



DeKalb Preparatory Academy DeKalb County School District		Policy Code Federal Reference 42 USC Chapter 12A; 07 CFR 210.11; 07 CFR 210.31
<p style="text-align: center;">Safe Free Clean Water Access Policy</p> <p>The DeKalb Preparatory Academy School Board recognizes that we can promote healthy, dietary behaviors, including drinking water. Adequate hydration may improve cognitive function among children and adolescents, which is important for learning. By ensuring students have access to safe, free drinking water throughout the school environment, students are provided with a healthy alternative to sugar-sweetened beverages before, during and after school. This helps to increase students' overall water consumption, maintain hydration, and reduce energy intake. Drinking water, if fluoridated, also plays a role in preventing dental caries (cavities). Thus, all schools will offer access to safe, free drinking water to students during school hours at the lunch meal periods and locations where meals are served. Safe, free drinking water will not be withheld as a punishment.</p> <p>The United States Department of Agriculture (USDA) Requirements The United States Department of Agriculture (USDA) requires that schools participating in the National School Lunch Program (NSLP) make plain (i.e., no flavoring, additives, or carbonation) drinking water available to students at no cost during the lunch meal periods at the locations where meals are served.</p> <p>The School Breakfast Program (SBP) Requirements The School Breakfast Program (SBP) requires that schools make drinking water available when breakfast is served in the cafeteria. Food served during the afterschool snack service falls under the National School Lunch Program.</p> <p>Local School Wellness Policy (LWP) Requirements The LWP should include goals for drinking water. Schools should make safe drinking water accessible to students and staff in multiple locations throughout the school environment including after-school settings (not just in eating areas).</p> <p>The Institute of Medicine and the Centers for Disease Control and Prevention Recommendations The Institute of Medicine and the Centers for Disease Control and Prevention recommend that plain drinking water be available throughout the school day at no cost to students, and if other beverages are available or sold during the school day, they should only include plain water (i.e., no flavoring, additives, or carbonation), fat-free or low-fat milk, and 100% fruit juice in specified portions.</p> <p>The American Academy of Pediatrics (AAP) Recommendations AAP recommends the following: (a) Children and adolescents should be taught to drink water routinely as an initial beverage of choice as long as daily dietary caloric and other nutrient (e.g., calcium, vitamins) needs are being met; (b) Water is also generally the appropriate first choice for hydration before, during, and after most exercise regimens, and (c) Children should have free access to water, particularly during school hours.</p>		
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<p>Procedures for Implementation</p> <p>The policy will go into effect <u>January 2022</u>. The administration will develop a plan for communicating the policy that will include information in student and employee handbooks, and announcements at school-sponsored or school-related events. Other methods will be identified for notifying students, employees and parents/guardians about this policy. An enforcement plan, which identifies nutrition expectations for students, staff and parents/guardians, will be created and communicated to all students, staff and parents/guardians.</p>		
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