ALHUDA WELLNESS POLICY

Alhuda Academy | National School Lunch Program and School Breakfast Program

Policy owner	Alhuda Wellness Committee
Adoption date	_08/01/2026____
Next triennial assessment due	No later than three years after adoption; annual progress review each school year

Policy statement

Alhuda Academy is committed to creating a school environment that supports students' health, well-being, faith, and readiness to learn. The Alhuda Academy aims to provide access to nutritious halal meals, nutrition education, regular physical activity, and other school-based activities that promote the whole child. This policy applies to all students, staff, and school-sponsored activities under the Academy's control during the school day, consistent with applicable federal and Massachusetts requirements.

1. Purpose, scope, and definitions

This policy satisfies the local school wellness policy requirements for a local educational agency participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

2. Wellness Committee and public involvement

Alhuda Academy will maintain a School Wellness Committee that is open to participation by the general public and will invite, at a minimum, parents and caregivers, students as age appropriate, representatives of the school food program, teachers, school health professionals, school administrators, the governing board, and interested community members. Alhuda Academy will make a good-faith effort to obtain broad representation and will not limit participation to existing committee members.

Committee operations

- The committee will meet at least quarterly (four times per year).
- Alhuda Academy will publish meeting dates and an invitation to participate through its website, family communications, or another method reasonably calculated to reach the school community.
- The committee will keep agendas and meeting minutes and make them available.
- The committee will review implementation data, recommend annual priorities, participate in policy review and revision, and support the required triennial assessment.
- The committee will provide an annual progress update to the principal.

3. Leadership and accountability

The principal and school administration is responsible for overall implementation of this policy. The Food Service Director is responsible for implementation within school nutrition operations. School administrators and designated staff are responsible for implementation in classrooms, physical education, recess, celebrations, fundraising, and other activities under their supervision.

4. Nutrition promotion and nutrition education

Nutrition education and promotion will be age appropriate, evidence informed, culturally responsive, and consistent with the Dietary Guidelines for Americans and school meal standards. Instruction and messaging will respect Alhuda Academy's halal practices and the cultural backgrounds of its families.

- Nutrition education will be integrated into health, science, physical education, or other appropriate instruction across grade levels at least once each school year.
- Students will receive practical messages about balanced meals, fruits and vegetables, whole grains, hydration, food safety, and interpreting hunger and fullness cues.
- The school meal program will be promoted positively through menus and family communications.
- Staff will be encouraged to model healthy food and beverage choices and avoid using food in ways that conflict with this policy.
- Families will receive wellness or nutrition information at least twice per school year, including information about school meals and opportunities to reinforce healthy habits at home.

Measurable nutrition goals

Goal	Measure	Responsible lead	Review cycle
Nutrition learning	At least one documented nutrition-learning activity per grade band each school year.	Food Service Director	Annual
Family outreach	At least two wellness or nutrition communications to families each school year.	Wellness Committee	Annual

5. School meals and nutrition standards

All reimbursable breakfasts and lunches will meet current USDA meal-pattern and nutrition requirements and all applicable Massachusetts requirements. Meals will be halal and planned to be appealing, varied, age appropriate, and inclusive of documented disability-related meal modifications and other dietary needs as required by law.

- Students will have access to free potable water during meal service and throughout the school day where practicable.
- Alhuda Academy will provide a clean, safe, and welcoming dining environment and a reasonable amount of seated time to eat after students receive their meals.
- Breakfast access will be promoted, and service models will be reviewed to reduce barriers to participation.
- Food will not be withheld as punishment. Staff will not stigmatize or overtly identify students based on meal eligibility or participation.

- Food Service staff will follow the food safety plan and applicable training and professional standards requirements.

6. Physical activity and physical education

Alhuda Academy will provide students with regular opportunities for developmentally appropriate physical activity and will work toward the nationally recommended goal of at least 60 minutes of physical activity per day through a combination of physical education, recess, classroom movement, before- or after-school opportunities, and activity outside school.

- Elementary students will receive daily supervised recess whenever the school schedule permits. Recess should be outdoors when weather and safety conditions allow.
- Teachers are encouraged to include short classroom movement breaks, especially during extended periods of seated instruction.
- Physical activity will not be assigned as punishment. Recess or physical education will not be withheld routinely for academic work or discipline; any restriction must be brief, necessary for safety, and accompanied by an alternative opportunity when practicable.
- Activities and facilities will be adapted so students with disabilities can participate to the fullest extent appropriate.

