

ONE BRIGHT RAY, INC.
1142 East Erie Avenue
Philadelphia, PA 19124

One Bright Ray Wellness Policy

One Bright Ray Inc. is committed to providing a school environment that promotes and protects children's health and ability to learn by supporting healthy eating habits and physical activity. As a means to fostering such a school environment, One Bright Ray, Inc. will set forth the following goals and adopts the following Wellness Policy on Physical Activity and Nutrition.

School Meals

- All meals served to One Bright Ray, Inc. students through the National School Lunch and Breakfast Programs 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 appropriate governmental agency. Similarly, any foods and/or beverages sold from vending machines, through snack lines, at student stores, celebrations, athletic event, any school sponsored or school-related event, or for the purpose of fundraising will, meet federal competitive food standards commonly called Smart Snacks, meet or exceed the minimum nutrition requirements during the school day. Food sold to students will follow the nutrition guidelines of set forth in Smart Snacks. However, any foods that do not meet the Smart Snack guidelines would need to be tracked and account for an exemption, not to exceed more than 10 exemptions per campus per year.
- One Bright Ray, Inc. participates in the Community Eligibility Model and all of the meals served to our student are provided at no cost to the student. In addition, students are not longer required to submit an application nor are classified in different eligibility statuses, since all our student are considered a Free status as a result of the Direct Certification matches that were calculated in the CEP formula, which went into effective in September 2014 using data from previous school year.
- One Bright Ray, Inc. will schedule meal periods at reasonably appropriate times, and will provide students with a minimum of twenty (20) minutes to enjoy their meals. In addition, One Bright Ray, Inc. will discourage the scheduling of meetings or activities during meal times, including, but not limited to, tutoring, club meetings and/ or organization meeting or activities.

- One Bright Ray, Inc. will provide facilities for appropriate hygiene, such as hand washing and brushing of teeth.
- Students will be discouraged from sharing foods and/ or beverages with others.
- One Bright Ray, Inc. will not use foods or beverages for the purpose of rewarding students for academic achievement or good behavior; unless such a reward system is specifically identified in a student's individualized Education Program. Likewise, One Bright Ray, Inc. will not restrict or withhold foods or beverages for the purpose of disciplining or punishing students.
- No food or limited nutritional value, as defined by federal or state law will be offered to students, faculty or staff during school hours, or at school-sponsored or school-related activities or events.

Nutrition Education

- Nutrition education will be integrated into the health curriculum at all grade levels.
- Nutrition education will be developmentally appropriate, interactive, and will teach skills needed to adopt healthy eating behaviors.
- Informational materials will be provided to students and families to encourage healthy eating behaviors.
- Informational materials will be provided to students and families to encourage sharing of health and nutrition information, and to encourage healthy eating in the home.
- Any marketing of foods and/ or beverages undertaken by One Bright Ray, Inc. will be consistent with established guidelines and/ or standards.

Physical Activity

- Physical activity will be integrated into the curriculum with activities that are safe, enjoyable and developmentally appropriate for all students in all grades.
- All students will be given opportunities throughout and after the school day for physical activity through physical education and local gym partnership.
- Faculty and staff will be appropriately trained in integrating physical activity into the various curricular areas.

- Students will be encouraged to participate in physical activity outside of the school environment, in both competitive and non-competitive environments.
- Organized physical activity will be offered and encouraged at school-sponsored or school-related events.
- One Bright Ray, Inc. facilities will be made available to students, faculty and staff for the purpose of offering physical activity and/ or nutrition programs.
- Physical activity will not be used or withheld as punishment.
- Established School Events that promote Wellness that are not restricted/limited to:
 - Seasonal Activities that involve Games & Activities:
 - Fall Fest & Winter Fest, Spring Fling
 - Annual Sport Tournaments:
 - Basketball, Softball & Golf tournaments are a part of OBR traditional culture that include the participation of the Faculty, Staff and Community
 - Afterschool Clubs:
 - Zumba Club, Yoga Club
 - Quarterly Module trips that involve touring and walking

Nutrition Standard for Competitive foods

- OBR does not offer food and beverages through the school store.
- OBR will not offer serve soda, water ice, gum, or candy during the meal periods.
- The Wellness Committee will be responsible to ensure that our school campuses are compliant with the Wellness Policy.
- OBR does not provide an ala Carte selection to students.
- Help prevent obesity by ensuring that the food served meet food safety requirements.
- All items sold to students will be reviewed and addressed by School Food Authority.
- Food servers promote Food Program breakfast and lunch meals by encouraging students to eat.
- Students are informed via the School Website of the availability of Free Breakfast and Summer Food Program.

