



6. Child Nutrition Program- Nutrition designee
7. Child Nutrition Program- Operations designee
8. Child Nutrition Program- Farms designee
9. Child Nutrition Program- Compliance designee
10. VP of Student Health & Wellness
11. Physical Education & Health Curriculum Manager
12. Finance Office representative
13. Internal Communications Manager or Marketing designee
14. National Advancement Manager or Advancement designee
15. Family Advisory Council Member or designee

## **II. Nutritional Quality of Foods and Beverages Served on Campus**

Children consume as many as half of their daily calories at school. IDEA plays an important role in providing access to meals that contain

IDEA will provide students with at least 10 minutes to eat after sitting down with their food in front of them for breakfast and 20 minutes after sitting down with their food in front of them for lunch

<b>Calories</b>	200 calories or less
<b>Sodium</b>	200 mg or less
<b>Total Fat</b>	35% of calories or less

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

**Fundraising Activities.** To supp



settings, will receive an average of 135 minutes/week of physical education for Academy students and 225 minutes/ 2 weeks for College Preparatory students. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. All students taking PE will be evaluated twice a year using FitnessGram to evaluate for performing in the Healthy Fitness Zone. (Pretest and Posttest)

**Space.** To ensure that students participate in school physical education class, the campus will, to the extent possible, provide an environment that is safe, enjoyable, and developmentally appropriate for all students, while they are participating in the physical activity taking place during physical education.

**Clothing.** To ensure that students participate in physical activity during physical education class and that with a space to change clothing. This applies to the general population of students in College Prep. Grades 6th- 12th; academy students are not permitted to alter uniform/clothing; except shoes as needed.

**Health Education:**  
requirement:

IDEA will deliver health education at least once a semester that fosters the adoption and maintenance of healthy habits  
IDEA will make health education a priority and shall integrate it into other areas of the curriculum as appropriate  
The district shall provide annual professional development so that teachers and other staff responsible for health education programming are adequately trained to deliver the program

## **VI. Physical Activity Opportunities**

**Recess.** All Academy school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which School will encourage moderate to vigorous physical activity verbally and through the provision of space, equipment, and choice play.

**Physical Activity Opportunities Before and After School.** IDEA may offer extracurricular physical activity programs, such as athletics, non-competitive physical activity clubs and/or intramural programs. Every effort will be made by the school to provide ample opportunity before and after the school day for students to participate.

**Physical Activity and Punishment.** Campus administrators will not endorse or authorize campus personnel, especially teachers, to use physical activity or withhold opportunities for physical activity as a form of behavioral punishment.

**Safe Routes to School.** IDEA Cincinnati will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

**Additional Physical Activity Opportunities.** School teachers and staff are also encouraged to integrate physical activity into the academic curriculum where appropriate. Additionally, IDEA Cincinnati will offer appropriate training and other activities annually to employees to promote enjoyable, lifelong physical activity for IDEA employees and students; IDEA shall do the same.

**Communication with Parents.** IDEA be active role models, and to include physical activity in family events. Additionally, IDEA should include parents in before- and after-school programs involving physical activity, when appropriate.

Moreover, IDEA should encourage all students, parents, staff, and community members to use their recreational facilities (such as tracks, playgrounds, fields, etc.) that are available outside of school hours.

