

High Point Academy Board of Trustees recognizes that student wellness and proper nutrition are related to students' physical well-being, growth and development, and readiness to learn. Therefore, the district is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. This policy shall be considered in planning all school-based activities, including school events, field trips, dances, and assemblies.

To meet this commitment, the school will ensure:

- Students in the school have access to healthy foods throughout the school day in accordance with federal and state nutrition standards, both through reimbursable school meals and other foods available throughout the school campus.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- The community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.

### **Food and Beverage Availability**

High Point Academy is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, fat-free and low-fat milk that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification) and to meeting the nutrition needs of school children within the calorie requirements. The school meal programs shall aim to improve the diet and health of students, 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.

High Point Academy will participate in USDA child nutrition programs through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) that includes school breakfast and school lunch shall be committed to offering school meals that:

- are accessible and affordable to all students
- are planned by qualified child nutrition professionals so that the health and nutritional needs of students are met
- are prepared and served by food service personnel trained annually in USDA Professional Standards for State and Local Nutrition Programs to include directors, managers, and staff
- are nutritious, appealing and attractive to children
- are served in clean, comfortable, safe, and pleasant settings with ample space and adequate seating
- meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations (Source: <http://www.fns.usda.gov/school-meals/regulations>)
- promote healthy food and beverage choices using Smarter Lunchroom techniques as recommended by the USDA where appropriate
- at a minimum, allow students the required time for eating, in accordance with law
- adhere to food safety and security guidelines.

Schools shall not withhold foods, beverages, or designated meal times as a form of punishment.

### Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The school will make free, unflavored drinking water available where school meals are served during mealtimes.

### Competitive food and beverages

High Point Academy is committed to ensuring that all foods and beverages available to students on school campus during the school day support healthy eating. In accordance with local policy EFE, Competitive Food Sales/Vending Machines, the school will not permit the sale of competitive foods during the school day. The district will establish standards for foods made available, but not sold, during the school day on school campuses.

## **Goals for Health and Wellness**

### Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents/legal guardians, students, and the community. High Point Academy 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 use of evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques and through adherence to a policy of 100% of foods and beverages promoted to students meeting the USDA Smart Snacks in Schools nutrition standards. Promotion ideas include taste tests, posters, and signage highlighting healthy food and beverage choices. Messages highlighting healthy food and beverages can be communicated on the intercom during designated school announcement periods.

### Nutrition Education

High Point Academy at all levels will teach, model, encourage, and support healthy eating by all students. The school will provide nutrition education and engage in nutrition promotion that fulfills the following criteria:

- fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning
- is part of a sequential, comprehensive standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods
- 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
- emphasizes caloric balance between food intake and energy expenditure (promotes physical/activity exercise)
- links with school meal programs, cafeteria nutrition promotion activities and other school foods and nutrition-related community services
- teaches media literacy with an emphasis on food and beverage marketing including nutrition education training for teachers and other staff

### Physical Activity

All students in grades K-12 will have opportunities and encouragement to be physically active on a regular basis. Elementary students should participate in at least 30 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program that includes quality physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement. High Point Academy encourages the use of physical activity as a reward when feasible. The school shall encourage participation in after-school sports, and other non-competitive physical activity programs, such as dance, via announcements, newsletters, and posters, etc. High Point Academy is committed to providing these opportunities, the school will ensure that these varied physical activity opportunities are in addition to, and not a substitute for, physical education. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason. This does not apply to sports teams/extracurricular activities that are offered under the auspices of the South Carolina High School League or to other sports-related after school activities. Schools shall not deny a student participation in recess or other physical activities for classroom make up time. Schools shall not use physical activity as a form of punishment. This does not apply to sports teams/extracurricular activities that are offered under the auspices of the South Carolina High School League.

### Physical Education

High Point Academy will provide students, grades K-12, with physical education, using age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education and the Students Health and Fitness Act and Defined Minimum Program. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education. All students will be provided equal opportunity to participate in physical education classes. High Point Academy will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. All elementary students in each grade will receive physical education for at least 60 minutes per week throughout the school year.

### Other Activities That Promote Student Wellness

High Point Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activities facilities. The school will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes. The school will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by the school curriculum specialists. All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complimentary of the wellness policy, including, but not limited to, ensuring the involvement of the school wellness committee.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### Community Partnerships

High Point Academy will develop and enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Education provides and coordinators, etc.) in support of the wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### Community Health Promotion and Family Engagement

High Point Academy will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. The school will use electronic mechanism (e.g., email or displaying notices on the district's website) as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending home information to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### Professional Learning

High Point Academy will follow the USDA Professional Standards for State and Local Nutrition Programs to ensure professional development in the area of food and nutrition is provided for all food service employees, including directors, managers, and staff. When feasible, the school will offer annual professional learning opportunities and resources for nonfood services staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help school staff understand the connections between academics and health and the ways in which health and wellness are integrated into academic improvement plans/efforts.

