



Howard Road Academy

Public Charter School For Excellence
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Dear Parents/Guardians:

We are pleased to inform you that Healthy School Act of 2010 was approved by Congress in August 2010, which made this legislation effective SY 2010-2011. The Healthy Schools Act of 2010 ("HSA") focuses on access to nutritious meals for DC students and provides additional funding to public and public charter schools to adopt recommendations from leading health and physical activity authorities. HSA provides all District children, in public and public charter schools, a free breakfast. HSA requires 150 minutes per week of physical education in elementary schools and 225 minutes per week in middle schools and creates graduated health education requirements from kindergarten to grade 8 by SY 2014-2015 school-year.

Three Key Elements to HSA

- School Nutrition, Physical and Health Education
 - ✓ Encourage schools to serve a vegetarian option each week
 - ✓ Require schools to serve a different vegetable and fruit each day of the week and a serving each of whole grain and milk each day with a fat content of no more than 1% to meet the USDA Healthier US School Challenge gold menu criteria
 - ✓ Require schools to have only healthy foods in vending machines, for fundraising, and for prizes
 - ✓ Require students in kindergarten through grade 5 to have at least 150 minutes per week and students in grades 6 through 8 to have at least 225 minutes per week of physical education and 75 minutes per week of health education by school year 2014-2015

- Farm-to-School Program
 - ✓ Preference for unprocessed foods grown in DC, Delaware, Maryland, New Jersey, North Carolina, Pennsylvania, Virginia, and West Virginia
 - ✓ Grants to establish curriculum-coordinated school gardens program

- Wellness Policy and Health Profiles
 - ✓ Require schools to annually assess and report on student achievement according to health and physical education standards
 - ✓ Require schools to develop a health profile detailing health, nutrition, physical education programs and wellness policies