



PREPARE EXPLORE DISCOVER

# Columbus Charter School Wellness Policy

Updated 10/11/2017

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# Columbus Charter School Wellness Policy

## Preamble

Columbus Charter School (hereto referred to as the School) located in Columbus County, NC in the town of Whiteville is committed to the optimal development of every student. The School believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.<sup>11,12,13,14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15</sup>

This policy outlines the School's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Providing a healthy environment for our students is especially important as Columbus County, NC was ranked 97<sup>th</sup> out of 100 counties in 2017 for health outcomes including factors such as obesity, physical inactivity, access to exercise opportunities, and smoking. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the School have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- 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;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the School. Specific measureable goals and outcomes are identified within each section below.

- The School will coordinate the wellness policy with other aspects of school management, including the School's School Improvement Plan, when appropriate.

## **I. School Wellness Committee**

### ***Committee Role and Membership***

The School will convene a representative School Wellness Committee (hereto referred to as the SWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this School-level wellness policy (heretofore referred as "wellness policy").

The SWC membership will represent all grades K-8 and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of Preferred Meals, physical education teachers, health education teachers, school social worker, school headmaster and assistant headmasters, school board members; community health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the SWC will include representatives from each of the following grade spans within the school: K-2, 3-5, 6-8 and reflect the diversity of the community.

### ***Leadership***

The School Nutrition Program Coordinator or designee(s) will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure the School's compliance with the policy.

The designated official for oversight is (Title and contact information):

Dawn Ivey, Assistant Headmaster, email: [divey@rogerbacon.net](mailto:divey@rogerbacon.net), phone: 910-641-4004.

<b>Name</b>	<b>Title / Relationship to the School or School</b>	<b>Email address</b>	<b>Role on Committee</b>
Jean LaFave	Academic Coach, Health & PE, Extracurriculars K-8	<a href="mailto:jlafave@rogerbacon.net">jlafave@rogerbacon.net</a>	School Wellness Policy Coordinator – ensures compliance with the policy
Steve Smith	Headmaster	<a href="mailto:stevesmith@rogerbacon.net">stevesmith@rogerbacon.net</a>	Assists in the evaluation of the wellness policy implementation – operations
Laurie Benton	Assistant Headmaster, Elementary	<a href="mailto:lbenton@rogerbacon.net">lbenton@rogerbacon.net</a>	Assists in the evaluation of the wellness policy implementation – elementary focus
Dawn Ivey	Assistant Headmaster, Middle School	<a href="mailto:divey@rogerbacon.net">divey@rogerbacon.net</a>	Assists in the evaluation of the wellness policy implementation – middle school focus

## **II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

The School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to the School; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The School has completed a school-level assessment using the [Healthy Schools Program online tools](#) based on the Centers for Disease Control and Prevention's School Health Index and has created an action plan that fosters implementation and will generate an annual progress report.

This wellness policy and annual progress reports can be found at:  
[www.columbuscharterschool.org/school/CCS-Wellness-Policies/](http://www.columbuscharterschool.org/school/CCS-Wellness-Policies/)

### ***Recordkeeping***

The School will retain records to document compliance with the requirements of the wellness policy in the School's Elementary and Middle School Offices as well as on the School's central computer network. Documentation maintained in this location 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 Local Schools Wellness 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 SWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

The School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available via the School website. The School will provide as much information as possible about the school nutrition environment. This will include a summary of the School's events or activities related to wellness policy implementation. Annually, the School will also publicize the name and contact information of the School officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, the School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the School is in compliance with the wellness policy;
- The extent to which the School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the School's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Dawn Ivey, School Nutrition Program Administrator, Assistant Headmaster, [divey@rogerbacon.net](mailto:divey@rogerbacon.net).

The SWC will monitor the Schools' compliance with this wellness policy.

The School will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The SWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as the School's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach and Communications***

The School is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which representatives of SWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the School. The School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The School will use electronic mechanisms, such as email or displaying notices on the School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The School will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the School is communicating important information with parents.

The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## **III. Nutrition**

### ***School Meals***

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and 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 their calorie requirements. The school meal programs aim to improve the diet and health of school children, 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.

All grades within the School participate in the National School Lunch Program (NSLP), a USDA child nutrition program. The School is committed to offering school meals through the NSLP program, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The School offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - Daily vegetable options are bundled into all grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.
  - A monthly menu is provided to students, families, teachers, and administrators.
  - Smarter Lunchrooms strategies are included in the Local School Wellness Policy.
  - Nutrition education is incorporated into the school day.
  - Cleaning supplies or broken/unused equipment are not visible during meal service.

### ***Staff Qualifications and Professional Development***

The school nutrition program director, manager(s) and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). The School will make drinking water available where school meals are served during mealtimes.

- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.

- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### ***Competitive Foods and Beverages***

The School is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day\* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options, vending machines, school stores and snack or food carts.

### **Foods Provided but Not Sold:**

- ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The School will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. The School will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Use of foods and beverages as a reward, or withheld as punishment for any reason, such as for performance or behavior must be approved by the Headmaster and must meet USDA Smart Snacks in School nutrition standards.

- ***Fundraising***

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. The School will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

Given the pervasiveness of food fundraisers in many schools and the wide availability of profitable, healthy fundraising options, the School will use non-food fundraisers as its standard with all fundraisers containing food first approved by the Headmaster and

coordinated with the SWC. Fundraisers will encourage promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.) as often as possible.

### ***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 the School, classrooms, resource rooms, and administrative offices. 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, students and the community.

