



# Chattanooga Charter Schools of Excellence

## Wellness Policy

### 2022 – 2023



#### Introduction

Chattanooga Charter School of Excellence (CCSE) is committed to every scholar's optimal physical and academic development. For scholars to achieve personal, academic, developmental, and social success, we must create positive, safe, and health-promoting learning environments at every level, in every setting, and throughout the school year. CCSE will align health and wellness efforts with other school improvement endeavors to ensure all scholars' optimal health and academic success.

Research shows that proper nutrition and physical activity before, during, and after the school day are strongly correlated with positive academic outcomes. For example, scholar participation in the School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.<sup>1,2</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products is associated with lower grades. Participation in active transportation to and from school (e.g., walking and bicycling), recess, physical activity breaks, physical education, and extracurricular activities involving physical activity results in better academic outcomes for scholars.<sup>3,4</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>5</sup>

This local school wellness policy (LWP) outlines CCSE's approach to ensuring that the school environment provides opportunities for all scholars to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all district scholars and staff members. Specific measurable goals and outcomes are identified within each section.

In order to be compliant with the United States Department of Agriculture (USDA) final rule of 2016, the policy must at a minimum:

- Identify one or more school official(s) who have the authority and responsibility for ensuring that each school complies with the LWP
- Include language inviting caregivers, scholars, representatives of the school food authority (SFA), teachers of physical education (PE), school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the LWP
- Include language describing the methods for informing the public (including caregivers, scholars, and others in the community) about the LWP and any updates to the policy on an annual basis
- Include language requiring that at least once every three years, the following are measured and made available to the public:
  - ✓ the extent to which schools comply with the LWP
  - ✓ the extent to which the LWP compares to model local school wellness policies
  - ✓ the progress made in attaining the goals of the LWP
- Include nutrition standards for all foods and beverages sold on the school campus during the school day that are consistent with federal regulations for school meals and the Smart Snacks in School nutrition standards
- Include standards for all foods and beverages offered, but not sold, to scholars during the school day (e.g., for classroom parties or classroom snacks brought by caregivers),
- Include specific goals for nutrition education and nutrition promotion activities
- Include requirements for marketing and advertising on the school campus during the school day of only those foods and beverages that meet Smart Snacks standards



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- Include specific goals for physical activity opportunities
- Include specific goals for other school-based activities that promote scholar wellness

#### **School Health Advisory Council**

##### **Purpose of the Council**

To be compliant with the USDA final rule, CCSE will convene a School Health Advisory Council (SHAC) that meets annually to establish goals for and oversee school health and safety policies and programs, including:

1. The development, implementation, and periodic review and update of this LWP
2. Ensuring all schools within CCSE create and implement an action plan related to all School Health Index modules
3. Ensuring that the results of the action plan are annually reported to the council; and
4. Ensuring that school-level results include measures of progress on each indicator of the School Health Index

##### **Council Membership**

To be compliant with the USDA final rule, the SHAC will include representatives from CCSE and will reflect the diversity of the community.

The SHAC membership may include, but is not limited to:

- Caregivers
- Scholars
- Representatives of the school nutrition program
- Physical and health education teachers and school health professionals
- Specialized instructional support personnel
- School administrators
- School board members
- Community health professionals
- General public
- Community stakeholders

##### **Council Leadership**

In order to be compliant with the USDA final rule, the Director of Schools (or designee) will convene the SHAC, facilitate the development of and updates to the LWP, and ensure each school's compliance with the policy to include an assessment of the implementation of the wellness policy and the progress made in attaining the policy goals. The assessment will be made available to the public via the school's website. The names and contact information of the Director of Schools (or designee) and the council members will be made readily available to the public.

