

# Hope Charter Leadership Academy Health & Wellness Policy Assessment

August 2016 - June 2017

Hope Elementary Charter School – 92Q | 1116 N. Blount Street, Raleigh, NC 27604

## Health & Wellness Committee Membership

*“Wellness is a proactive approach to our physical, emotional social and mental health.”*

Yes/No	Goal	Comments
<b>School Health Councils</b>		
Yes	Hope Charter will create, strengthen, and work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.	<p>Met 4 times throughout the year. Beginning of year, the committee met to understand the committee’s purpose and their roles. Team members were encouraged to meet with colleagues to gather incite for things the staff would like to see for the year.</p> <p>Also discussed the renovations of the cafeteria and administration requested that we revisit once the board does their budget review.</p> <p>The school was displeased with the current vendor and Ms. Singletary advised that we remain with the same vendor until we completed our 5 year audit process.</p> <p>Master schedule was reviewed and included lunch details. Added PE block along with a structured recess into our master schedule.</p> <p>We decided to continue our wrap around support of backpack buddies to provide families in need with healthy non-perishable food items.</p> <p>We conducted a survey to ensure we considered students needs and wants in regards to the food we served for breakfast and lunch.</p>

<b>Nutritional Quality of Foods and Beverages Sold and Served in School</b>		
Yes	Meals served through the National School Lunch and Breakfast Programs will: <ul style="list-style-type: none"> <li>• Be appealing and attractive to children;</li> <li>• Be served in pleasant and clean cafeteria</li> <li>• Meet nutrition requirements established by local, state, and federal statutes and regulations;</li> <li>• Include fruits and vegetables with each meal, and serve nutritionally equivalent milk</li> </ul>	
Yes	Hope will operate the school breakfast program	
Yes	Parents and students are notified of the availability of the School Breakfast Program	Parents and students were notified during Meet the Teacher on Open House events. It was also mentioned in our Parent/Student handbook.
Yes	Provide students the appropriate time to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;	
Yes	Should schedule meal periods at appropriate times in the school master calendar.	
No	Should not schedule tutoring, club, or organizational meetings or activities during mealtimes.	Due to tight constraints in regard to scheduling and administrative requirements on uninterrupted instructional time, this goal was not consistently met. Some students have community lunch buddies that come in during lunch to eat with them. Some students also have leadership meetings while eating lunch as well.
Yes	Will provide students access to handwashing or hand sanitizing before they eat meals or snacks.	Industrial grade foaming hand sanitizer dispensers have been placed in each classroom for sanitation and safety.
<b>Qualifications of School Food Service Staff</b>		
Yes	Qualified nutrition professionals will administer the school meal programs. As part of the school's	

	responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in the child nutrition services program. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.	
<b>Sharing of Foods and Beverages</b>		
Yes	Hope Charter will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions in some children's diets.	It was communicated via our Parent/Student Handbook.
<b>Vending</b>		
Yes	Hope Charter will have no beverage/snack vending machines in operation where students may purchase items during or after the school day.	Vending machine is located in the teacher's lounge where no students are permitted.
<b>Snacks</b>		
Yes	It is recommended that snacks that are brought in by students during the school day as well as those brought in by the Y Learning After School Program or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables (or healthy snacks) as the primary snacks and water as the primary beverage. Hope Charter will assess if and when to offer snacks based on timing of lunch, children's nutritional needs, children's ages, and other considerations. Hope Charter will disseminate	Parent Handbook states parents are responsible for supplying healthy snacks. The Y Learning program participates in a Federal Healthy Snack Program.

	a list of healthful snack items to teachers, after-school program personnel, and parents.	
<b>Rewards</b>		
Yes	Hope Charter will not use food or beverages, <i>especially</i> those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.	Administration and Staff are not permitted to use unhealthy items as incentives/rewards. Pencils and non-food items are given as rewards.
<b>Celebrations</b>		
Yes/No	Hope Charter encourages parents to bring in healthy store-bought items for celebrations. It is recommended that each party/celebration should try to include no more than one food or beverage that does not meet nutrition standards. Hope Charter will disseminate a list of healthy party ideas to parents and teachers.	Yes, the parent handbook specifies only healthy, store-bought items should be brought in for celebrations. However, while items provided by parents are store-bought, they are not always healthy options. Hope Charter's staff are very cognizant of allergies in classrooms.
<b>School-Sponsored Events</b>		
Yes/No	Foods and beverages offered or sold at school-sponsored events outside the school day should meet the nutrition standards for meals or for foods and beverages sold individually. No soda will be used in elementary activities.	While our beverages fall under the guidelines of healthy options, due to limited financial availability, unhealthy food choices were provided in some cases. (ie: pizza)
<b>Nutrition and Physical Activity Promotion and Food Marketing</b>		
Yes	Hope Charter aims to teach, encourage, and support healthy eating by students and staff. Hope Charter will provide nutrition education and engage in nutrition promotion that promotes fruits, vegetables, whole grain products, low fat, and fat-free dairy	Visual aids have been placed in the cafeteria, and there were seminars conducted by community partners.

	products, healthy food preparation methods, and health enhancing nutrition practices.	
<b>Communication with Parents</b>		
Yes	Hope Charter will support parents' efforts to provide healthy diet and daily physical activity for their children. Hope Charter will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. Hope Charter will provide the monthly school menu on the school website to enhance nutritional communication with parents.	Included in our handbook. Menus are posted regularly.
<b>Physical Activity Opportunities and Physical Education</b>		
Yes	All students are provided with Karate instruction each week, and are provided recess time daily regardless of learning disabilities, special health-care needs, etc.	Karate was changed to Martial Arts due to change in staff. All students were provided recess time daily.
Yes	Hope Charter offers extracurricular physical activity programs during the Y Learning After School Program Daily. Approximately 80% of the student body participates in this program.	
Yes	Hope Charter will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.	HCLA held a mediation and stress relief activity. Once a month a community partner comes in and facilitates a health mini lesson for students on topics such as why smoking and alcohol are bad for your body, how healthy eating benefits the body, and more. There was a walk to school day, student cpr training, and a kickball game to promote heart health.

Yes	Y Learning Afterschool and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.	
Yes	Teachers are required to allow students at least 15 minutes a day of physical activity through recess or physical education.	Our schedule allows 30 minutes of recess
<b>Monitoring and Policy Review</b>		
Yes	The Child Nutrition Coordinator or the Principal will ensure compliance with established school-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report to the Child Nutrition Coordinator or the Principal.	It was monitored, and from monitoring, we have highlighted the areas of which we need to work on moving forward.
<b>Policy Review</b>		
Yes	Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school, will, as necessary, revise the wellness policy to develop work plans to facilitate the implementation.	
<b>Assurance</b>		
Yes	Hope Charter assures that the guidelines for reimbursable school meals shall not be less	CNS Manager facilitates these guidelines.

	restrictive than regulations and guidance issued by USDA.	
<b>Wellness Policy Committee</b>		
Yes	This committee has assessed the school's nutrition and physical activity needs and develop this Policy based on those needs. There is a digital copy of our Wellness Policy located on the school website under the Resources Tab. Our Faculty and Staff have readily access to the policy via our Google Docs Faculty Folder. Website address: <a href="http://hopecharterschool.org">http://hopecharterschool.org</a>	