



Local Wellness Policy

Preamble

Liberty STEAM Charter is committed to every scholar's optimal physical and academic development. For scholars to achieve personal, educational, developmental, and social success, we must create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. **Liberty STEAM Charter** is committed to continuing its health and wellness efforts with other school improvement endeavors to ensure all scholars' optimal health and academic success.

This Local Wellness Policy (LWP) outlines **Liberty STEAM Charter's** approach to ensuring that the school environment provides opportunities for all scholars to practice healthy eating and physical activity throughout the school day. This policy applies to all scholars and staff.

School Wellness Committee

Liberty STEAM Charter Wellness Committee

Liberty STEAM Charter will convene a School Wellness Committee (SWC) that meets at least four times a year to establish goals for and oversee school health and wellness programs -- including the development, implementation, and periodic review and update of this local school wellness policy.

Committee Membership

The School Wellness Committee (SWC) will convene to facilitate the development of and update the Local Wellness Policy (LWP) and ensure that (Insert School Name) complies with the policy. The SWC members will include, to the extent possible, parents/legal guardians, students, representatives of the school nutrition services, physical education teachers, school health professionals, the school board, school administrators, and the general public. The designated officer for ensuring district compliance with the wellness policy is Dr. Trevor Ivey (Interim Executive Director) and oversight of the committee will be Dixie Hardy (Managing Director of Operations). The terms and contact information of the committee members will be made readily available to the public.

Accountability

Triennial Assessment

Every three years, **Liberty STEAM Charter** will assess the LWP by measuring the following:

- the extent to which the LWP meets the requirements as defined by the [USDA final rule of 2016](#)
- the extent to which **Liberty Charter** is complying with the LWP
- the progress made in attaining the goals of the LWP
- the extent to which the LWP compares to model local wellness policies

Revisions and Policy Updates

Liberty STEAM Charter will update the LWP based upon the following:

- the results of the triennial assessment
- school priorities
- community needs
- school-level implementation progress
- emerging scientific information
- new federal or state regulations or guidance

The policy will be reviewed annually but no later than the 10th day of school. Any revisions will be shared with the Board of Directors and made available under the “Compliance Section” of the LSC website.

Local Wellness Policy Committee

- Food Services Manager
- Campus Director of Operations
- Managing Director of Operations
- Academic Counselor

Recordkeeping

Liberty STEAM Charter will retain records to document the presence of and compliance with the LWP, including but not limited to the following:

- 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 **Liberty STEAM Charter** used to make stakeholders aware of their ability to participate
- 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

Annual Notification to the Public

Liberty STEAM Charter will actively inform parents/legal guardians, families, and the public annually about the LWP, including but not limited to the following:

- its content, updates, effective dates of changes, and school-level implementation status
- explanation of why updates were made, who was involved, and how stakeholders were made aware of their ability to participate
- the names and contact information of the school officials leading and coordinating the SWC
- details on how the public can get involved with the SWC
- information about SWC meetings, including dates, times, locations, agendas, and meeting minutes

The **Liberty STEAM Charter** Local Wellness Policy can be found here: <https://www.libertySTEAMcharter.org/>

Liberty STEAM Charter will use multiple methods to distribute this information to the community, including but not limited to the following:

- electronic mechanisms (e.g., email, newsletters)
- displaying notices on **Liberty STEAM Charter** and school websites
- presentations to parents/legal guardians, families
- sending information home to parents/legal guardians, families

Family Engagement

Liberty STEAM Charter is committed to encouraging parents/legal guardians' families' engagement in school-level decision-making and activities. **Liberty STEAM Charter** will support parents/legal guardians and families' attention in the following ways:

- providing opportunities for families to participate in SWC activities with attention to the diversity of representation in terms of race, ethnicity, gender identity, disability status, etc.
- ensuring that parents/legal guardians, and families participate in the development, implementation, and periodic review and update of the LWP and making the LWP available to the public
- ensuring that the school is using culturally responsive practices to engage parents/legal guardians, families
- disseminating health information resources to parents/legal guardians, and families (e.g., pamphlets, flyers, and posters)
- providing programs on physical activity, nutrition, and other physical and mental health topics for parents/legal guardians, families, and community members that are fully inclusive, culturally informed, and address the need of the community

Community Involvement

Liberty STEAM Charter will support community involvement in the following ways:

- providing opportunities for community members to participate in the SWC with attention to the diversity of representation in terms of race, ethnicity, gender identity, disability status, etc.
- encouraging community members to participate in the development, implementation, and periodic review and update of the LWP and making the LWP available to the public
- developing relationships with community organizations to identify community-based opportunities for scholar service-learning
- encouraging community members to participate in regularly assessing and reporting on the school's implementation of these practices and providing appropriate resources and training for continuous improvement

