



Public Charter High School

LOCAL WELLNESS POLICY

2016 - 2018

INTRODUCTION—PURPOSE AND REGULATORY GUIDANCE

School Mission and Wellness

The mission of Thurgood Marshall Academy (“TMA”)—a public charter high school located in one of the most under-resourced area of Washington, DC—is to prepare students to succeed in college and to actively engage in our democratic society. This Wellness Policy demonstrates the school community’s recognition that our students face health challenges as well as academic challenges, and that healthy students—those who understand health, nutrition, environmental sustainability, and physical activity—will be best equipped for achievement in college and civic life.

The vision and purpose of this Wellness Policy, therefore, is first and foremost to support the school’s mission by fostering wellness among students and in the school culture. In addition, the policy ensures compliance with federal and local law.

Federal Law

The U.S. Congress established a requirement in the Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004, that all school districts with a federally funded school meal program draft a local school wellness policy. In 2010 Congress passed the Healthy, Hunger-Free Kids Act of 2010 (the Act). Section 204 of the Act added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and WIC Reauthorization Act of 2004.

The law requires that these policies must, at a minimum:

- (1) include goals for nutrition education, physical activity, and other school-based activities that promote student wellness as well as goals for nutrition promotion;
- (2) establish nutrition guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity;
- (3) provide assurance that those guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance applicable to school meals issued by the Secretary of Agriculture;
- (4) establish a plan for measuring the implementation of the local wellness policy, including designation of one or more persons with operational responsibility for ensuring that the schools meet the wellness policy;

- (5) involve teachers of physical education and school health professionals, parents, students, and representatives of the school food authority, school board, school administrators, and the public, in the development of the school wellness policy; and
- (6) inform and update (including parents, students, and others in the community) about the content and implementation of the local wellness policy.

Local Law

The DC Healthy Schools Act of 2010 (HSA) (Title VI, Sec. 601), requires Washington, DC, public schools and public charter schools to maintain a Local Wellness Policy—updated at least every three years—that, in addition to complying with federal law, sets goals for:

- (1) Improving the environmental sustainability of schools;
- (2) Increasing the use of locally grown, locally processed, and unprocessed foods from growers engaged in sustainable agriculture practices; and
- (3) Increasing physical activity.

HSA also provides that public schools and public charter schools shall promote their local wellness policy to faculty, staff, parents, and students in that a copy shall be:

- (1) Posted on each school's website, if it has one;
- (2) Distributed to food service staff members;
- (3) Distributed to the school's parent/teacher organization, if it has one; and
- (4) Made available in each school's office.

Thurgood Marshall Academy shall implement any changes required by Federal or local law enacted after the creation of this Wellness Policy, and those regulations should automatically be considered a part of this policy. The LEA will also coordinate implementation of healthy-schools laws with other laws, including but not limited to IDEA.

SECTION 1: ENSURING NUTRITION EDUCATION, HEALTH EDUCATION, PHYSICAL ACTIVITY, AND PROMOTING STUDENT WELLNESS

TMA will make provisions each school year for (a) nutrition and health education; (b) physical activity; and (c) other school-based activities that are designed to promote student wellness. The Head of School (or equivalent position) will evaluate these measures in coordination with other staff members responsible for the activities in the normal course of her/his duties.

Nutrition & Health Education

Thurgood Marshall Academy aims to provide age-appropriate and culturally sensitive instruction in nutrition and health that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

The goal for nutrition education is that each school year the school will maintain at least one activity that promotes student wellness via nutrition education, including but not limited to:

- Health education as part of the curriculum.
- Nutrition units in classes such as Health or Biology classes;
- Nutrition elements in clubs such a Green Club.

Physical Activity

Thurgood Marshall Academy acknowledges the positive benefit of physical activity for student health and academic achievement. Recognizing that physical education is a crucial and integral part of a child's education, the school will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate.

The goal for physical activities is that each school year the school will maintain at least one activity that promotes student wellness via physical activity, including but not limited to:

- Physical Education class in grades 9 and 11 for 225 minutes/week;
- An athletics program

Other School-Based Activities

The goal for other school-based physical activities is that each school year the school will maintain at least one activity other than PE classes/athletics that promotes student wellness via physical activity, including but not limited to:

- After-school/club opportunities for physical activity, such as athletics, dance, or gardening;
- Events such as dances that promote movement;
- Amenities such as bike racks that promote physical activity on the way to/from school.

SECTION 2:**ESTABLISHING NUTRITIONAL GUIDELINES FOR ALL FOODS SERVED AND SOLD ON CAMPUS DURING THE SCHOOL DAY**

This Local Wellness Policy establishes the following guideline for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity: food provided by the school's food service vendor will meet or exceed the standards in the DC Healthy Schools Act and requirements of the National School Lunch Program (such as the requirements of the Community Eligibility Provision, when applicable).

