SCHOOL WELLNESS POLICY

Purpose and Commitment: LEAD Public Schools (LPS) is dedicated to creating a healthy learning environment that promotes and protects the well-being and academic success of all students. This policy establishes guidelines to support healthy eating, physical activity, and overall wellness.

In accordance with 7 CFR 210.31(c), a Local Education Agency that participates in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) must establish a Local School Wellness Policy for all schools under its jurisdiction. As of June 30, 2017, Local Wellness Policies must meet the minimum requirements set forth in the Final Rule: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010.

Local Wellness Policies are a valuable tool in the promotion of student health and wellness through the NSLP and SBP. Schools play an essential role in preparing students for successful futures, and proper nutrition and physical activity are key to creating constructive learning environments. Local Wellness Policies provide guidance to further support schools efforts to provide students with a successful and healthy future.

I. Wellness Committee:

Role and Membership: LPS will establish a School Wellness Committee (SWC) composed of a diverse group, including parents, students, teachers, food service staff, health professionals, school administrators, and community members. The SWC will meet at least twice annually to develop, implement, monitor, and update the wellness policy.

Wellness Policy Leadership
Anisha Youngblood, Food Service Director, LEAD Public Schools

Contact: anisha.youngblood@leadpublicschools.org

Wellness Policy Committee Members
Jenna Foster, Client Manager, School Food and Wellness Group
Contact: Jenna@sfwgroup.org
Joseph Arvin, Project Manager/Chef, School Food and Wellness Group
Contact: Joseph@sfwgroup.org
FSMC Contact: Jason Carrier, Taher
School Administrator: Maggie Stampley - LEAD Academy/LEAD Cameron
School Administrator: Dionne Dixon - LEAD Neely's Bend
School Administrator: Shoshana Scott - LEAD Southeast
Physical Education Teacher: Tajianah "Taj" Brundidge - LEAD Cameron
Community Member: Daniel Burnett

Public Involvement

The Local Education Agency permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. Therefore, the LEA shall invite a variety of stakeholders within the general public to participate in Local Wellness Policy processes. The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- The school website: https://leadpublicschools.org/
- School newsletter
- Student handbook for school year 25-26
    - LEAD Cameron Student & Family Handbook
    - LEAD Academy Student & Family Handbook
    - LEAD Neely's Bend Student & Family Handbook
    - LEAD Southeast Middle Student & Family Handbook
    - LEAD Southeast High Student & Family Handbook

Committee Responsibilities:

The Wellness Committee will assemble a minimum of 2 times per year beginning in October to achieve the following goals:

- Oversee and update the wellness policy.
- Create Wellness Goals
- Ensure school compliance with the policy.
- Engage stakeholders in the development and review of wellness initiatives.

II. Policy Implementation, Monitoring, and Engagement:

Implementation Plan: LPS will maintain a comprehensive plan outlining roles, responsibilities, and timelines for implementing the wellness policy. The plan will include measurable goals related to nutrition, physical activity, and wellness education.

Recordkeeping: LPS will document and retain records to ensure compliance with the wellness policy, including:

- The written wellness policy.
- Documentation of stakeholder involvement.
- Triennial assessments of policy implementation.
- Public notification efforts.

Revisions and Updates: The SWC will update the policy based on the results of assessments, new health information, and community needs. The policy will be reviewed and revised at least every three years and LPS will make the following available to the public:

- The Local Wellness Policy, including any updates to the policy, on a yearly basis
- The triennial assessment, including progress toward meeting the goals outlined in the wellness policy

Triennial Progress Assessments: LPS will conduct a triennial assessment of the wellness policy every 3 years to evaluate:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Evaluate the individual schools compliance with the policy.
- Measure progress toward reaching wellness goals.
- Include recommendations for improvement.

Community Engagement: LPS will actively communicate wellness initiatives and policy updates to parents, students, and community members through various channels, ensuring information is accessible to all.

III. Nutrition:

School Meals: LPS is committed to providing healthy, nutritious meals that meet or exceed USDA standards. Meals will:

- Be rich in fruits, vegetables, whole grains, and low-fat dairy.
- Be served in a clean, safe environment with sufficient time for students to eat.
- Accommodate cultural and dietary needs.

