

High Point Academy Local Wellness Policy

1. Preamble

The district is committed to the optimal physical and academic development of every student. For students to achieve personal, academic, developmental, and social success, we must create positive, safe, and health-promoting learning environments at every level, in every setting, and throughout the school year. The district will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students.

This local school wellness policy (LWP) outlines the district's approach to ensuring that the school environment provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all students, staff, and schools in the district. Specific, measurable goals and outcomes are identified within each section.

2. District Wellness Council

Purpose of the Council

The district will convene a representative District Wellness Council (DWC) that meets at least four times a year to establish goals for and oversee school health and safety policies and programs -- including the development, implementation, and periodic review and update of this local school wellness policy.

Council Membership

The superintendent (or designee) will convene the DWC, facilitate the development of and updates to the Local Wellness Policy (LWP), and ensure each school's compliance with the policy. The names and contact information of the superintendent (or designee) and the council members will be readily available to the public.

The DWC membership for the district includes the following:

Tammy Edwards, Food Services Director, Chair of Committee, Tedwards@hspart.org

Tonya Johnson, Food Services (Chartwell), Committee Member,

Tonya.Johnson@Compass-usa.com

Adam Rhodes, Community/Parent, Committee Member, Arhodes@hspart.org

Lisa Broadhead, Parent, Nurse, Community, Committee Member,

Lbroadhaed@hspart.org

Adrienne Clark, School Nurse, Committee Member, Aclark@hspart.org

Russell Lynch, Administrative Staff, Committee Member, Rlynch@hspart.org

Christy Papala, Administrative Staff, Committee Member, cpapala@hspart.org

Justin Richards, Asst. Principal, Committee Member, Jrichards@hspart.org

Derek Hawk, Board Member, Committee Member, Derek.Hawk@hspart.org
Olivia Gess, Physical Education Teacher, Committee Member, Ogess@hspart.org

Public Involvement

The district is committed to ensuring that the community is aware of and involved in the development and implementation of the LWP. The district will actively communicate the ways in which representatives of the DWC, School Wellness Council (SWC), and others can participate in the development, implementation, and periodic review and update of the LWP.

3. Accountability

Triennial Assessment

At least once every three years, the district will assess the LWP by measuring the following:

- the extent to which the LWP meets the requirements of the final rule
- the extent to which schools under the jurisdiction of the district are complying with the LWP
- the progress made in attaining the goals of the LWP
- the extent to which the LWP compares to model local wellness policies

Documentation

The district will retain records to document the presence of and compliance with the LWP, including but not limited to the following:

- the current and previous board-approved LWP
- documentation demonstrating that the LWP has been made available to the public
- documentation of the most recent district- and school-level assessments of implementation
- documentation of efforts to review and update the LWP, including who was involved and how the district made stakeholders aware of their ability to participate

Policy Updates

The district will update the LWP based on the following:

- the results of the triennial assessment
- district priorities
- community needs
- the results of school health assessment
- school-level implementation progress

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- emerging scientific information
- new federal or state regulations or guidance

Notification to the Public

The district will actively inform caregivers and the public each year of basic information about the LWP, including but not limited to the following:

- Its content and any updates
- district- and school-level implementation status
- an explanation of why updates were made, who was involved, and how stakeholders were made aware of their ability to participate
- the effective dates of any policy changes
- the names and contact information of the district and school officials leading and coordinating the DWC
- information on how the public can get involved with the DWC
- information about DWC meetings, including dates, times, locations, agendas, and meeting minutes
- mechanisms for the public to provide feedback and comments

The policy can be found here: www.hpaspartanburg.com

The district will use multiple methods to distribute this information to the community, including but not limited to the following:

- electronic mechanisms (e.g., email)
- displaying notices on the district and school websites
- non-electronic mechanisms (e.g., newsletters)
- presentations to caregivers
- sending information home to caregivers

4. Nutrition Services

School Meals

All schools within the district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including the following:

- fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, dry beans and peas, and legumes)
- grains (whole grain-rich)
- meats and meat alternatives

- fat-free and low-fat milk
- access to free drinking water

In addition, the district will ensure the following:

- School meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations.
- School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA.
- The district will make every effort to ensure, to the maximum extent practicable, that the method of payment does not identify a student as eligible for free or reduced-price meals (e.g., using prepayment systems that mask students' eligibility status).

Water

Free, safe, unflavored drinking water will be available to all students during mealtimes when school meals are served.

The district will implement the following:

- Free, safe, and unflavored drinking water is available to students during the school day and during the extended school day (including during out-of-school time and before and after school).
- Students can bring and carry approved water bottles filled with only water before, during, and after the school day across the school campus.
- All water sources and containers (e.g., drinking fountains, water jugs, hydration stations, and water jets) will be maintained regularly to ensure adherence to health and safety standards.

Competitive Foods and Beverages

The district will ensure that all foods and beverages sold to students on the school campus **during the school day** support healthy eating, including those provided outside of the school meal programs. All foods and beverages **sold** outside of the school meal programs **during the school day** will, at a minimum, meet Smart Snacks. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to à la carte, vending machines, school stores, and snack or food carts, as well as any food-based fundraising meant for consumption **during the school day**. (With the exception of exempt food-based fundraising events allowable by the USDA and the National School Lunch Program).

Celebrations and Rewards

Foods and beverages intended to be served in a celebration and reward settings will not be sold and do not have to be Smart Snack compliant, however, the district encourages healthy options. The following guidelines must be met when making choices for providing food for these purposes.