##### **Triennial Assessments**

In order to be compliant with the USDA final rule, at least once every three years, CCSE will assess the LWP by measuring:



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- The extent to which the LWP meets the requirements of the final rule
- The extent to which schools under the jurisdiction of CCSE are complying with the LWP
- The progress made in attaining the goals of the LWP

#### Documentation

In order to be compliant with the USDA final rule, CCSE will retain records to document the presence of and compliance with the LWP, including but not limited to:

- The current and previous board-approved LWP
- Documentation demonstrating that the LWP has been made available to the public
- Documentation of the most recent school-level assessments of implementation
- Documentation of efforts to review and update the LWP, including who was involved, and how CCSE made stakeholders aware of their ability to participate

#### Policy Updates

In order to be compliant with the USDA final rule, the SHAC will update the LWP based upon:

- The results of the triennial assessment
- District priorities
- Community needs
- The results of school health assessments
- School-level implementation progress
- Emerging scientific information
- New federal or state regulations or guidance

#### Notification to the Public

In order to be compliant with the USDA final rule, CCSE will actively inform caregivers and the public each year of basic information about the LWP, including but not limited to:

- Its content and any updates
- District- and school-level implementation status
- An explanation of why updates were made, who was involved, and how stakeholders were made aware of their ability to participate
- The effective dates of any policy changes
- The names and contact information of CCSE and school officials leading and coordinating the SHAC
- Information on how the public can get involved with the SHAC
- Information about SHAC meetings including dates, times, locations, agendas, and meeting minutes
- Mechanisms for the public to provide feedback and comments

In order to be compliant with the USDA final rule, CCSE will ensure that communications are culturally and linguistically appropriate to the community and will use communication methods that are appropriate to ensure that all caregivers have access to the information. CCSE will keep persons with disabilities or those that represent the interests of those with



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disabilities involved in all aspects including LWP updates and assessments. CCSE will use multiple methods to distribute this information to the community, including but not limited to:

- Electronic mechanisms (e.g., email)
- Displaying notices on CCSE and school websites
- Non-electronic mechanisms (e.g., newsletters)
- Presentations to caregivers
- Sending information home to caregivers

#### Public Involvement

In order to be compliant with the USDA final rule, CCSE is committed to ensuring that the community is aware of and involved in the development and implementation of the LWP. CCSE will actively communicate how representatives of the SHAC, and others can participate in the development, implementation, and periodic review and update of the LWP.

#### Commitment to Nutrition

##### School Meals

Children consume as many as half of their daily calories at school. Schools play an important role in offering meals with vital nutrients while shaping scholars' eating habits. Scholars who participate in the school meal programs have access to nutritious foods and beverages to support their growth, development, and academic performance.

All schools within the SFA shall participate in the USDA child nutrition programs, which may include but not be limited to, the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program.<sup>LR4,5,6</sup> School will provide meals that meet the nutrition standards for school meals by including:

- Fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red/orange, beans, peas, and legumes)
- Grains (whole grain, and whole grain-rich)
- Meats and meat alternates
- Fat-free and low-fat milk
- Access to free drinking water

In addition, meals shall be accessible to all scholars in a non-stigmatizing manner. Scholars will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged. All food including vending machines, fundraising items, and concessions must meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.<sup>LR4,5,6</sup> The school principal/designee shall be responsible for overseeing CCSE's compliance with the State Board of Education rules and regulations for the sale of food items in the school district.<sup>LR2,5,6</sup>

##### Competitive Foods and Beverages

Competitive foods and beverages include those items sold a la carte and in vending machines, school stores, and snack or food carts, as well as any food-based fundraising meant for consumption during the school day. These foods are called competitive foods because scholars may choose to eat them instead of healthier foods offered through the school meal programs.

In order to be compliant with the USDA final rule, CCSE will ensure that all foods and beverages sold to scholars on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet Smart Snacks. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not



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limited to a la carte, vending machines, school stores, and snack or food carts, as well as any food-based fundraising meant for consumption during the school day.

To qualify as a Smart Snack, a snack or entrée must:

- Be a grain product that contains 50% or more whole grains by weight (have a whole grain as the first ingredient), or
- Have as the first ingredient a fruit, vegetable, dairy product or protein food, or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable, and
- Meet the following minimum standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or

### Celebrations and Rewards

Celebrations and positive reinforcement are an important part of our district's culture of supporting scholars.<sup>6</sup>

In order to be compliant with the USDA final rule, CCSE will ensure that celebrations and rewards are consistent with our nutrition policies. All foods and beverages served and offered on the school campus outside of the school meal programs during the school day will meet minimum standards. This includes foods and beverages offered during celebrations and parties, classroom snacks, and as rewards and incentives. CCSE recommends utilizing rewards that promote physical activity and/or promote educational messages (e.g., a coupon for a free book at the book fair for consistently returning books to the library on time). Foods and beverages will not be withheld as a punishment for any reason.