### High Point Academy Wellness Committee

High Point Academy will convene a wellness committee that meets at least twice each year to establish district wellness goals for and to oversee school health and safety policies and programs, including development, implementation, and periodic review and update of the wellness policy. Wellness committee members will include, to the extent possible, parents/legal guardians, students, representatives of school nutrition services, teachers of physical education, school and community health professionals, the school board, school administrators, and the general public. The designated officer for ensuring district compliance with the wellness policy and oversight of the committee will be the Superintendent or his/her designee.

Annually, the school will notify the public about the content and implementation of the wellness policy and share updates to the policy. High Point Academy will also publicize the name and contact information of the district's wellness committee spokesperson along with information on how the public can become involved with the wellness committee or obtain additional information on the policy. The information for this annual review can be gathered through and utilized in the school's strategic planning process.

Every three years, High Point Academy will assess its compliance with the policy, how it compares to model wellness policies published by state and federal agencies, and the schools progress in attaining the goals of the policy. The results of this assessment will be made available to the public to showcase the wellness efforts being made by the school and how the school's in compliance with the wellness policy. Following this assessment, the school will update or modify the policy as necessary and share these changes with the public.

### Recordkeeping

High Point Academy will retain records to document compliance with the requirements of the wellness policy.

Documentation maintained by the school will include but will not be limited to:

- the written wellness policy
- documentation demonstrating that the policy has been made available to the public
- documentation of efforts to review and update the policy, including an indication of who is involved in the update and methods the school uses to make stakeholders aware of their ability to participate on the school wellness committee (e.g., copy of meeting notice posted on the district website)
- documentation to demonstrate compliance with the annual public notification requirements
- the most recent assessment on the implementation of the wellness policy
- documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public (e.g., copy of district policy posted online)

### Food and Beverage Marketing

High Point Academy 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. The school strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts could be weakened if students are subjected to advertising on district property that contains messages inconsistent with the health information the school is imparting through nutrition education and health promotion efforts. It is the intent of the school to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the school wellness policy.

Any foods and beverages marketed or promoted to students on school campuses during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students. These standards do not apply to marketing that occurs at events outside of school hours such as after school sporting events or any other events, including school fundraisers.

Contracts for goods and services that include a food and beverage marketing component executed after June 30, 2017, must conform to federal nutrition standards. No exceptions will be granted.

Food and beverage marketing are defined as advertising and other promotions in schools. Food and beverage marketing include any 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 that is displayed during the school day, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items is not required; however, the district shall replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that it is financially possible over time so that items are in compliance with this policy)
- corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, or other food service equipment; as well as posters, book covers, pupil assignment books, or school supplies displayed, distributes, offered, or sold by the district
- advertisements in school/district publications or mailings
- free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the wellness goals of the school.

**Adopted January 1, 2020**

## Legal References:

### A. Federal Law:

1. Healthy, Hunger-Free Kids Act of 2010, Pub. L. No. 111-296, 124 Stat. 3183.

### B. Federal Regulations:

1. National School Lunch Program and School Breakfast Program: Nutrition Standards for All Goods Sold in School, 7 C.F.R. Parts 210 and 220 (2016).
2. Local School Wellness Policy Implementation, 7 C.F.R. Parts 210 and 220 (2016).

### C. S.C. Code, 1976, as amended:

1. Section 59-10-10, et seq. - Physical education, school health services, and nutritional standards.
2. Section 59-10-330 - Coordinated School Health Advisory Council (CSHAC).
3. Section 59-10-350 - Length of elementary school lunch period.
4. Section 59-32-30(A)(1)-(3) - Comprehensive health education program; guidelines and restrictions.

### D. State Board of Education Regulations:

1. R43-168-Nutrition standards for elementary (K-5) school food service meals and competitive foods
2. R43-238 - Health education requirements.

### E. State Board of Education Academic Standards:

1. 2014 SC Academic Standards for Physical Education.
2. 2009 Academic Standards for Health and Safety Education.
3. 2015 SC "Smart Snacks" and Exempt Fundraisers Memorandum.

### F. Other References:

1. National Standards for Physical Education, NASPE (National Association for Sport and Physical Education).
2. National Health Education Standards, Joint Committee on National Health Education Standards.
3. USDA Dietary Guidelines for Americans.
4. USDA Guide to Smart Snacks in School (2016).
5. USDA Professional Standards for State and Local School Nutrition Programs (2015).