Vending machines

- At least 50% beverages offered through vending will be:
- Water (any size).
- 100% fruit juice (not to exceed 20 oz.).
- A minimum of 75% of milk selections will be 1% low fat or nonfat (not to exceed 16 oz.), favored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar).
- Food is packaged in plastic wrappers.
- Packages will be single serving size.

Goals

- **Wellness Activities**
 - Various Wellness Activities will be carried out throughout the school year to coincide with each month's school functions/events, holiday, etc.
 - Activities may include but not limited to:
 - Engaging students in health discussion at Classroom topics
 - Bulletin board in cafeteria will display health tips, pictures, recipes, etc.
- **Wellness Education**
 - Students must earn .5 credits in Health to meet graduation requirements. Students complete two final products during this module that are based on the PA Academic Health Standards and PA Core Reading and Writing Standards. Most of these final products result in awareness campaigns.
 - Students must earn 1 Chemistry credit to meet graduation requirements. Some past module final products have incorporated the chemistry of food and may in the future as well. Most of these final products result in awareness campaigns.
 - Students participate in School Wide Enrichment for thirty minutes daily. Health and wellness is the topic of this instruction daily, weekly, and/or for an entire module depending upon the course-offering schedule at the time.
- **Fundraising**
 - Promote Fundraising that involve less food and more inactive and exciting fundraisers (i.e. Golf tournament)
- **Food Rewards**
 - School Food Authority will be cautious and reasonable on the amount of Student Incentives that involve food.

Food Service Program Director Assistance

The Food Service Program Director can provide assistance in identifying foods that meet these criteria.

- A variety of items that provide > 2 grams of fiber per serving will be available on a daily basis.
- Food of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during meal periods.

In addition, the majority of items offered will:

- Not be fried
- Not contain added sugar as the first ingredient
- Provide minimal to no trans fatty acids.

Marketing, pricing and nutrition education strategies will be used to encourage selection of healthier foods.

Plan Measuring Implementation

- Wellness Committee will review and measure Wellness at each campuses quarterly
- Wellness Committee will meet and discuss Quarterly reviews and concentrated on the areas of improvement to come up with a corrective plan
- Review will focus on Nutrition Education & Promotion, Physical Activity, Other School based activities

Nutrition Standard for Competitive foods

- Promote Student Health
- Help prevent obesity by ensuring that the food served meet food safety requirements
- All items sold to students will be reviewed and addressed by School Food Authority
- Food servers promote Food Program breakfast and lunch meals by encouraging students to eat

Healthy Hunger-Free Kids Act

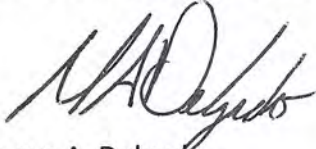
Policy upholds the improvement of child nutrition as the focal point of the Healthy, Hunger-Free Kids Act of 2010. The legislation authorizes funding and sets policy for USDA's core child nutrition programs:

National School Lunch Program, the School Breakfast Program, the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), the Summer Food Service Program, and the Child and Adult Care Food Program. The Healthy, Hunger-Free Kids Act allows USDA, for the first time in over 30 years, opportunity to make real reforms to the school lunch and breakfast programs by improving the critical nutrition and hunger safety net for millions of children.

<http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>

TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED TO CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS, THE APPLICABLE STATE AND/OR FEDERAL LAWS CONTROL.

ADOPTED this 26 day of February, 2015



Marcus A. Delgado

CEO