### Fundraising

Fundraising efforts provide opportunities for scholar, staff, family, and community collaboration and reflect the healthy eating practices and policies in CCSE.<sup>14</sup>

In order to be compliant with the USDA final rule, CCSE will allow only foods and beverages that meet or exceed Smart Snacks standards to be sold through fundraisers on the school campus during the school day.

Special fundraiser exemptions are allowed for foods and beverages that do not meet Smart Snack standards. These exempt fundraisers must not occur more often than the frequency specified by the state agency. In Tennessee, 20 days each semester are allowed as exempt fundraiser days per school. A school representative must keep track of all special fundraiser exemptions when they occur.

### Nutrition Promotion

Nutrition promotion using evidence-based techniques and nutrition messages helps to create healthy food environments and positively influences lifelong healthy eating behaviors.<sup>7</sup> It also helps to encourage and increase participation in school meal programs.



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In order to be compliant with the USDA final rule, CCSE will promote healthy nutrition through various activities, including nutrition-related newsletters, informational links on CCSE website, healthy eating posters and bulletin boards in dining areas, and informational booths at various community functions. CCSE will Nutrition education will be offered as part of a standards-based program designed to provide scholars with the knowledge and skills needed to promote and protect their health as outlined in the State Board of Education Health Education and Lifetime Wellness Standards.

Nutrition education will discourage teachers from using high-fat, sugar, and sodium foods as rewards and encourage scholars to start each day with a healthy breakfast. CCSE and all schools will promote healthy food and beverage choices for all scholars across the school campus during the school day and will encourage participation in school meal programs.

### Food and Beverage Marketing

Health and wellness efforts are weakened when scholars are subjected to advertising on district property that promotes unhealthy foods and beverages.<sup>8</sup>

CCSE is committed to teaching scholars to make informed choices about nutrition, health, and physical activity and to providing a school environment that ensures opportunities for all scholars to practice healthy eating and physical activity behaviors.

In order to be compliant with the USDA final rule, all foods and beverages marketed to scholars on the school campus during the school day will meet or exceed Smart Snacks. This includes the marketing of products on:

- The exterior of vending machines
- Posters, flyers, menu boards, coolers, trash cans, and other food service equipment
- Cups used for beverage dispensing

As entities, including CCSE, school nutrition services, athletics department, and the parent-teacher association/ organization (PTA/PTO) review existing contracts and consider new contracts, equipment, and product purchasing (and replacement) decisions should reflect the marketing guidelines established by this LWP.

### Commitment to Physical Activity and Physical Education

The Board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical activity may be integrated into any area of the school program.

Physical education classes shall be offered as part of a standards-based program designed to provide developmentally appropriate moderate to vigorous physical activity as an integral part of the class. All physical education classes shall comply with the State Board of Education's Physical Education Standards. In addition to CCSE's physical education program, non-structured physical activity periods shall be offered as required by law.

Schools shall continue to offer after-school sports and activities. Physical activity shall not be employed as a form of discipline or punishment.



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### Resources

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2. Taras, H. (2005). Nutrition and student performance at school. *Journal of School Health*. 75(6):199–213.
3. Centers for Disease Control and Prevention. (2010). The association between school-based physical activity, including physical education, and academic performance. Retrieved from: [https://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/pa-pe\\_paper.pdf](https://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf).
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5. Centers for Disease Control and Prevention. (2019). Water access in schools. Retrieved from <https://www.cdc.gov/healthyschools/npao/wateraccess.htm>.
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8. ChangeLab Solutions. (2017). Food and beverage marketing: Model school wellness policy language. Retrieved from [https://www.changelabsolutions.org/sites/default/files/ModelLocalSchoolWellnessPolicyLanguage\\_FINAL\\_201705\\_0.pdf](https://www.changelabsolutions.org/sites/default/files/ModelLocalSchoolWellnessPolicyLanguage_FINAL_201705_0.pdf).
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### Legal References (LR)

1. TCA 49-1-1002
2. State Board of Education Policy 4.204
3. State Board of Education Policy 4.206
4. 42 USCA § 1758b (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296))
5. TRR/MS 0520-01-06
6. 7 C.F.R. § 210 and 220
7. TCA 49-6-1021
8. 7 C.F.R. § 210.31(f)