Nutrition Services

School Meals

Liberty STEAM Charter is committed to serving healthy meals to scholars. The school participates in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) provides meals that meet or exceed the nutrition standards for school meals by including the following:

- fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red, and orange, dry beans and peas and legumes)
- grains (whole grain-rich)
- meats and meat alternatives
- fat-free and low-fat milk
- access to free drinking water

In addition, **Liberty STEAM Charter** implements the following:

- school meals are accessible to all scholars, and **Liberty STEAM Charter** will accommodate special dietary needs and food allergies as federal regulations require.
- school meals are administered by a team of qualified nutrition professionals who meet or exceed the USDA's hiring and annual continuing education/training requirements.
- **Liberty STEAM Charter** makes every effort to ensure, to the maximum extent, that the method of payment does not identify a scholar as eligible for free or reduced-price meals (e.g., using prepayment systems that mask scholars' eligibility status).

Scholars in Kindergarten through fifth grade will be provided a minimum of 20 minutes to consume lunch after receiving their food.

Liberty STEAM Charter will not use foods or beverages to reward academic performance or good behavior. Additionally, **Liberty STEAM Charter** will not withhold food or beverages as punishment. Instead, teachers are provided with a list of alternative ideas for behavior management.

Water

To promote hydration, accessible, safe, unflavored drinking water will be available to all students throughout the school day and on every campus. In addition, **Liberty STEAM Charter** will make drinking water available where school meals are served during mealtimes.

Liberty STEAM Charter implements the following:

- Free, safe, and unflavored drinking water is available to scholars during the school day and the extended school day
- scholars can bring and carry approved water bottles filled with only water before, during, and after the school day across the campus.
- all water sources and containers (e.g., drinking fountains, water jugs, hydration stations, and water jets) will be maintained regularly to ensure adherence to health and safety standards.

Competitive Foods and Beverages

Liberty STEAM Charter is committed to ensuring that all foods and beverages available to students on school campuses during the school day support healthy eating. Therefore, the foods and beverages sold outside the school meal programs (i.e., competitive foods and drinks) will meet the USDA Smart Snacks in School nutrition standards at a minimum. In addition, **Liberty STEAM Charter** will establish standards for foods made available but not sold during the school day on school campuses.

Food and Beverage Marketing

Liberty STEAM Charter is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity throughout the school day while minimizing commercial distractions. **Liberty STEAM Charter** strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on school property that contains messages inconsistent with **Liberty STEAM Charter's** health information through nutrition education and health promotion efforts. Therefore, **Liberty STEAM Charter** intends to protect and promote student's health by permitting advertising and marketing for only those foods and beverages allowed to be sold on the school campus, consistent with **Liberty STEAM Charter's** wellness policy.

Any foods and beverages marketed or promoted to students on school campuses during the day will meet or exceed the USDA Smart Snacks in School nutrition standards. 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 at events outside school hours, such as after-school sporting events or other events, including school fundraisers.

Celebrations and Rewards

Liberty STEAM Charter does not host classroom parties to maintain the structure and consistency of the school day.

Goals for Health and Wellness

Nutrition Education

Liberty STEAM Charter will teach, model, encourage and support healthy eating among scholars. **Liberty STEAM Charter** will provide nutrition education and engage in nutrition promotion that fulfills the following criteria:

- nutrition and physical activity education include developmentally appropriate, culturally relevant, and participatory activities that address a clear set of behavioral outcomes that promote healthy eating and physical activity behaviors
- teachers and other staff are provided with training on nutrition and physical activity education
- foodservice staff and PE teachers will collaborate with classroom teachers and other school staff to provide nutrition and physical activity education throughout the school campus.
- scholars and staff will receive consistent nutrition messages throughout classrooms and the dining hall.
- is part of a sequential, comprehensive standards-based health education program designed to provide scholars with the knowledge and skills necessary to promote and protect their health encourages 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, and other school food and nutrition-related community services

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and creating food environments that encourage healthy nutrition choices and participation in school meal programs.

Liberty STEAM Charter Nutrition Goals:

- Students and staff will receive consistent nutrition messages throughout classrooms, gymnasiums, and the dining hall.
- 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.
- **Liberty STEAM Charter** will promote healthy food and beverage choices for all students throughout the school campus and encourage participation in school meal programs. This promotion will occur through evidence-based beneficial food promotion techniques through the school meal programs and adherence to a policy of 100 percent of foods and beverages promoted to students meeting the USDA Smart Snacks in School nutrition standards.
- School announcements, newsletters, and website postings promote healthy food and beverage choices.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity daily. A substantial percentage of scholars' physical activity can be provided through a comprehensive school physical activity program which includes quality physical education as the foundation; physical training before, during, and after school; staff involvement; and family and community engagement.