Measurable physical activity goals

Goal	Measure	Responsible lead	Review cycle
Recess	Daily recess is scheduled for elementary grades; exceptions are documented by administration.	School administration	Quarterly
Movement	Teachers are encouraged to provide at least one movement opportunity on full instructional days.	Teachers / academic lead	Semiannual
Inclusive participation	Physical activity accommodations are reviewed for students with identified needs.	Administration / student support	Annual and as needed

7. Other school-based wellness activities

Alhuda Academy will support social, emotional, spiritual, and physical well-being through a coordinated school environment.

- Students will have access to age-appropriate social-emotional learning, positive behavior supports, and trusted adults including our school counselor to whom they may bring concerns.
- Alhuda Academy will maintain procedures for student safety, bullying prevention, emergency response, medication and allergy management, and referral for health or mental-health concerns.
- Staff wellness will be encouraged through access to wellness information, supportive workplace practices, and voluntary wellness opportunities when feasible.

- School schedules and events will consider reasonable opportunities for handwashing, hydration, rest, and movement.
- Alhuda Academy will seek student and family input on meals and wellness priorities at least annually.

Measurable whole-child wellness goals

Goal	Measure	Responsible lead	Review cycle
Student/family voice	At least one annual survey, listening session, or comparable feedback opportunity addresses meals or wellness.	Wellness Committee	Annual
Staff awareness	Relevant staff receive an annual overview of this policy and their implementation responsibilities.	Wellness Committee	Annual

8. Implementation, monitoring, and records

The school nutrition director will coordinate implementation and maintain evidence sufficient to demonstrate compliance. Evidence may include menus, product documentation, lesson or activity records, schedules, communications, committee records, fundraising approvals, training materials, and implementation checklists.

- At the beginning of each school year, the committee will identify annual action items, responsible persons, measures, and target dates.
- At least once each school year, the committee will review progress toward the measurable goals and document its findings in meeting minutes or an annual progress report.
- Records will be retained in accordance with NSLP/SBP recordkeeping requirements and longer when an audit or review remains unresolved.

9. Triennial assessment and policy revision

At least once every three years, the Alhuda Academy will assess implementation of this policy and make the assessment available to the public. The assessment will include:

1. The extent to which the Academy complies with this policy;
2. The extent to which this policy compares with model local wellness policies; and
3. A description of progress made toward attaining the policy's measurable goals.

The Wellness Committee will participate in the assessment and recommend revisions based on the results, changes in law or guidance, school needs, and stakeholder input. The governing board or other authorized body will approve material policy revisions. Alhuda Academy may update the policy more frequently when needed.

10. Public notification and access

The Academy will inform families, staff, and the public annually about the content and implementation of this policy. The following will be made available on the school website or through another accessible public method.

11. Nondiscrimination and accommodations

Wellness activities and school nutrition programs will be administered without unlawful discrimination. Alhuda Academy will follow applicable USDA civil rights requirements and procedures for disability-related meal modifications.

Implementation record checklist

Maintain the following records for DESE review:

- Current adopted policy and prior versions
- Wellness Committee member list with names and roles
- Quarterly meeting schedule, public invitations, agendas, attendance, and minutes
- Annual progress updates and evidence supporting measurable goals
- Most recent triennial assessment and evidence it was made public

Authorities and guidance

- USDA Food and Nutrition Service, Local School Wellness Policy: https://www.fns.usda.gov/tn/wellness-policy
- USDA, 7 C.F.R. § 210.31 (Local school wellness policy): https://www.ecfr.gov/current/title-7/section-210.31
- USDA, 7 C.F.R. § 210.11 (Competitive food service and standards): https://www.ecfr.gov/current/title-7/section-210.11
- Massachusetts School Wellness Initiative for Thriving Community Health (SWITCH), Local Wellness Policy Overview: https://massschoolwellness.org/local-wellness-policy/
- Massachusetts General Laws, chapter 111, § 223 (school wellness advisory committees): https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXVI/Chapter111/Section223

This policy is intended to align with the requirements and guidance available as of July 31, 2026. If a controlling law or program requirement changes, the controlling requirement governs and the policy will be updated accordingly.