

Charles R. Drew Charter School

School Wellness Policy

(Physical Activity and Nutrition)

2026-2029

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 with links 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
 - Representatives of interested community organizations

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. Academies 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. During regular school hours, Drew Charter School will only provide food and beverages that support proper nutrition, promote healthy choices, and comply with federal nutrition standards in vending machines, 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 not allow marketing of any food or food products in school buildings and on school grounds during the school day except for those provided by the school that meet the federal nutritional standards. Only marketing that promotes student health is encouraged and will be permissible 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 a wide variety of traditional and non-traditional physical activity offerings: formal physical education, Recess, Physical Activity Breaks; and After-school Activities. Additionally, Drew Charter School elementary grade students will have 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 employing three School Nurses accessible to students, promoting policy and environmental supports that increase physical activity and healthy eating opportunities. Non-reimbursable “school day snack” that meet Smart Snack Guidelines are available to students to reduce school day hunger in between meals.

Administrative Regulations:

I. Nutrition Education

1. Formal Health Education will be delivered on a rotation with Enrichment Programs for students in grades K-4 as a course elective for students in grades 5-8 and where required for students in grades 9-12 in order to meet the GADOE Health & Physical Education requirement for graduation.
2. To the extent possible, Drew Charter School will integrate healthy eating and nutrition instruction in a cross-curricular manner to appropriately facilitate the educational goals of the school. Farm-to-table, cultural, math and science connections along with hands-on-learning will be integrated to meet regular learning standards across all grade levels.
3. The school will provide nutrition education training opportunities to teachers and staff.

II. Nutrition Promotion

1. School staff will collaborate with community groups and organizations to provide opportunities for student learning and projects related to health and nutrition topic (e.g. cultivating gardens, reading food labels, food origins, meals across cultures, healthy food alternatives, etc.)
2. Healthy eating and nutrition resources will be provided to students & families through School Nutrition newsletters and website links provided on the school website.
3. Instructional staff will partner (when possible, with School Nutrition staff to use the cafeteria as a learning lab.
4. Healthy items such as fresh vegetables, fruit and salads will be prominently displayed in the service lines to make these choices more appealing.
5. Nutrition labels will be provided, upon request, for all foods served as part of the National School Lunch and Breakfast program, After School and School Day Snack

programs.

6. Foods of minimal nutritional value, including brands and illustrations, will not be advertised or marketed at school.

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

- Celebrations will encourage a focus on activities (e.g. free time, excess recess, music, reading time), rather than food.
- Celebrations that include food will be limited in frequency.
- Academies will ensure that parents/guardians are informed of the classroom celebration guidelines.
- PTA liaison will review guidelines with classroom parents.

5. Food as a Reward of Punishment

- When using food as a reward, teachers will use options that meet the USDA Smart Snack Guidelines 90% of the time.
- 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 only allow marketing in school buildings and on school grounds during the school day for those food and beverages provided by the school that meet the federal nutrition standards.

V. 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.

VI. 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 and documenting compliance with this policy and its regulations, including but not limited to the 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 the three-year assessment and evaluation.