Liberty STEAM Charter will ensure it will meet the following goals:

- teachers will provide opportunities throughout the school day for classroom physical activity that will be integrated into planned academic instruction to reinforce theoretical concepts and to reinforce skills learned in physical education
- school will provide all scholars with adequate and safe spaces, facilities, equipment, and supplies for recess
- scholars will not be excluded from recess for disciplinary reasons or academic performance
- classroom physical activity will be offered in addition to physical education and recess
- school may promote opportunities for physical activity via in-school announcements, newsletters, posters, etc.

Liberty STEAM Charter is committed to providing these opportunities and will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. **Liberty STEAM Charter** encourages the use of physical activity as a reward when feasible. 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.

Classroom Physical Activity

Liberty STEAM Charter will implement the following:

- Classroom physical activity will be incorporated into planning throughout the school day and the extended school day.
- Classroom physical activity will be integrated into planned instruction to reinforce academic concepts and skills learned in physical education.
- Physical activity will be provided in the classroom outside of planned instruction (physical activity breaks).
- Classroom physical activity will be offered in addition to physical education and recess at all school levels.
- Classroom physical activity will not be withheld from or required of scholars as a disciplinary approach.

Daily Recess

Liberty STEAM Charter will implement the following:

- Recess will be offered for 20 or more minutes on all days during the school year, which will complement, not substitute for, physical education class.
- Scholars will be provided with adequate spaces, facilities, equipment, and supplies for recess.
- Spaces and facilities for recess will meet or exceed recommended safety standards.
- Scholars will not be excluded from recess for disciplinary reasons or academic performance in the classroom.
- Staff members who lead or supervise recess will receive appropriate training.
- Staff will provide strategic inclusion and oversight of opportunities for scholars with special needs or disabilities to participate in recess.
- The accessibility of playgrounds and outdoor play areas will be assessed, and changes made to improve access.
- Equipment will be provided to allow for the inclusion of scholars with disabilities in activities.

Physical Education

Physical education teachers will assess scholars' knowledge, motor, and social skills and provide a safe and supportive environment. Though essential for increasing physical activity, other physical activity experiences such as recess, intramural sports, or recreational endeavors should not be used as a replacement for physical education.

Liberty STEAM Charter will ensure that all PE classes are age-appropriate, sequential physical education curricula consistent with national and state standards. In addition, the school will promote the benefits of a physically active lifestyle and help scholars develop skills to engage in lifelong healthy habits.

Liberty STEAM Charter will ensure it will meet the following goals:

- All elementary scholars, including scholars with disabilities, will receive 90 minutes per week of PE instruction throughout the school year.
- All PE classes utilize a curriculum that incorporates essential health education.
- All scholars engage in moderate to vigorous physical activity (MVPA) for at least 50% of class time during most or all PE classes.
- All PE teachers in **Liberty STEAM Charter** receive professional development in PE at least once per year.
- PE teachers provide appropriate accommodations to ensure that all scholars, including scholars with disabilities are provided with an equal opportunity to participate.

Other Activities That Promote Scholar Wellness

Liberty STEAM Charter will integrate wellness activities across the entire school setting, not just in the dining hall, other food and beverage venues, and physical activity facilities. **Liberty STEAM Charter** will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components, so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being and optimal development, and strong educational outcomes.

Liberty STEAM Charter will ensure it will meet the following goals:

- Wellness activities are coordinated and integrated throughout the school day, culturally inclusive, accessible to all scholars and staff across **Liberty STEAM Charter**, and age-appropriate.
- **Liberty STEAM Charter** will offer school-sponsored events, whether before, during, or after school, adhere to the LWP guidelines, and include physical activity and healthy eating opportunities when appropriate throughout the school year.

Whole School, Whole Community, Whole Child (WSCC)

The WSCC model is centered on the school while connecting to the family and the community to address the whole child's needs. The WSCC model provides greater alignment, integration, and collaboration between health and education. The five tenets in the WSCC model's center - healthy, safe, engaged, supported, and challenged - are critical for improving scholars' health and academic achievement.

Nutrition environment and services, health education, physical education, and physical activity have already been addressed in the policy to meet the requirements of the [USDA final rule of 2016](#). Physical and mental health policies and programs are included in this section to create more comprehensive LWPs to address all components of the WSCC model.

Social-emotional Climate (School Culture)

Liberty STEAM Charter is committed to creating a positive social-emotional culture across the school campus during the school day and extended day program.

