

Charles R. Drew Charter School School Wellness Policy (Physical Activity and Nutrition) 2023-2026

Charles R. Drew Charter School supports the health and well-being of the school's students by promoting nutrition and physical activity at all grade levels.

In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Wellness Council will be formed and maintained to oversee these activities.

The School Wellness Policy shall be made available to students and families during school registration, in the staff and student handbooks, and posted on the school's website.

I. Coordinated School Wellness Council

Charles R. Drew Charter School will engage students, teachers, administration/staff, parents/guardians, food service professionals, physical education teachers, mental health professionals, health care professionals, and/or other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity programs and initiatives. The Coordinated School Wellness Council will be formed and maintained at the school level to oversee the development, implementation, and evaluation of the school's wellness policy.

1. In accordance with state and federal law, the school will form and maintain a school level Coordinated School Wellness Council that includes members from most/all of the following categories:
 - Parents/Guardians
 - Food Service Director/Professionals
 - Physical Education instructors
 - Students
 - School Health Care Professionals/School Nurse
 - School board members
 - School administrators
 - Interested members of the public
 - Representatives of interested community organizations

Other potential members of the Council include teachers, teaching assistants, and community representatives such as recreation professionals, city planners, industry professionals and voluntary service workers.

2. The School Wellness Council shall meet at least every six months to review nutrition and physical activity practices and to develop an action plan for the coming year. The Council shall meet as needed to discuss implementation activities and address barriers and challenges.
3. The School Wellness Council shall report annually to the Head of School on the implementation of the wellness policy and include any recommended changes or revisions.
4. Drew's Board of Directors will adopt or revise nutrition and physical activity policies based on recommendations made by the School Wellness Council

II. Nutrition Education and Nutrition Promotion

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12) according to standards of the Georgia DOE. Schools will link nutrition education activities with existing coordinated school health programs or other comparable comprehensive school health promotion frameworks.

III. Standards for USDA Child Nutrition Programs and School Meals

Drew Charter School will provide and promote the National School Breakfast and Lunch Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

IV. Nutrition Standards for Competitive and Other Foods and Beverages

1. Drew Charter School will encourage food and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines, school stores, and concession stands. This also includes food and beverages for school fundraisers, birthdays, classroom celebrations, school events, etc.
2. Drew's Board of Directors and the School Wellness Council will allow marketing in school buildings and on school grounds during the school day for only those food and beverages provided by the school that meet the federal nutrition standards. Marketing that promotes student health will be permitted in school buildings and on school grounds.

V. Physical Activity and Physical Education

Drew Charter School supports the health and well-being of students by promoting physical activity through physical education, recess and other physical activity breaks; and before- and after-school activities. Additionally, Drew Charter School supports physical activity among elementary students by providing them with at least 30 of the recommended 60 minutes of physical activity per day.

VI. Other Activities that Promote Student Wellness

Drew Charter School supports the health and well-being of our students and staff by creating and promoting policy and environmental supports to provide physical activity and healthy eating opportunities.

VII. Evaluation

Through implementation and enforcement of this policy, Drew Charter School will create an environment that supports opportunities for physical activity and healthy eating behaviors. To ensure continuing progress, Drew Charter School will evaluate implementation efforts and their impact on students and staff at least every three years. The board will notify the public of the results of the three-year assessment and evaluation.

The board designates the Head of School to ensure compliance with this policy and its administrative regulations. The Head of School is responsible for retaining all documentation of compliance with this policy and its regulations, including but not limited to each school's three-year assessment and evaluation report and this wellness policy and plan. The Head of School will also be responsible for public notification of the three-year assessment and evaluation report, including any updates to this policy made as a result of Drew Charter School's three-year assessment and evaluation.

Administrative Regulations:

I. Nutrition Education

1. Health education will be provided as part of a comprehensive health education program and taught by a licensed health education instructor.
 - a. Nutrition education will be provided as part of the physical activity and health program during the school day.
2. The school will provide nutrition education training opportunities to teachers and staff.

