8000 Robinson Church Road, Charlotte, NC 28215

Local Wellness Policy

Date Created: 5/25/2023
1st Year Goals Established: 10/1/2024
Spring Assessment of Policy: Schedule for April 2025

1. American Leadership Academy Charlotte Local Wellness Policy (Optional, but required for NSLP)

a. Wellness Policy Goals

Healthy, Hunger-free kids act of 2010 requires schools adopt a local wellness policy (See Public Law 111-296, Section 204)

Goal for Nutrition Promotion: **American Leadership Academy Charlotte** *encourages participation in meal programs, as appropriate.* **ALA Charlotte's** *goal is to be on program FY23*

- *School meal programs menus will be made available to students and parents, to promote participation to families.*
- *Outreach information regarding the breakfast program and meals at each campus will be sent out to families at least twice per year.*
- *The Offer vs. Serve method is used at each campus and allows students more options to choose from each day and promotes better nutrition through offering a wide variety of options.*
- *In the event of a pandemic or outbreak of contagious disease. CDC and State public health requirements will supersede this policy.*

Goal for Nutrition Education: **American Leadership Academy Charlotte** *promotes the integration of Nutrition education for all of our students within a wide variety of curricular areas.*

- *Nutrition education will be conducted in grades K-12, via integration in other subjects, such as math, science, language arts, social sciences, and/or electives.*

Goal for Physical Activity: **American Leadership Academy Charlotte** *prioritizes ongoing and consistent physical activity each day, including but not limited to recess, classroom physical activity breaks, or physical education.*

Goal for Other School-Based Activities that Promote Student Wellness: The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, school staff, and the general community throughout the school year.

- *School Staff (Health, Federal Programs, Marketing) coordinate to send out information to parents at least quarterly on School-based activities & health related topics via blogs, mailers, email blasts, fliers in backpacks, etc.*
- *Staff related initiatives: free flu shot clinics, Wellness Newsletters monthly via HR, wellness rewards program offered through United Health, annual Benefits info mtgs. with all staff that provides insight into the various health care plans available, and additional resources available to employees.*

b. Nutrition Standard

School Meals

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

a. **ALA Charlotte** *will participate in the National School Lunch Program in FY24.*

a. *All meals at the NSLP campuses, will adhere to the New Meal Pattern requirements.*

b. *Free, potable water will be available to all students during meal periods.*

c. *Additional standards include:*

I. **ALA Charlotte** *encourages participation in meal programs as appropriate. School menus are posted on the school website or individual school sites.*

II. *School utilizes promotions or special events (such as local markets and farms) to highlight local/regional products.*

III. *School incorporates The Smarter Lunchroom Movement.*

IV. *Nutrition education includes experiential, hands on learning, such as student input and sampling of school menus on an annual basis.*

Competitive Foods and Beverages

d. *Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:*

I. *A La Carte*
II. *In student stores*

Celebrations and Rewards

All food and beverages served (served vs sold) to students in grades K-12 must meet the USDA's Smart Snacks in Schools guidelines.

e. *Describe your standards for all foods and beverages provided, but not sold, to students during the school day:*

- Smart Snack guidelines and list of recommended food items that parents may send for snacks and/or classroom celebrations are distributed to families at the beginning and middle of each school year. Snacks brought in to campus that do not adhere to Smart Snack guidelines are discouraged. Only Smart Snack eligible snacks are provided to students at NSLP sites for school-sponsored events and/or classroom rewards/incentives.

f. These guidelines apply to (check all that apply):

o School-sponsored events
o Celebrations and parties
o Classroom snacks provided by parents
o Classroom rewards and Incentives

Fundraising

i. Describe your policy on food and beverage related fundraisers sold to students on school campus during the school day, including the frequency and duration of exempt fundraisers as appropriate:

- The school **DOES NOT** allow for exempt fundraisers (ex: PTO sponsored fundraisers), where food sold on campus during the school day does not meet Smart Snacks guidelines**.**

Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often include an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines.

