruit and Vegetable Grant program and will promote these foods with taste tests and signage about the farm.
- b. Students will receive education about agriculture and the food system through hands-on learning experiences. The Dual Language Academy partners with Creighton University Nursing Students to provide hands-on nutrition classes.

Food and beverages outside of the federal meal programs. Dual Language Academy recognizes that at times, food and beverages are available for students outside of the federal meal programs. We aim to limit these occasions; however, when they do take place, the following policies apply:

- a. *During the school day.* No snacks or outside food is sold during the school day at the Dual Language Academy. To ensure students are receiving fresh fruits and vegetables, we participate in the Fresh Fruit and Vegetable Grant program. We prohibit teachers or staff from using food as a reward in classrooms to encourage student achievement or desirable behavior, unless required in an IEP. We will maintain water fountains and bottle filling stations in each building so that free water

is always available throughout the school day for students and staff.

b. After school. Students in our afterschool program bring their own snacks from home and nothing is sold to students.

Commercial food marketing. Dual Language Academy recognizes that children are targeted with many types of commercial marketing, including food and beverages. We aim to provide a commercial-free zone in our school buildings. Food and beverage logos and branding are not permitted on any type of equipment or school property, including display racks; scoreboards; textbooks, or educational materials (unless required for educational purposes). The only exception is food and beverage logos and branding that appear on the package of a product that meets USDA meal or Smart Snack standards.

Celebrations. Dual Language Academy recognizes the importance of celebrations and special events. Class celebrations for birthdays, holidays, and other events will feature fun activities, with outdoor activities specifically encouraged. Celebrations may also feature special meals or snacks that have been prepared by the school food service to meet all federal standards. These celebration meals or snacks may be eaten outside or in the classroom. Students are permitted to bring in their own meals and snacks for their own consumption, but due to concerns about food safety and food allergies, food may not be shared between students.

Nutrition Education

Dual Language Academy recognizes the importance of nutrition education to provide students with the knowledge and skills necessary to lead a healthy life. Thus, we require sequential and comprehensive nutrition education to promote student wellness that is behavior focused, interactive, and participatory. Instruction includes nutrition education for students in Preschool-8th grade.

We believe that nutrition education can also be integrated into other parts of the school day. Instructional staff should integrate nutrition into other subjects and work with the school meal program staff to integrate nutrition education into the larger school environment. For example, instructional staff can use the cafeteria as a learning lab by reinforcing nutrition lessons from the classroom with the food available in the cafeteria.

Physical Education

Dual Language Academy utilizes a comprehensive, standards-based physical education curriculum that identifies the progression of skill development in grades K-8. The curriculum shall:

- A. Align with established state physical education standards.
- B. Undergo a formally established periodic review cycle consistent with other academic subjects.
- C. Foster lifelong habits of physical activity for all students.
- D. Dual Language Academy will provide elementary school students with two PE classes per week.
- E. Provide middle school students with 1 hour of physical education every week throughout the school year.

Physical education for all grade levels shall be taught by teachers who are certified to teach physical education. Dual Language Academy shall provide all physical education teachers with annual professional development opportunities that are focused on physical education and physical activity competencies aligned with the established curriculum.

Physical Activity

Dual Language Academy is committed to promoting an active lifestyle for students, staff, and community members. As part of this commitment, Dual Language Academy will develop programs that address family and community engagement and provide a wide variety of offerings. Specific initiatives to champion physical activity include:

- a. Dual Language Academy provides physical activity opportunities after school for students at all grade levels. This can include physical activity clubs, intramurals, and other activities.
- b. Dual Language Academy provides at least 30 minutes of recess daily to all students.
- c. Dual Language Academy provides students with at least one physical activity break for every 60 minutes of academic instruction daily.
- d. Dual Language Academy will develop joint-use agreements with community partners to provide expanded physical activity opportunities for all students and community members.

Staff are strongly encouraged to use physical activity as a *reward* whenever feasible. For example, teachers may offer extra recess time to incentivize good behavior. However, physical activity may not be assigned to students because of poor behavior or *punishment* for any reason. For example, students may not be singled out to run extra laps or other physical activities as a behavioral consequence. Additionally, recess, PE,

or other physical activities will not be withheld from students as a *punishment* for any reason.

Employee Wellness

Dual Language Academy will provide a comprehensive program promoting health and wellness for all employees. Specific strategies to support employee wellness may include offering physical activity classes to staff; making physical activity equipment available for staff to use before and after the school day; and providing free filtered water stations. Additionally, to foster a comprehensive, community-focused approach to wellness, staff will be encouraged to model healthy eating and physical activity behaviors. Implemented January 2027.

Coordination of Wellness Activities

Dual Language Academy will convene and maintain an active wellness committee that meets twice a year. The wellness committee will be led by the principal or designee, who will be responsible for ensuring that the wellness policy is clearly communicated to all school personnel, students, parents, and community members. The policy will be posted on the school's website. The committee is responsible for reporting compliance or non-compliance once a semester.

A letter will be sent to the school community via email and will be posted in a central area in all school buildings inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, and the public will be included in the development, implementation, review and update of the wellness policy.

Triennial Assessment

Every three years, the district wellness committee, supervised by the principal, will conduct a comprehensive assessment of the wellness policy and practices in the Dual Language Academy. This process will include the following elements:

- a. The current district policy will be compared to a model wellness policy using the WellSAT Policy tool (www.wellsat.org).
- b. The level of compliance with the policy will be assessed in each school by the school-level teams, supervised by the principal, using the WellSAT Practice tool (www.wellsat.org).
- c. The district committee will write a report that describes the district's progress to date in attaining its wellness goals.

- d. This report will be shared with the school community through the school newsletter and placed on the school website. This report will also be maintained by the school food authority to share during the state administrative review.
- e. Based on the findings, the school's committee will suggest any needed updates to the policy and will create any needed implementation plans to ensure compliance with all elements of this policy.