

Maya Angelou Public Charter Schools



Local Wellness Policy

SY 2017 – 2018

Maya Angelou Public Charter School's (MAPCS) Local Wellness Policy (LWP) strives to exceed the minimum District and federal standards for LWP implementation under the DC Healthy Schools Act, the final rule of the Healthy, Hunger-Free Kids Act of 2010, and minimum best practice standards accepted in the education and public health fields. This policy is largely modeled on the Bronze Level Award Criteria of the Alliance for a Healthier Generation, Healthy Schools Program.

This LWP outlines MAPCS's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distractions. Specifically, this LWP outlines MAPCS goals and procedures that ensure:

- Students have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus/day – in accordance with federal and state nutrition standards;
- Students receive quality nutrition education to help them develop lifelong healthy eating behaviors;
- Students receive health education to help them develop lifelong healthy habits;
- Students have opportunities to be physically active;
- MAPCS engages in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of MAPCS in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- MAPCS establishes and maintains an infrastructure for management, oversight, implementation, evaluation, and communication about the policy and its established goals and objectives.

This policy applies to all students, staff, and schools. This policy establishes the guidelines for the Local Wellness Committee (LWC) as well as specific measureable goals and outcomes are identified.

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Local Wellness Committee

Committee Role and Membership

MAPCS will establish a Local Wellness Committee that meets at least twice per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The LWC will include (to the extent possible), but not be limited to: representatives of the school nutrition program; physical education teachers, health education teachers, school health professionals, mental health and social services staff, school administrators, and students. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).

Leadership

MAPCS will designate a school wellness policy coordinator, who will ensure compliance with the policy as well as identify LWC's committee members.

The designated officials are given below:

| Name | Title / Relationship to the School or District | Email address | Role on Committee |
|------------------|---|--|---|
| Heather Hesslink | Wellness Policy Coordinator | hhesslink@seeforever.org | -Annual update of policy -Assessments of goal achievement (at least biannually) -Chairs the wellness committee -Responsible for sharing changes and progress toward goals with the community |
| Azalia Speight | Assistant Wellness | aspeight@seeforever.org | -Accountability of Wellness Policy Committee |

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| | Policy Coordinator | | -Reviews of policy (at least biannually) -Assessment of goal achievement (at least biannually) |
| Robin Holt Katia Jones Fabian Manning | Community Member | rholt@seeforever.org kjones@seeforever.org fmanning@seeforever.org | -Input to update policy annual (May) -Assess progress toward goals (via email in November and April) |
| | Student Member | | -Input on goals -Insight on priorities from student perspective |

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

MAPCS will develop and maintain a plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions, and timelines. It includes information about who will be responsible for making what changes, 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.

As described below, MAPCS will use a variety of tools to complete school-level assessments of implementation of this plan. Based on the results, MAPCS will create and implement an action plan as well as generate an annual report. MAPCS will retain records to document compliance with the requirements of this LWP at the MAPCS Operation Manager’s 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 LWC;
- 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.

MAPCS 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 (<http://www.seeforever.org/maya-angelou-public-charter-schools/high-school/>) and through MAPCS-wide communications. This will include a summary of the MAPCS's events or activities related to wellness policy implementation. Annually, the MAPCS also will publicize the name and contact information of the school officials leading and coordinating the LWC as well as information on how the public can get involved with the Committee.

Triennial Progress Assessments

At least once every three years, MAPCS will conduct a Triennial Progress Assessment and develop a report that reviews MAPCS's compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals specified in MAPCS's LWP. The persons responsible for managing the triennial assessment and report are Heather Hesslink, Operations Manager (hhesslink@seeforever.org) and Azalia Speight, Director of Academics (aspeight@seeforever.org). The above referenced individual will monitor MAPCS's compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. MAPCS will notify households/families of the availability of the triennial progress report.

Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

MAPCS will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index;
- FITNESSGRAM data collection and analysis;
- OSSE Health and Physical Education student assessments;
- DC Healthy Schools Act School Health Profiles;
- Centers for Disease Control and Prevention School Health Profiles;
- Youth Risk Behavior Surveillance System results;
- WellSAT 2.0; and
- USDA triennial administrative review.

Revisions and Updating the Local Wellness Policy

This LWP will be assessed and updated annually, following the triennial assessment discussed above. The LWC will update or modify this LWP based on the results of MAPCS's annual self-

assessment, the USDA triennial administrative review, and other variables, including if/when MAPCS'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

MAPCS is committed to being responsive to community input, which begins with awareness of the LWP. MAPCS will actively communicate ways in which representatives of the LWC and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for MAPCS. All MAPCS schools 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. All MAPCS schools will actively notify the public about the content of or any updates to this LWP annually, at a minimum. MAPCS will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, MAPCS will disseminate this LWP to parents by posting on the school's website.

Nutrition

All MAPCS schools are 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 trans-fat per serving (nutrition label or manufacturer's specification), and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help combat child hunger, 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.