j. Describe your policies for food and beverage marketing:

- No food/beverage marketing is allowed, with the exception of vending machine exteriors (only at non-NSLP campuses)

k. Describe any additional policies for foods and beverages marketed to students:

- Offer vs. Serve Infographics displayed in cafeterias at all NSLP sites, information at the beginning of the year regarding what Offer vs. Serve is, Move more Milk info, and general menu nutritional information.

c. School Wellness Committee

Committee Role and Membership

The school will convene a representative school wellness committee that meets to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school-level wellness policy.

a. Describe frequency of meetings: *The School Wellness Committee meets once per year.*

b. Description of who the LEA permits to participate in the wellness policy process. (e.g. parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators):

- The School Wellness Committee actively recruits representation from: all school levels, parents/caregivers, students, representative from School Nutrition Programs and contractors, Physical Education teachers, Health Education Teacher, School Health Professionals, local Mental/Social Services staff, Administrators, School Board Members, Health Professionals and Public Health, and the general public.

  FY24 Committee Members Include:

  Melinda O'Connell *- School Food Programs Coordinator*

  James Jones *- Food Service Operations*

  TBD *- Parent*

  Student Council Member *- Student representative*

  Carmi Green *- Campus Director*

c. Description of how the public is notified that their participation is permitted:

- *The Public Is notified of their ability to participate in the School Wellness Committee via newsletters,) or notices on the school website.*

Leadership

The school has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

a) Describe the school's plan for implementation to manage and coordinate the execution of this wellness policy.

- *The school conducted an assessment prior to developing an implementation plan. The school is developing a plan for implementation to manage and coordinate the execution of this wellness policy at each school.*

- *Annual review & revisions conducted with Wellness Committee- policy modification as necessary*

Triennial Progress Assessments

At least once every three years, the LEA must conduct an assessment of their wellness policy. To accomplish this, the school will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the School Wellness policy. Additionally, USDA requires that the school will compare their policy to the Alliance for a Healthier Generation's model wellness policy.

b, The school will assess compliance and progress of their local wellness policy at least once every 3 years.

i. Provide a description of how the school will assess the progress made in attaining the goals of the school's wellness policy:

- The school will survey staff to evaluate the extent to which schools are in compliance with the wellness policy.

ii. Provide a description of how the school will assess each school's compliance with sections I-IV of this wellness policy.

- The school will provide a description of the progress made in attaining the goals of the school's wellness policy. The LWP Committee will have a person designated to take minutes of this review and disseminate results to faculty, parents and students.

i. (Optional) The person responsible for this assessment is:

- *Local Wellness Committee Members*

c. The school will assess how their wellness policy compares to model wellness policies.

i. Provide a description of how the school will compare their policy with the model policies

- The school will utilize the LWP Activity Assessment Tool to determine the extent to which the school's policy compares to the model policy.

i. (Optional) The person responsible for this assessment is:

- *Local Wellness Committee Members*

Revisions and Updating the Policy.

The school will update or modify the wellness policy as appropriate.

a) Describe how often the LEA will update or modify the wellness policy:

- *Policy is updated when appropriate, including when school priorities change, community needs change, wellness goals are met, new health science information emerges, and/or new state or federal guidance/standards are issued.*

Notification of Wellness Policy, Policy Updates and Triennial Assessment

The school will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy

a) Describe how the LEA will make the school wellness policy available to the public:

- *The Board Approved LWP will be added to the school and site websites upon approval in FY24.*

b) The annual progress reports and updates can be found at:

- *The annual progress reports will be uploaded to the* https://www.alaschools.org/nc/charlotte-k-7/parent-resources/meal-services *by December of each year, beginning in December of 2024. Email blasts will also be sent to all*

enrolled families by December of each year with an attachment provided to download the latest update/report.

c) The school will make the Triennial Assessment available at:

- https://www.alaschools.org/nc/charlotte-k-7/parent-resources/meal-services *(The first triennial assessment will be tentatively conducted in FY25).*