- “Homemade”, “home-cooked,” or “home-prepared” foods will **not** be allowed
- Foods must be properly packaged, sealed, and labeled
- Foods cannot contain nuts of any kind, including tree nuts, or have been processed in a facility that contains nuts.
- All foods must be approved by a designated school official before being taken to a classroom or serving area.

This includes foods and beverages offered during celebrations and parties, classroom snacks, and as rewards and incentives. The district recommends utilizing rewards that promote physical activity and/or promote educational messages (e.g., a coupon for a free book at the book fair for consistently returning books to the library on time). Foods and beverages will not be withheld as a punishment for any reason.

Fundraising

The State Superintendent and the South Carolina Board of Education will determine the allowable number of exempt food-based fundraising events per school year. Exempt, meaning foods used for these purposes, do not have to be Smart Snack compliant even if sold during the school day. However, the district encourages using Smart Snack-compliant items for these types of events whenever possible.

All school staff that intend to use these events to help support a school function they will be supervising must submit their request for such a function within the first two weeks of a new school year. These requests will be submitted for review by the District's Federal Compliance Office, the Director of Operations and the Director of Lunchroom Services.

Food and Beverage Marketing

The district will ensure all foods and beverages marketed to students on the school campus during the school day will meet or exceed Smart Snacks standards. This includes the marketing of products on the following:

- the exterior of vending machines
- posters, flyers, menu boards, coolers, trash cans, and other food service equipment
- cups used for beverage dispensing

5. Nutrition and Health Education

Amended 1/30/2023

The district will teach, model, encourage and support healthy eating among students. Schools will provide nutrition education integrated into other subjects as part of health education and/or offer stand-alone classes at each grade level.

The district will ensure it will meet the following goals for nutrition education:

- Nutrition and physical activity education is taught to all K-12 students using evidence-based curricula aligned with the National Health Education Standards and addressing the essential healthy eating and physical activity topics.
- Nutrition and physical activity education includes developmentally appropriate, culturally relevant, and participatory activities and addresses a clear set of behavioral outcomes that promote healthy eating and physical activity behaviors.
- Food service staff and PE teachers will collaborate with classroom teachers and other school staff to provide nutrition and physical activity education throughout the school campus.

Nutrition Promotion

The district will ensure that students and staff receive consistent nutrition messages throughout the school campus, including in classrooms, gymnasiums, and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.

The district will ensure it will meet the following goals:

- Evidence-based marketing and merchandising techniques will be implemented to promote healthy food and beverage choices (see the *Nutrition Services* section of this document).

6. Physical Activity

The district will ensure that a combination of physical activity opportunities will be offered to students in the form of the following:

- classroom physical activity, daily recess, physical education
- before- and after-school activities and sports
- active academics and transportation

The district will ensure it will meet the following goals:

- Schools will provide all students with adequate and safe spaces, facilities, equipment, and supplies for recess. **Students will not be excluded from recess for disciplinary reasons or academic performance.**

Daily Recess

The district will implement the following:

- Recess will be offered at all elementary schools for 20 or more minutes on all days during the school year, which will complement, not substitute for, physical education class.
- Schools and students will be provided with adequate spaces, facilities, equipment, and supplies for recess.
- Spaces and facilities for recess will meet or exceed recommended safety standards.

Physical Education

Physical education teachers will assess student knowledge, motor skills, and social skills to provide instruction in a safe and supportive environment.

Though important for increasing physical activity, other physical activity experiences such as recess, intramural sports, or recreational endeavors should not be used as a replacement for physical education.

The district will ensure it will meet the following goals:

- All PE classes utilize a curriculum that incorporates essential health education.
- All students are engaged in moderate to vigorous physical activity (MVPA) for at least 50% of class time during most or all PE classes.

7. Other Activities That Promote Student Wellness

The district will integrate wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.

The district will ensure it will meet the following goals:

- Wellness activities are coordinated and integrated throughout the school day, as well as culturally inclusive, accessible to all students and staff across the district, and are age appropriate.

8. Whole School, Whole Community, Whole Child (WSCC)

The WSCC model is centered on the school while connecting to the family and the community to address the needs of the whole child. The WSCC model provides greater alignment, integration, and collaboration between health and education. The five tenets located in the center of the WSCC model - healthy, safe, engaged, supported, and challenged - are critical for improving students' health and academic achievement.

Nutrition environment and services, health education, physical education, and physical activity have already been addressed in the policy to meet the requirements of the USDA final rule of 2016. Physical and mental health policies and programs are included in this section to create more comprehensive LWPs to address all components of the WSCC model.

Physical Environment

The district is committed to ensuring that the school environment protects the health and safety of students and staff. The district will support healthy and safe school environments within and around all district facilities in the following ways:

- identifying regular cleaning and maintenance practices and ensuring compliance with safety standards
- addressing prevention and safe removal (if applicable) of mold and moisture
- addressing reduction/minimization of student and staff exposure to toxins (e.g., vehicle exhaust, mold, air pollution, pesticides, and cleaning products)
- specifying a system for monitoring and addressing water quality
- specifying an integrated pest management plan
- addressing the physical condition of buildings and grounds (e.g., lighting, noise, ventilation, and air quality)
- establishing tobacco-free buildings and grounds
- educating students, school staff, and school-based OST staff on maintaining the safety of the school's physical environment
- specifying physical safety measures and procedures (e.g., double entry access, locked doors and windows, surveillance, supervision of hallways, check-in/check-out systems for visitors, and safe transport)
- requiring the establishment of an ongoing school safety team for the district (can be part of the DWC) and in each school building
- specifying a crisis preparedness and response plan for the district and assisting each school in developing a plan
- addressing the presence of and training for school resource officers
- regularly assessing and reporting on the district- and building-level implementation of these practices and providing appropriate resources and training for continuous improvement