



## Hope Charter Elementary Health & Wellness Policy

Hope Elementary Charter School - 92Q  
1116 N. Blount Street, Raleigh, NC 27604  
2014-2015

### Health & Wellness Policy Committee Membership

Position	Name	Signature
Principal	Clarissa Fleming	
Leadership Coordinator	Meghan Johnson	
Y Learning Coordinator	Rodney McCormick	
Child Nutrition Director	Annie Singletary	
Parent	Tiffany Taylor	

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

## PREAMBLE

At Hope Elementary Charter School, we believe that children need access to healthy foods and physical activity in order to grow, learn, and thrive because good health fosters consistent student attendance and academic growth.

Per federal mandate, our Wellness Policy relating to physical activity and nutrition is apparent in our school practices as well as at activities and events. Thus, fundraising, PBIS rewards and incentives, Y Learning afterschool program, and leadership events are attended to in the wellness policy on physical activity and nutrition.

Despite the fact that school districts around the country are facing significant fiscal and scheduling constraints, we feel it is essential to develop and implement a successful school wellness policy to address these issues. We want to be proactive with community participation in the development and implementation of our plan. Hope Elementary Charter School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Hope Elementary Charter School that:

- A wellness committee was created to engage students, parents, teachers, child nutrition services supervisor, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-5 will have the opportunities, support, and encouragement to be physically active on a regular basis.
- The school will participate in available federal school meal programs (including the School Breakfast Program, and the National School Lunch Program).
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Fundraisers involving food will not be allowed to operate during the school day. The school day is defined as one half hour before our starting time of 8:00 am and concludes when students are dismissed at 2:45 or the end of the Y Learning Afterschool Program at 6:00; whichever comes first.

- Edible rewards offered to students must be of high nutritional value. Examples of foods lacking in nutritional value include: soft drinks, water ices unless they contain fruit or fruit juices, chewing gum, hard candies, gummies or jellies, marshmallow candies, cotton candy, or candy coated popcorn.
- Beverages sold via the vending machine are not available for student consumption.
- All food and beverages sold through the school cafeteria will be in compliance with the standards set by the North Carolina State Board of Education per North Carolina NC General Statute 115c-264.3
- Lunches and/or snacks provided by the school, including all school based are contracted outside the school will be in compliance with the nutritional standards set by the North Carolina State Board of Education per North Carolina NC General Statute 115c-264.3
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- The school CNS Supervisor and Principal are responsible for ensuring the school is in compliance with the policy's requirements.
- The Principal shall provide an annual report to the Hope Elementary Charter School Board regarding compliance of this policy.

## WELLNESS POLICY STRATEGIC PLAN

### I. School Health Councils

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.

### II. Nutritional Quality of Foods and Beverages Sold and Served in School

#### School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in pleasant and clean cafeteria
- Meet nutrition requirements established by local, state, and federal statutes and regulations;
- Include fruits and vegetables with each meal, and serve nutritionally equivalent milk

#### Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Hope Charter will operate the School Breakfast Program.
- Parents and students are notified of the availability of the School Breakfast Program via the Parent Student Handbook.

#### Meal Times and Scheduling

- Provide students the appropriate time to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times in the school master calendar
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes,
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

## Qualifications of School Food Service Staff

**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.**

### Sharing of Foods and Beverages

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.

### Vending

Hope Charter will have no beverage/snack vending machines in operation where students may purchase items during or after the school day.

### Snacks

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 Afterschool 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 a list of healthful snack items to teachers, after-school program personnel, and parents.

### Rewards

Hope Charter will not use food or beverages, *especially* 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.

### Celebrations

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.

#### School-Sponsored Events

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.

#### Nutrition and Physical Activity Promotion and Food Marketing

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 products, healthy food preparation methods, and health-enhancing nutrition practices.

#### Communication with Parents

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.

### III. Physical Activity Opportunities and Physical Education

- All students are provided with Karate instruction each week, and are provided recess time daily regardless of learning disabilities, special health-care needs, etc.
- Hope Charter offers extracurricular physical activity programs during the Y Learning Afterschool Program Daily. Approximately 80% of the student body participates in this program.
- 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.
- 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.
- Teachers are required to allow students at least 15 minutes a day of physical activity through recess or physical education.

#### **IV. Monitoring and Policy Review**

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.

##### **Policy Review**

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.

#### **V. Assurance**

Hope Charter assures that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

##### **Wellness Policy Committee**

This committee has assessed the school's nutrition and physical activity needs and develop this Policy based on those needs.

The Wellness Policy can be found on the Website Address Below Under the Resources Tab:

<http://hopecharterschool.org>