The Assistant Director of Operations will work with the school's food service vendor regarding compliance with this guideline.

SECTION 3:**ASSURING THAT GUIDELINES FOR SCHOOL MEALS ARE NOT LESS RESTRICTIVE THAN THOSE SET AT THE FEDERAL LEVEL BY THE SECRETARY OF AGRICULTURE**

TMA hereby assures regulators and other interested parties that guidelines for reimbursable school meals at the school shall not be less restrictive than regulations and guidance applicable to school meals issued by the U.S. Secretary of Agriculture.

The Assistant Director of Operations will assess reimbursable school meal guidelines in coordination with the DC representatives of the National School Lunch Program during the annual NSLP bid process and will work with the school's food service vendor regarding compliance.

SECTION 4: ESTABLISHING A PLAN FOR MEASURING THE IMPACT AND IMPLEMENTATION OF THE LOCAL WELLNESS POLICY

TMA plans to measure the impact and implementation of the Local Wellness Policy through annual review including but not limited to assessment of:

- compliance with the policy and means to correct areas where compliance can be improved;
- consideration of formal or informal feedback from stakeholders;
- assessment of components of the Local Wellness Policy conducted by administrators during the normal course of their duties.

The Assistant Director of Operations will coordinate annual evaluation; evaluation of each section of the policy will be conducted by the administrator with general responsibility for the activities each section entails.

SECTION 5: COMMUNITY INVOLVEMENT

TMA accounted for the input of stakeholders in developing/updating this Local Wellness Policy. School leadership conducts periodic formal and informal surveys of student, parent, faculty/staff (including teachers of PE/Health and school health professionals), school food authority, Trustee, administrator, and community needs and interests.

This feedback was considered during development of and incorporated when possible into this Local Wellness Policy and/or the activities that support it. By way of example only, TMA devoted staff time to developing a school garden shared with DCPS's Savoy Elementary School upon the requests and input from the school's science teachers and the students in the school's Green Club.

SECTION 6: IMPROVING ENVIRONMENTAL SUSTAINABILITY OF SCHOOLS

TMA will seek to improve the environmental sustainability of schools.

Measures will include but not be limited to:

- contracting with food service vendors that utilize locally grown, and locally processed and unprocessed foods from growers engaged in sustainable agriculture practices;
- controlling energy use/alternative energy sources (e.g., solar panels or purchasing wind-energy);
- providing students with practical opportunities to learn about and practice sustainability, such as through gardening.

The Chief Operating Officer will evaluate environmental sustainability of the physical plant in the normal course of his/her duties.

The Head of School in coordination with after-school programs leadership will evaluate sustainability education opportunities in the normal course of her/his duties.

The goal is that the school maintains annually at least one measure that exemplifies environmental sustainability.

SECTION 7: INCREASING USE OF GROWERS ENGAGED IN SUSTAINABLE AGRICULTURE PRACTICES

The school will seek to increase (or maintain at a high level after increases) the use of locally-grown, locally processed, and unprocessed food growers engaged in sustainable agriculture practices.

The Assistant Director of Operations will work with the school's food service vendor to implement this section of the policy.

The goal will be that the food service vendor will provide assurance of consistent use of food growers consistent with the policy.

SECTION 8: INCREASING PHYSICAL ACTIVITY

The school will seek to promote increased physical activity among students by fund-raising and offering measures including but not limited to:

- Providing amenities (e.g., bike racks) that support students walking/biking to school;
- Implementing after-school activities that include physical activity;
- Maintaining an athletics program;
- Offering regular or periodic activities that encourage movement, such as Green Club, dance clubs, and school dances.

The Head of School in coordination with after-school programs leadership will evaluate measures to increase physical activity via evaluation of classes and clubs conducted in the normal course of business.

The goal shall be that the school maintain at least one opportunity annually that provides students the opportunity for increased physical activity (in comparison to their level of physical activity were such opportunities not available).

SECTION 9: UPDATING AND DISTRIBUTING THE LOCAL WELLNESS POLICY

TMA's Assistant Director of Operations will ensure that the policy is updated no later than December 31, 2018.

TMA's Assistant Director of Operations, working with marketing and front-office staff, will inform and update the school community (including parents, students, and other in the community) regarding about the content and implementation of the local wellness policies by making this Local Wellness Policy available:

- On the school's Web site: www.thurgoodmarshallacademy.org;
- In the school's main office (where it will be available upon request);
- In the school's student kitchen (eating area);
- School food service staff;
- The parent-teacher organization (when the policy is updated, the school will seek to make the policy available at the first regularly-scheduled PTO meeting following revision or as soon as possible thereafter).
- To administrators.

The LEA will also apprise the school community and general public regarding its health education policies via annual compliance, while required by law, with the posting of its annual School Health Profile.