



Heartwood

COMMUNITY SCHOOL

Local Wellness Policy

2026-2027

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## Preface

In accordance with 7 CFR 210.31(c), a Local Education Agency (LEA) 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.

# Wellness Policy Committee

## **Wellness Policy Leadership**

ReGinae Reynolds, Director of School Services, [reynolds@heartwoodcommunityschool.org](mailto:reynolds@heartwoodcommunityschool.org)

The Director of School Services or designee will have oversight of the local wellness policy and ensure compliance.

## **Wellness Policy Committee Members**

- Jennifer Brown, Principal, [jbrown@heartwoodcommunityschool.org](mailto:jbrown@heartwoodcommunityschool.org)
- Tiffeny Douglas, Executive Chef, [tdouglas@heartwoodcommunityschool.org](mailto:tdouglas@heartwoodcommunityschool.org)
- Stephanie Banton, School Nurse, [sbanton@heartwoodcommunityschool.org](mailto:sbanton@heartwoodcommunityschool.org)
- Jeremy Hardy, PE Teacher, [jhardy@heartwoodcommunityschool.org](mailto:jhardy@heartwoodcommunityschool.org)
- Brooklyn Atkins, PE Teacher, [batkins@heartwoodcommunityschool.org](mailto:batkins@heartwoodcommunityschool.org)
- Director of Student Supports
- Board Member
- Student
- School Social Worker
- School Counselor

# Wellness Policy Committee Responsibilities

## **Public Involvement**

The Local Education Agency (LEA) permits and encourages public involvement in Local Wellness Policy development, implementation, updates, and reviews. The LEA welcomes and encourages diverse stakeholders to engage in the creation, evaluation, revision, and execution of the Local Wellness Policy.

To obtain further information, please reach out to ReGinae Reynolds, Director of School Services at [rreynolds@heartwoodcommunityschool.org](mailto:rreynolds@heartwoodcommunityschool.org)

The following methods of communication will be utilized to notify the general public of the opportunity to participate in these processes:

- Website
- Newsletter
- Social Media

## **Assessments**

Under the Healthy, Hunger-Free Kids Act of 2010, assessments of the Local Wellness Policy must occur no less than every three (3) years. Heartwood shall conduct assessments of the Local Wellness Policy every three (3) years, beginning in the 2026-27 school year and occurring every three (3) years thereafter. These assessments will:

- Ensure the wellness policy is in compliance with USDA, State, and Local rules and regulations
- Compare the LEA's wellness policy to model wellness policies.
- Measure the progress made in achieving the goals as outlined in the LEA's wellness policy.

## **Updates**

The Wellness Policy Committee must update the Local Wellness Policy as appropriate in order to fit the needs and goals of the LEA. The LEA shall 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.

Through the following channels:

- Website
- Newsletter
- Social Media

## Records

The LEA shall maintain record of the Local Wellness Policy. This includes keeping a copy of the current wellness policy on file and maintaining documentation of the following actions:

- The most recent assessment of the policy.
- Availability of the wellness policy and assessments to the public.
- Reviews and revisions of the policy, including the individuals involved and the efforts made to notify stakeholders of their ability to participate in the process.

## Nutrition

The LEA recognizes the important role nutrition plays in academic performance as well as overall quality of life. The National Education Association references numerous articles supporting the effects of nutrition on the classroom, for example, hunger often has a negative impact on students' success, attendance, and behavior.

According to the Centers for Disease Control and Prevention, approximately 18.5 percent of the nation's youth was considered obese in 2015-16. This percentage increased 1.3 percent when compared to the previous year. Conversely, 15.7 percent of American families experienced food hardship in 2017. Through participation in the U.S. Department of Agriculture's School Nutrition Programs, the LEA commits to serving nutritious meals to students in order to prevent both overconsumption of nutrient-poor foods and food insecurity to give students the best chance to succeed inside and outside the classroom.

## Nutrition Standards

### Heartwood Community School is a Food Allergy Aware School

As a Food Allergy Aware School, Heartwood Community School prohibits the use of peanuts, tree nuts and Shellfish. As well as foods listed with peanut, tree-nut or shellfish ingredients throughout the school and at all school events. Please [click here](#) to view our Allergy Aware Policy.

### Meals

All reimbursable meals served for the purposes of the NSLP and SBP must meet or exceed USDA nutrition standards and regulations. This includes meeting standards for each of the meal pattern components (i.e. Grains, Meat/Meat Alternates, Fruits, Vegetables, and Milk) as well as meeting or exceeding the limitations set for calories, sodium, saturated fat, added sugars, and trans fat.

Heartwood will achieve this goal by:

- Scratch cooking: 85% of entrees will be made from a recipe. 85% of recipes will be made from whole, fresh ingredients.
- Family style: Students will be served lunch in a family style setting.
- Juice will not be served as a fruit or vegetable.
- Peanuts, tree nuts, fish, and shellfish will not be served.
- Local farms shall be utilized as much as possible to provide produce.
- Meals are calorie controlled, low sodium, contain less than 10% saturated fat & 0g of trans fat.

NOTE: A student may also choose to bring in his/her own meals; however, all foods must adhere to the Wellness Policy. Students are not permitted to bring in foods that are high in fat or sugar including candy, soda, energy drinks, donuts, cupcakes, chips, salty snacks, candy bars, etc.