The School 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 at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the School and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

### ***Nutrition Education***

The School will teach, model, encourage and support healthy eating by all students. The School will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, history and resource/elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as taste-testing, farm visits and school gardens;
- Promotes 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, nutrition promotion activities, school gardens, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

### ***Essential Healthy Eating Topics in Health Education***

The School will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)



- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders in grades 6-8.
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Influencing, supporting, or advocating for others' healthy dietary behavior

### ***Food and Beverage Marketing in Schools***

The School 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 will be weakened if students are subjected to advertising on School 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's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* 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.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an 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.<sup>15</sup> 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, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items

are not required; however, Schools will replace or update durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)

- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the School.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the School and all related entities reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the School wellness policy.

#### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. The School will ensure that all students in grades K-8 receive these varied physical activity opportunities in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).

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 include participation on sports teams that have specific academic requirements. The School will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The School will conduct necessary inspections and repairs.

The School will work to ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible.

#### ***Physical Education***

The School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. 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 (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All School **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All School **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The School physical education program will promote student physical fitness through individualized fitness and activity and will use criterion-based reporting for each student. Students at the School participate in teacher monitored fitness tests. Students, using clip boards, report individual results to the teacher. Teachers monitor results, discuss results with the student, and set individual student goals.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).
- All physical education teachers in [School] will be required to participate in at least a once a year professional development in education (meets Healthy Schools Program Silver-level criteria).
- Waivers, exemptions, or substitutions for physical education classes are not granted.

### ***Essential Physical Activity Topics in Health Education***

Health education will be required in all grades (elementary) and the School will require middle school students to take and pass at least one health education course. The School will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids (Grades 6-8 only)

### ***Recess (Elementary)***

All elementary schools will offer at least **20 minutes of recess** on all days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch,

schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside the classroom or area food is to be consumed to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the area food is to be consumed.

**Outdoor recess** will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is above/below the School-set temperature, inclusive of wind chill factors, during required lockdowns, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

In the event that the School must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. The following activities that may be used as indoor recess options including but not limited to: yoga, stretches, aerobics, Zumba, dance, stationary cardio-run in place, follow the leader, four corners and other games that incorporate moving continuously around the room.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

The School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The School recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The School will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

### ***Active Academics***

Teachers will incorporate movement and healthy behaviors into “core” subject instruction when possible (e.g., science, math, language arts, history and others) and do their part to limit sedentary behavior during the school day.

The School will support classroom teachers incorporating physical activity and encouraging healthy behaviors into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

### ***Before and After School Activities***

The School offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The School will encourage students to be physically active before and after school by: participating in physical activity in before and/or after school care, physical activity clubs, extracurricular sports programs.

### ***Active Transport***

Given the remote location of the School, active transport via walking and biking to school is not a viable option for our students. However, we will support active transport on and around the school grounds as often as possible. The School will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designate safe or preferred routes to and around the school grounds
- Instruction on walking safety on school grounds provided to students and parents
- Use crossing guards
- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, etc.)
- Designate area for parents/caretakers to park and walk students to and from class
- Walking between buildings to change classes in all grades K-8
- Sending students to check teacher mailboxes in the office
- Encouraging walking around the track (i.e. before school and during lunch)

## **V. Other School-Based Strategies for Wellness**

The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity 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, not duplicative, 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's curriculum experts when possible.

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 complementary of the wellness policy, including but not limited to ensuring the involvement of the SWC.

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***

The School will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this 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***

The School 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.

As described in the “Community Involvement, Outreach, and Communications” subsection, the School will use electronic mechanisms (e.g., email or displaying notices on the School’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home 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.

### ***Staff Wellness and Health Promotion***

The SWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader’s name is Crystal Morgan, Office Manager, [cmorgan@columbuscharterschool.org](mailto:cmorgan@columbuscharterschool.org).

The School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies the School will use, as well as specific actions staff members can take, include:

- Participate in annual staff weight loss challenges.
- New Hire Orientation with Human Resources includes resources that promote healthy living (i.e. Employee Assistance Program (EAP) and WorkLife Balance Programs available via phone and online to all full-time staff).
- Preventative services, Nurse HelpLine, Diabetes and other Chronic Care Management program is available at no cost through employee health benefits.
- Annual staff meeting will feature updates and new programs available to staff via HR.
- Promotional items encouraging health and wellness provided to staff throughout the year (i.e. stress balls, posters, newsletters).
- Staff are expected to be active in their roles (i.e. teachers walk continuously throughout the classroom, participate in recess, participate in fun runs, etc.)

The School promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### ***Professional Learning***

When feasible, the School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help the School staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing School reform or academic improvement plans/efforts.

## *Glossary:*

**Extended School Day** – the time during, before and after school that includes activities such as clubs, extracurricular sports and activities, rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school buildings, vehicles used to transport students, fields and stadiums or parking lots.

**School Day** – the time between 1 hour prior to the start of instruction to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

## **Appendix A: School Level Contacts**

**Contact 1: Steve Smith, Headmaster, [stevesmith@rogerbacon.net](mailto:stevesmith@rogerbacon.net)**

**Contact 2: Laurie Benton, Assistant Headmaster of Elementary, [lbenton@rogerbacon.net](mailto:lbenton@rogerbacon.net)**

**Contact 3: Dawn Ivey, Assistant Headmaster of Middle School, [divey@rogerbacon.net](mailto:divey@rogerbacon.net)**

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