Liberty STEAM Charter will promote a positive social-emotional culture in the following ways:

- ensuring that school staff is promoting positive relationships between scholars and employees
- ensuring that school staff is trained in facilitating the engagement of all scholars in school activities through diversity and inclusion practices
- ensuring that school staff are explicitly teaching, modeling, and reinforcing social-emotional learning (SEL) competencies
- conducting and encouraging participation in school culture surveys, sharing data with stakeholders, and utilizing data to improve school culture
- establishing anti-bullying policies and identifying and implementing school-wide approaches to prevent and address harassment, bullying, and cyberbullying
- establishing school safety and violence prevention policies and strategies
- connecting social and emotional learning standards and academic standards
- regularly assessing the implementation of these practices and providing appropriate resources for continuous improvement

Counseling, Psychological and Social Services

Liberty STEAM Charter is committed to ensuring that the SEL needs of all scholars are met. **Liberty STEAM Charter** will support scholars' social, emotional, and behavioral needs (SEL) needs in the following ways:

- ensuring that an evidenced-based process for identifying scholars with SEL needs is in place
- ensuring access by scholars to highly qualified mental health professionals in the school setting (with the appropriate scholar-to-professional ratios) and a referral pathway for connecting scholars to community-based providers as needed
- coordinating with school and community-based mental health providers to address scholars' SEL needs
- implementing evidence-based programs and practices which support a positive social-emotional culture
- implementing evidence-based interventions for scholars in need of additional SEL support
- ensuring that suicide prevention policies and programs are in place in all buildings and that school staff are trained in identifying scholars at risk and referring them to appropriate services
- providing appropriate training to all school staff on meeting scholar's SEL needs
- coordinating with parents/legal guardians, families, and scholars to address scholars' SEL needs
- regularly assessing and reporting implementation of these practices and providing appropriate resources and training for continuous improvement

Health Services

Liberty STEAM Charter is committed to ensuring that the physical health needs of all scholars are met. **Liberty STEAM Charter** will support scholars' physical health in the following ways:

- ensuring scholars have access to highly qualified nurses or other medical professionals in the school setting (with an appropriate scholar-to-professional ratio) and referrals to and collaboration with community services as needed
- coordinating with parents/legal guardians, families, and community medical providers to address scholars' health needs
- ensuring that school-based health staff consult and collaborate with teachers and other school staff regarding pertinent scholarly health information
- disseminating health information resources to scholars and, parents/legal guardians, families (e.g., pamphlets, flyers, and posters)
- providing scholar physical health screenings (e.g., vision and hearing)
- addressing the management of acute health incidents (e.g., allergic reactions, asthma attacks, and low blood sugar) in the school setting
- coordinating with parents/legal guardians and families to address scholars' health needs

- regularly assessing and reporting on school implementation of these practices and providing appropriate resources and training for continuous improvement

Physical Environment

Liberty STEAM Charter is committed to ensuring that the school environment protects the health and safety of scholars and staff. **Liberty STEAM Charter** continues to adhere to a healthy and safe school environment within and around its facility in the following ways:

- identifying regular cleaning and maintenance practices and ensuring compliance with safety standards
- addressing prevention and safe removal (if applicable) of mold and moisture
- specifying a system for monitoring and managing water quality
- educating scholars, and school staff on maintaining the safety of the school physical environment
- establishing physical safety measures and procedures (e.g., double-entry access, locked doors and windows, surveillance, supervision of hallways, and check-in/check-out systems for visitors)
- specifying a crisis preparedness and response plan for **Liberty STEAM Charter** and assisting each school in developing a plan
- addressing the presence of and training for school resource officers

Employee Wellness

Liberty STEAM Charter is committed to supporting all school employees' physical and mental health and well-being. **Liberty STEAM Charter** will support employee health and well-being in the following ways:

- designating employee wellness (both physical and mental) as a priority in **Liberty STEAM Charter's** the organizational structure
- disseminating physical and psychological health information resources to school staff (e.g., pamphlets, flyers, and posters)
- Every 3rd Friday of the month staff receives a "FOCUS FRIDAY" which allows them to have the rest of the day off after scholars are dismissed to focus on their mental and physical health
- administering employee wellness/health (physical and mental) promotion activities at least once per year
- providing a stipend of \$500 annually to staff to encourage mental health and participation in and use of physical and mental health programs/resources for:
 - healthy eating and weight management
 - physical activity
 - stress management
 - social-emotional health
- considering the disabilities of staff and ensuring access by all staff to health and wellness programs and resources that are offered
- promoting a positive workplace climate with a focus on diversity and inclusion practices
- addressing space and break time for lactation/breastfeeding