

LEE A. TOLBERT COMMUNITY ACADEMY

Local Wellness Policy

This Local Wellness Policy (LWP) outlines Lee A. Tolbert Community Academy's (LATCA) approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff, and schools in the Lee A Tolbert Community Academy school(s). Specific measurable goals and outcomes are identified within each section below.

Local Wellness Committee

Committee Role and Membership

Lee A Tolbert Community Academy will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee the implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, principal, vice-principal); school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.

Leadership

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

All Lee A Tolbert Community Academy schools will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions, and timelines specific to each school; and include information about who will be responsible for making what change, by how much, where, and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

LEE A. TOLBERT COMMUNITY ACADEMY will use a variety of tools (see list below) to complete school-level assessments of the implementation of this plan; based on the results; LEE

A. TOLBERT COMMUNITY ACADEMY will create an action plan, implement the plan, and generate an annual report. LEE A. TOLBERT COMMUNITY ACADEMY will retain records to document compliance with the requirements of this LWP at the LEE A. TOLBERT COMMUNITY ACADEMY's main office and with the Office of the State Superintendent of Education.

Documentation maintained in these locations will include but is not be limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to the public.

Each school in the LEE A. TOLBERT COMMUNITY ACADEMY will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. The school will make this information available via the school website www.tolbertacademy.org and through LEE A. TOLBERT COMMUNITY ACADEMY-wide communications. This will include a summary of the LEE A. TOLBERT COMMUNITY ACADEMY's events or activities related to wellness policy implementation. Annually, the LEE A. TOLBERT COMMUNITY ACADEMY also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

Revisions and Updating the Local Wellness Policy

This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above. The Local Wellness Committee will update or modify this LWP based on the results of LEE A. TOLBERT COMMUNITY ACADEMY's annual self-assessment, and on other variables, including if/when LEE A. TOLBERT COMMUNITY ACADEMY's health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.

Community Involvement, Outreach, and Communications

LEE A. TOLBERT COMMUNITY ACADEMY is committed to being responsive to community input, which begins with awareness of the LWP. LEE A. TOLBERT COMMUNITY ACADEMY will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation, and periodic review

and update of the LWP through a variety of means appropriate for LEE A. TOLBERT COMMUNITY ACADEMY. LEE A. TOLBERT COMMUNITY ACADEMY also will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. LEE A. TOLBERT COMMUNITY ACADEMY will actively notify the public about the content of or any updates to this LWP annually, at a minimum. LEE A. TOLBERT COMMUNITY ACADEMY will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, LEE A. TOLBERT COMMUNITY ACADEMY will disseminate this LWP to parents by posting it on the school website, and through any parent-teacher organizations.

Nutrition

LEE A. TOLBERT COMMUNITY ACADEMY is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein, and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams of trans-fat per serving (nutrition label or manufacturer's specification), and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

LEE A. TOLBERT COMMUNITY ACADEMY is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- are accessible to all students;
- are appealing and attractive to students;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local and federal statutes and regulations;
- ensure all qualified students will become eligible for free lunch;
- schools will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line;

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.

Water

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. LEE A. TOLBERT COMMUNITY ACADEMY will make drinking water available where school meals are served during mealtimes.

Rewards

LEE A. TOLBERT COMMUNITY ACADEMY schools will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that does not meet the nutritional requirements above.

Third-Party Vendors

LEE A. TOLBERT COMMUNITY ACADEMY schools will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 90 minutes after the school day ends, in accordance with the Healthy Schools Act and USDA Smart Snacks Standards.

Nutrition Promotion

LEE A. TOLBERT COMMUNITY ACADEMY will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Ensuring Quality Nutrition Education, Health Education, and Physical Education

LEE A. TOLBERT COMMUNITY ACADEMY aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

Health Education

LEE A. TOLBERT COMMUNITY ACADEMY is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, LEE A. TOLBERT COMMUNITY ACADEMY will provide students a comprehensive school health education that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention,

sexual health, tobacco use, and violence prevention LEE A. TOLBERT COMMUNITY ACADEMY will provide health education that:

- is offered at least 30 minutes per week at each grade level, K-8, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education;
- incorporates active learning strategies and activities that students find enjoyable and personally relevant;
- incorporates opportunities for students to practice or rehearse the skills needed to maintain and improve their health;
- incorporates a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity;
- incorporates assignments or projects that encourage students to have interactions with family members and community organizations;
- requires professional development for all teachers in classroom management techniques in the past two years.

Additionally, in an effort to ensure reinforcement of health messages that are relevant for students and meet community needs, LEE A. TOLBERT COMMUNITY ACADEMY will base its health education program, at least in part, on the results of the Health and Physical Education Assessment and in collaboration with the community. LEE A. TOLBERT COMMUNITY ACADEMY will also seek to imbed health education as part of student visits with the school nurse, through posters or public service announcements, and through conversations with family and peers.

Physical Education and Physical Activity

LEE A. TOLBERT COMMUNITY ACADEMY acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of LEE A. TOLBERT COMMUNITY ACADEMY that students engage in the recommended 30 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being.

The components of LEE A. TOLBERT COMMUNITY ACADEMY's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, physical activity clubs. LEE A. TOLBERT COMMUNITY ACADEMY will ensure that:

- students in grades K-5 receive at least 150 minutes per week of physical activity, and students in grades 6-8 receive at least 150 minutes per week of physical education;
- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- 50 percent of physical education class time is devoted to actual physical activity;
- suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities;
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- physical activity is neither required nor withheld as punishment.