II. Nutrition Promotion

1. Nutrition promotion will include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.

2. School staff will collaborate with community groups and organizations to provide opportunities for student projects related to nutrition (e.g., cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and physical activity/exercise).
3. Nutrition promotion resources will be provided to parents/guardians through handouts, website links, school newsletters, presentations and any other appropriate means available to reach parents/guardians.
4. Nutrition educators will partner (when possible) with school staff of the school food service program to use the cafeteria as a learning lab.
5. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.
6. Nutrition labels will be provided, upon request, on all foods served as part of the National School Lunch, School Breakfast, After School Snack Program, or Smart Snacks, to allow students to easily identify healthier foods.
7. Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

III. Standards for USDA Child Nutrition Programs and School Meals

1. School Meal Content
 - a. Meals served through the National School Lunch and Breakfast Programs will:
 - Be appealing and appetizing to children;
 - Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs
 - Contain 0 percent trans fats;
 - Offer a variety of fruits and vegetables;
 - 80 percent of the grains offered are whole grain-rich.
 - b. All cooked foods will be baked or steamed, except in case of emergency or special event use. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
 - c. The school will purchase or obtain fresh fruits and vegetables from local farmers when practical.
 - d. Students will have the opportunity to provide input on local, cultural and ethnic favorites.
 - e. The school nutrition department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
 - f. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
 - g. The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms that may include handouts, the school website, articles, school newsletters, presentations that focus on

nutrition and healthy lifestyles, or through any other appropriate means available to reach families.

2. School Meal Participation

- a. To the extent possible, schools will provide the USDA School Breakfast Program to all students.
- b. To the extent possible, schools will utilize methods to serve school breakfasts that encourage participation, possibly including serving breakfast in the classroom or serving “grab-and-go” breakfasts, and making the allowable arrival time earlier to allow students to eat breakfast before school begins.
- c. After-school snacks will be provided when requested for education-related programming

3. Mealtimes and Scheduling

- a. Adequate time will be provided to students to eat lunch (at least 20 minutes after being served) and breakfast (at least 10 minutes after being served).
- b. Elementary Academy will make every effort to schedule recess before lunch.
- c. School meals will be served in clean and pleasant settings.
- d. Students will have convenient access to handwashing and sanitizing stations.
- e. Potable (drinking) water must be readily available at all mealtimes.
- f. Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

4. Professional Development

- a. Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

IV. Nutrition Standards for Competitive and Other Food and Beverages

1. Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007).

- a. K-12 à la carte, school vending machines and other foods outside of school meals shall be limited to:
 - No more than 30 percent of total calories from fat,
 - Less than 10 percent of total calories from saturated fats,
 - 0 percent trans fats,
 - No more than 35 percent of calories from total sugars,
 - No more than 200 milligrams of sodium per portion as packaged,
 - No more than 200 calories per package, and
 - 80 percent of the grains offered are whole grain-rich.
- b. K-12 à la carte, school vending machines and other beverages outside of school meals shall be limited to:

- Water without flavoring, additives, or carbonation,
- Low-fat and nonfat milk (in 8- to 12-ounce portions),
- 100% fruit juice in 4-ounce portions as packaged for elementary/middle school and 8 ounces (2 portions) for high school, and
- All beverages other than water, white milk or juice shall be no larger than 12 ounces.

2. Availability

- Vending machines that dispense food or beverage items may not be accessible to students.
- Vending machines in middle and high schools:
 - Will not be available during mealtimes.
 - Will contain items that meet the approved nutrition standards.
- Food and beverages will not be sold in school stores.
- Students and staff will have free, potable (drinking) water for consumption available in water fountains throughout the school building.

3. Concession Stands

- Drew Charter School will make every effort to ensure that the concession items sold at school-sponsored events to participants, fans and visitors shall include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.

4. Classroom Celebrations

- Classroom celebrations will encourage a focus on activities (e.g., giving free time, extra recess, music and reading time) rather than on food.
- Classroom celebrations that include food may be limited in frequency.
- Schools shall inform parents/guardians of the classroom celebration guidelines.

5. Food as a Reward or Punishment

- When using food as a reward, teachers will be encouraged to select healthy options.
- School staff will not withhold food or drink at mealtimes as punishment.