Additionally, students are not permitted to bring food that requires any preparation, such as heating or cold storage

## Smart Snack Standards

Heartwood Community School maintains a dedication to student wellness that extends beyond formal meal times. Nutritious snacks serve as a vital source of sustained energy and essential vitamins, fostering the optimal growth and academic engagement of our students. Any food items provided for classroom celebrations, daily snack intervals, or as educational incentives must strictly adhere to USDA Smart Snack regulations or consist of non-food alternatives. Items such as commercially prepared pizza, fast food, and highly processed snacks **do not qualify** as acceptable Smart Snacks under these guidelines.

[See Reference for approved Smart Snack and non-food alternatives](#)

The following nutritional thresholds per serving serve as the mandatory guidelines for allowable snack items:

- Caloric intake limited to 150 calories or less
- Total fat content not exceeding 35% of total calories
- Saturated fat content limited to 10% of total calories or less
- Sugar content capped at 30 grams
- Sodium levels restricted to 230 milligrams or less

### Competitive Foods

All competitive foods and beverages sold 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.

- Heartwood will not sell competitive foods to students during the midnight before to 30 minutes after the end of the school day.

### Other Foods and Beverages

The following policy refers to all foods and beverages provided, but not sold to students. The Local Education Agency will prohibit food and beverage items that do not meet Smart Snacks nutrition standards for reward and celebration purposes. More than 25 percent of children's daily calories may come from snacks, therefore, providing Smart Snacks allows for a more nutrient-dense calorie intake.

- Heartwood will not provide any snacks to students that do not meet the Smart Snacks nutrition standards.

## **Nutrition Education**

In accordance with the South Carolina Learning Standards, the LEA shall meet all South Carolina requirements and standards for Health Education. The LEA shall include nutrition education within the health education curriculum and integrate nutrition education into other core subjects, as appropriate. Various grade levels and curriculums shall use nutrition education information, research, and materials from the following resources:

- [Dietary Guidelines for Americans](#)
- [MyPlate](#)
- [Team Nutrition](#)
- [FoodMASTER](#)

The LEA shall incorporate nutrition education into the following curriculums for the following grade levels:

- All students will receive one (1) hour of physical education class weekly, which will include nutrition education periodically.

## **Nutrition Promotion**

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

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

- Website
- Newsletter
- Social Media
- Posted in the cafeteria
- Linq

Farm to School efforts positively impact SNP by serving fresh and nutritious food items. Additionally, Farm to School programs have been linked to increased consumption of fruits and vegetables. The District shall participate in the following Farm to School activities:

- Heartwood is currently working on creating partnerships with local farms to implement a Farm to School program

Food loss and waste continue to be an issue facing the nation's food supply. In order to prevent food waste, the district 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, the district will continue to provide food to students in need beyond the meals provided through the USDA SNP. Therefore, the district shall follow the established food sharing plan, in accordance with Public Act 102-0359, and federal and local regulations and sanitation codes:

- Implement offer vs. serve during all meal times.
- The Pre-K program will compost food waste when possible.

## **Marketing**

The LEA will prohibit the marketing and advertising of all foods and beverages that do not meet Smart Snacks nutrition standards 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). 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. This policy does not require schools to immediately replace equipment that does not meet this requirement, however, the district shall implement these standards as equipment needs replaced in the future.

- Heartwood does not have vending, sale or advertising of non-compliant Smart Snacks.

## **Physical Activity**

Physical activity is a key component of the health and well-being of all students. Physical activity lowers the risk for certain diseases, including obesity, heart disease, and diabetes. Physical activity also helps improve brain function, allowing students to perform better in school.

The Centers for Disease Control and Prevention recommends adolescents get at least 60 minutes of physical activity five days per week. Nearly 79 percent of school-age children fall short of meeting this requirement. The LEA recognizes this connection and commits to promoting and providing opportunities for physical activity during and outside the school day.

## **Physical Education**

In accordance with the South Carolina Learning Standards, the LEA shall meet all South Carolina requirements and standards for Physical Education. The LEA shall offer Physical Education class as follows:

- All students will receive 1.5 hours of physical activity class weekly.

## **Other Physical Activity Opportunities**

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

- Recess: 30 minutes/daily for all grades
- Brain breaks in all classes
- Fitness related Friday Clubs – as selected by students

The following opportunities for participation in school-based sports shall be offered to students each year:

- Heartwood Community School will consider offering school-based sports in upcoming school years.
- We have a running club that participates in off campus 5Ks.

## **Physical Activity Promotion**

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

- Annual School-wide Field Day
- Weekly House Meeting
- Promotion of the YMCA (free enrollment fee for all Heartwood families)
- Promote local 5K opportunities
- Annual Fitness Centered Family Night
- Annual Parent University fitness topic

## **Other School-Based Activities**

Just as it takes a comprehensive curriculum to provide education to support students' futures, the LEA's wellness approach must also be comprehensive in its intent to provide

students with the tools they need to live a healthy lifestyle. In order to further establish positive behaviors related to nutrition, physical activity, and health, the LEA commits to making additional wellness-based activities available to all students beyond the cafeteria and gymnasium.

The LEA shall offer other school-based activities to support student health and wellness, including coordinated events and clubs. The following events shall be organized and promoted each year:

- Monthly Family Engagement Nights
- Dental, hearing, and vision checks for students
- Partnership with Beaufort Jasper Comprehensive Health
- Parent University
- Student Fitness Testing

The following health, wellness, and/or nutrition clubs shall be offered to students each year:

- Run Club
- Dance Club
- Fashion club
- Cooking Club
- Burn Bootcamp Club
- Cheerleading Club
- Drill Club
- Basketball Club
- Soccer Club
- Nature Explorers Club
- Jump Rope Club
- Line Dancing Club

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