

Inwood Academy for Leadership Charter School

Wellness Committee Agenda

Date 2/15/17

**Attending Members: Kevin Garcia, Raquel Nova, Marilyn Hernandez,
Lucinda Lantigua, Nancy Betances**

As a requirement of The National School Lunch Program, participating schools must maintain and update their Wellness Policy. The Wellness Committee is charged with maintaining this policy.

Agenda questions:

* Menu Discussion:

- Is the menu what students want? Are there meal days students refuse the meal?

Yes, students are happy with the food. In the past there were a few meals the students didn't like, but they have been removed by the vendor.

- Are there items that we should serve more often? Less often?

The menu has good variety.

- Do the meals meet NYSED and National School Lunch requirements?

Yes, the food service follows all requirements daily.

- Are the meal periods long enough for students to enjoy their food?

Meal periods are sufficient

- Is the dining room appropriate for student's needs?

Yes

- Is water available for students during lunch?

Yes

* Outside Food - What limitations do we want, if any, to implement on foods brought into school?

The School discourages sugary items brought into school from home.

* Physical Education - Are the current hours of PE each week sufficient for our students?

All students have 1 hour of physical instruction twice per week.

* Are there any new policies that should be reviewed or adopted at this time?

None at this time.

* **Nutritional Classroom Education:**

Are we in compliance with our classroom educational goals?

Yes.

Inwood Academy Charter School aims to teach, encourage, and support healthy eating by students. We will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

Nutrition is part of regular class discussions.

- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

Health class is part of the curriculum for all grades.

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

Nutritional posters are posted in the cafeteria area at the school

- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.