6. Fundraisers

- Whenever possible, fundraising activities will support healthy eating and wellness. Schools will promote the sale of non-food items for school-sponsored fundraising.
- For a food or beverage item to be sold as a fundraiser during the school day, it must meet the approved nutrition standards. (School day is defined as from midnight the night before to 30 minutes after the end of school.)

7. Non-sold food and beverages:

- a. Non-sold food and beverages will comply with federal nutrition standards to the extent possible.
8. Marketing
- a. Signage or similar media on school campus during the school day may only advertise food and/or beverages provided and sold by the school that meet the competitive foods standards for foods sold in schools (i.e. Smart Snacks).
 - b. Drew's Board of Directors and the School Wellness Council will allow marketing in school buildings and on school grounds during the school day for only those food and beverages provided by the school that meet the federal nutrition standards. Marketing that promotes student health will be permitted in school buildings and on school grounds.

V. Physical Activity and Physical Education

1. Physical Education K-12
 - a. All students in grades K-12 will participate in physical education that meets the Physical Education Standards. Drew students have access to movement-based enrichment classes throughout their tenure at Drew (PE, Dance, Theater, Golf, etc.)
 - b. Physical education will be taught by a licensed physical education instructor.
2. Daily Recess and Physical Activity Breaks
 - a. Drew will comply with all state requirements around daily recess and physical activity breaks.
3. Physical Activity Opportunities Before and After School
 - a. Schools may offer intramurals, clubs, interscholastic sports and voluntary activities to increase opportunities for physical activity before and/or after school, taking into account student interest and supervisor availability.
 - b. After-school enrichment providers may include physical activity in their programs, to the extent space and equipment allow.
4. Physical Activity and Remedial Activities/Punishment
 - a. Students may be excused from physical education to receive instruction in other content areas when deemed necessary for the betterment of the student
 - b. School staff will not use physical activity (e.g., running laps, pushups) and has been strongly encouraged not to withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

VI. Other School Based Activities

1. Use of School Facilities Outside of School Hours
 - a. When possible, outdoor school spaces and facilities, such as the playground or track, may be made available to students, staff and community members before and after the school day; on weekends; and during school vacations. School policies concerning safety will apply at all times.
2. Staff Wellness
 - a. The school will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least twice each school year.
 - b. The school will make every effort to work with local fitness centers to offer reduced membership fees.
 - c. School may allow staff to use school facilities outside of school hours for activities such as group fitness classes, walking programs and individual use.
 - d. Staff will be encouraged to participate in community walking, bicycling or running events.
 - e. All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.
 - f. Schools will promote breastfeeding by making reasonable efforts to provide a private location for employees to express breast milk in accordance with IC 22-2-14-2.

VII. Evaluation of Wellness Policy

1. Implementation and Data Collection
 - a. The school will use an evidence-based assessment tool to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance and flexibility.
 - b. The Head of School is responsible for retaining all documentation of compliance with this policy and its regulations, but the principals shall ensure that their individual schools are in compliance with the school's wellness policy every three school years by assessing wellness implementation strategies.
 - c. At least every three years, the leader of the Coordinated School Wellness Council shall provide information for a report to be presented to the school board. The report shall contain the following information: the school's progress toward meeting the wellness goals over the previous three school years; the website address for the wellness policy and how the public can receive a copy of the policy; a description of the progress in meeting the goals, a summary of the event or activities related to the implementation of the policy; the name, position, and contact information of the school official coordinating the health

advisory council or the school's wellness team; and information on how individuals and the public can get involved with the school's wellness team.

- d. The evaluation of the wellness policy and implementation will be directed by the Coordinated School Wellness Council and will be responsible for the three-year assessment of each school's compliance with the policy and its regulations. The three-year assessment must measure the implementation of this policy and its regulations; the extent to which each school is in compliance with the policy; the extent this policy compares to other model school wellness policies; and a description of the progress made in attaining the goals of the wellness policy. The three-year assessment and evaluation report will be made available to the public by posting it on the school's website.
- e. As a result of this assessment and evaluation, the policy and regulations will be revised as needed.