MAPCS is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs that:

- Are available 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;
- Provide at least 30 minutes per meal service period and provide sufficient time during the lunch period for every student to pass through the service line;
- Follow the Universal "Free for All" School Breakfast Program in the cafeteria; and
- Promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
 - Offering whole fruit options in attractive, accessible settings;
 - Offering sliced or cut fruit, especially for age-appropriate students;
 - Highlighting alternative entrée options with signs within the service and dining areas;

- Incorporating student feedback and taste testing results in menu development, dining space decor and promotional ideas;
- Placing white milk at the front of the coolers;
- Posting menus on MAPCS's website along with nutrition information.
- Promoting federal child nutrition programs among students and families.
- Encouraging students to take advantage of the free meal service offered as part of MAPCS's participation in the CEP (community eligible provision) of the NSLP (national school lunch program).
- Accommodating dietary restrictions as documented in student's medical history.

MAPCS will strive to implement the following Farm to School activities:

- MAPCS will utilize promotions or special events such as tastings and health fairs.
- MAPCS will actively participate in the Urban Community Farm near Capitol Heights metro station.
- MAPCS will partner with UDC to incorporate a hoop house on site and develop hydroponic facilities.

Staff Qualifications and Professional Development

All school nutrition program 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. MAPCS will make drinking water available where school meals are served during mealtimes. Additionally, MAPCS will also:

- Allow students to bring and carry (approved and screened in accordance with security protocols) water bottles filled with water only.
- Maintain all water sources and containers on a regular basis to ensure good hygiene and health safety standards.

Competitive Foods and Beverages

MAPCS is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and wellbeing,

increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available [here](#).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold or provided to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and the DC Healthy Schools Act 2010.

Rewards

MAPCS schools will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

Third-Party Vendors

MAPCS 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 Healthy Schools Act and USDA Smart Snacks Standards.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. MAPCS will make available to parents and teachers a list of healthy fundraising ideas including the following: walk-a-thons, Jump Rope for Heart, and dance-a-thons.

Food and Beverage Marketing in Schools

MAPCS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. MAPCS strives to teach students how to make informed choices about nutrition, health and physical activity. It is MAPCS's intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes 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. This term includes, but is not limited to the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container;
- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards;
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by MAPCS;
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

MAPCS's school nutrition services and athletics department will review existing contracts and consider new contracts, equipment and product purchasing (and replacement) to reflect the applicable marketing guidelines established by this LWP.

Nutrition Promotion

MAPCS will promote healthy food and beverage choices for all students throughout the school campus as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards. Additional promotion techniques that MAPCS schools may use are available here.

Smart snacks

Smart snacks are defined as food where the first ingredient is a fruit, a vegetable, protein, dairy, or whole grain with less 200 calories and is low in fat, sodium, and sugar. Specific requirements can be found https://seeforever-my.sharepoint.com/personal/hhesslink_seeforever_org/Documents/Wellness%20Policy/USDASmartSnacks%20for%20Wellness%20policy.docx.

MAPCS will verify smart snack compliance by:

- Serving snacks from the pre-approved smart snack list. For a list. click [here](#);
- Selecting foods that are smart snack compliant as determined from (<https://foodplanner.healthiergeneration.org/products>);
- Verifying that a snack is smart snack compliant using the smart snack calculator found at (https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator);

Quality Nutrition Education, Health Education and Physical Education

MAPCS 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.

Nutrition Education

MAPCS will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing;
- Includes nutrition education training for teachers and other staff; and
- All health education teachers will provide opportunities for students to practice the skills taught through the health education curricula.

Essential Healthy Eating Topics in Health Education

MAPCS will include in the health education curriculum the following essential topics on healthy eating:

- Reading and using USDA food labels on packaging
- Balancing food intake and physical activity
- Understanding the relationship between healthy eating, personal wellness, and disease
- Food safety
- Importance of eating breakfast
- Choosing healthier food options (e.g., foods not deep fried or with little added sugar)
- Advocating for healthy behaviors for self and peers

Health Education

MAPCS 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, MAPCS 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. Health education curricula and instruction should address the DC Health Education Standards and incorporate the characteristics of an effective health education curriculum. MAPCS will provide health education that:

- 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 the health instructors to participate at least once a year in professional development in health education; and
- 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, MAPCS 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. MAPCS 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.

Improving Environmental Sustainability

MAPCS will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- Contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices;
- Engaging in school-wide recycling programs;
- Participating in the Capitol Heights Urban Farm; and
- Partnering with UDC to operate a hydroponic hoop house.

Physical Education and Physical Activity

MAPCS acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of MAPCS that students engage in the recommended 60 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 wellbeing.

The components of MAPCS'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, such as yoga, as well as goals to increase physical activity for students to satisfy the Healthy Schools Act requirement.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to intramural clubs, interscholastic athletics, and physical activity clubs. MAPCS will ensure that:

- Physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- At least half 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.