Meal Scheduling:

- **Breakfast:** Minimum of 15 minutes for students to eat.
- **Lunch:** Minimum of 20 minutes for students to eat, with lunch scheduled after recess when possible.
- Access to water and hand hygiene facilities during meal times.

Competitive Foods and Beverages:

All competitive foods and beverages sold on campus must comply with the USDA Smart Snacks in Schools nutrition standards (7 CFR 210.31(c)(3)(iii)). Competitive foods and beverages refer to those that are sold to students outside the reimbursable meal on the school campus (i.e. locations on the school campus that are accessible to students) during the school day (i.e. the midnight before to 30 minutes after the end of the school day). This includes, but is not limited to, vending machines and à la carte items.

Fundraising, Celebrations, and Rewards:

- Fundraisers during school hours will meet Smart Snacks guidelines.
- LPS will also utilize non-food fundraisers to promote healthy habits and well-being.
- LPS will encourage healthy food choices for celebrations and parties.
- Food will not be used as a reward or punishment.

Nutrition Education and Promotion: LPS students will receive consistent messages about healthy choices throughout the school.

Nutrition Promotion

LPS shall implement nutrition promotion techniques through multiple channels, including the cafeteria, classroom, and home.

LPS shall make cafeteria menus and nutrition information available through the following platforms:

- School Website
- Social Media
- Cafeterias

Food Waste: Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the LPS FSMC will make every effort to produce the precise number of meals needed on any given day by using production records and resources such as the USDA's Food Buying Guide. However, in the event excess food remains, LPS will continue to provide food to students in need beyond

the meals provided through the USDA School Nutrition Programs. Therefore, LPS shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- LEAD Public Schools encourages share tables in each cafeteria as a place for students to place unwanted, non-perishable foods to share among other students.
- Any perishable foods left on cafeteria share tables will be removed after each lunch period and all leftover items will be removed at the end of the day.
- Non-perishable food items from share tables and baskets are allowed:
    a. To be sent to the nurse's office for emergency foods for students
    b. To be shared with families at the school office (e.g. bowls of fruit)
    c. To be taken or sent home with needy students at the end of the day

IV. Physical Activity:

Physical Education: LPS will provide a physical education program that meets state and national standards. All students will have opportunities to participate in age-appropriate physical activities, with necessary accommodation for diverse needs.

Recess and Physical Activity:

- 6th - 8th Grade - Physical Education (30 min)
- 9th - 12th Grade - Physical Education (30 min)
- Daily outdoor recess will be provided when possible.
- Indoor recess will incorporate physical activity whenever feasible.
- Recess will not replace physical education classes, and physical activity will not be withheld as punishment.

Other Opportunities for Physical Activity

LPS shall include additional physical activity opportunities, outside of Physical Education class, during the school day through the following:

- Recess
- Club days
- Field day

Physical Activity Promotion

LPS shall promote physical activity through the participation in the following initiative(s):

- LEADing the way relay race during school year 25-26

V. Other Wellness Activities:

LPS will integrate wellness initiatives across the school environment to promote physical activity, healthy eating, and overall student well-being. All school-sponsored events will include opportunities for physical activity and adhere to wellness guidelines.

IV. Marketing

LPS prohibits the marketing and advertising of all foods and beverages on the school campus in areas that are accessible to students during the school day (i.e. the midnight before to 30 minutes after the end of the school day).
The marketing standards described above apply, but are not limited to, oral, written, and graphic statements made for promotional purposes. Items subject to marketing requirements include, but are not limited to, posters, menu boards, vending machines, coolers, trash cans, scoreboards, and other equipment.

Conclusion: LEAD Public Schools is committed to fostering a healthy school environment by supporting wellness policies that enhance student health, learning, and development. This policy will be reviewed and updated as necessary to reflect evolving health standards and community needs.

NON-DISCRIMINATION STATEMENT

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form online, or obtain the form from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's

name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **Mail:**
   U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or

2. **Fax:**
   (833) 256-1665 or (202) 690-7442; or

3. **Email:**
   program.intake@usda.gov

Nondiscrimination Statement Translations

Declaración de no discriminación
This institution is an equal opportunity provider.