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# LOCAL WELLNESS POLICY

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SY 7/2016 - 6/2019



# Local Wellness Policy

## **Introduction**

### **School Mission and Wellness**

The mission of Thurgood Marshall Academy is to prepare students to succeed in college and to actively engage in our democratic society. This 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 the importance of physical activity, nutrition, environmental sustainability and its relationship to overall health—will be best equipped for achievement in college and civic life.

This Local Wellness Policy (LWP) outlines Thurgood Marshall Academy Public Charter High School's (TMA) 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. This policy applies to all students and staff at TMA. Specific measureable goals and outcomes are identified within each section.

### **Purpose and Compliance with Local and Federal Regulations**

The vision and purpose of the LWP therefore, is first and foremost to support the school's mission by fostering wellness among students and in the school culture. This policy is intended to ensure Thurgood Marshall Academy's compliance with District and federal laws and standards for LWP implementation including but not limited to the DC Healthy Schools Act, the final rule of the Healthy, Hunger-Free Kids Act of 2010, and best practice standards accepted in the education and public health fields. It is largely modeled on the Bronze Level Award Criteria of the Alliance for a Healthier Generation, Healthy Schools Program.

The policy also constitutes assurance to federal and state/local regulators regarding National School Lunch Program (NSLP)/Free And Reduced Meals (FARM) standards. 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. 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 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.

***Stakeholders—including members of the general public—interested in contributing to or commenting on this LWP should contact LWP lead Nora Moore, Assistant Director of Operations, 202-563-6862 or nmoore@tmapchs.org.***

## **Local Wellness Committee**

### **Role and Membership**

Thurgood Marshall Academy will maintain a Local Wellness Committee that meets at least once per year to develop goals via evidence-based strategies for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee will consist of the Executive Director, the Head of School; the Chief Operating Officer; the Assistant Director of Operations; the Chair of the PE/Health department; and the Athletic Director. This committee will seek input from stakeholders including (to the extent possible) but not limited to: parents/caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators (e.g., Deans; Director of Student Affairs; Director of [out-of-school time] Programs; etc.), school board members, the Supplemental Nutrition Assistance Program Education (SNAP-Ed) coordinator (if applicable), health/nutrition professionals when needed (e.g., physicians/dieticians etc.), and general stakeholders.

### **Leadership**

The designated school wellness policy coordinator, who will ensure compliance with the policy, is:

Nora Moore, Assistant Director of Operations, 202-563-6862 or [nmoore@tmapchs.org](mailto:nmoore@tmapchs.org).

Other Thurgood Marshall Academy officials assisting Ms. Moore in LWP administration include:

<b>Name</b>	<b>Title / Relationship to TMA</b>	<b>Email address</b>	<b>Role on Committee</b>
Richard Pohlman	Executive Director	<a href="mailto:rpohlman@tmapchs.org">rpohlman@tmapchs.org</a>	Assists in the evaluation of the LWP and its implementation.
Melanie Sala	Head of School	<a href="mailto:msala@tmapchs.org">msala@tmapchs.org</a>	Assists in the implementation of the LWP.
David Schlossman	Chief Operating Officer	<a href="mailto:dschlossman@tmapchs.org">dschlossman@tmapchs.org</a>	Assists in the compliance of the LWP.

Name	Title / Relationship to TMA	Email address	Role on Committee
Michele Thompson	Athletic Director & Health and PE Chair	<a href="mailto:mthompson@tmapchs.org">mthompson@tmapchs.org</a>	Assists in the implementation of the LWP.

**Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

**Implementation Plan**

Thurgood Marshall Academy will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions, and timelines specific to each school; and include information about who will be responsible to making 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.

Thurgood Marshall Academy will use a variety of tools (see list below) to complete school-level assessments of implementation of this plan; based on the results; Thurgood Marshall Academy will create an action plan, implement the plan, and generate an annual report. Thurgood Marshall Academy will retain records to document compliance with the requirements of this LWP at the school’s main office and with the Office of the State Superintendent of Education.

Documentation maintained in these locations will include but is not be limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to the public.

Thurgood Marshall Academy 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 ([www.thurgoodmarshallacademy.org](http://www.thurgoodmarshallacademy.org)) and through Academy school-wide communications. This will include a summary of the Thurgood Marshall Academy’s events or activities related to wellness policy implementation. Annually, Thurgood Marshall Academy also will publicize (e.g., via its website) the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

### **Triennial Progress Assessments**

At least once every three years, Thurgood Marshall Academy will conduct a Triennial Progress Assessment and develop a report that reviews the schools' compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of Thurgood Marshall Academy's LWP.

The positions/persons responsible for managing the triennial assessment and report is

Nora Moore, Assistant Director of Operations ([nmoore@tmapchs.org](mailto:nmoore@tmapchs.org))

and

David Schlossman, Chief Operating Officer ([dschlossman@tmapchs.org](mailto:dschlossman@tmapchs.org))

The above referenced individuals will monitor Thurgood Marshall Academy's compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. Thurgood Marshall Academy schools will actively notify households/families of the availability of the triennial progress report.

### **Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy**

Thurgood Marshall Academy will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to, some of the following tools:

- School Health Index;
- FITNESSGRAM data collection and analysis;
- OSSE Health and Physical Education student assessments;
- DC Healthy Schools Act School Health Profiles;
- Centers for Disease Control and Prevention School Health Profiles;
- Youth Risk Behavior Surveillance System results;
- WellSAT 2.0; and
- USDA triennial administrative review.

### **Revisions and Updating the Local Wellness Policy**

**This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above.** The Local Wellness Committee will update or modify this LWP based on the results of Thurgood Marshall Academy's annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when Thurgood Marshall Academy's health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.

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

Thurgood Marshall Academy is committed to being responsive to community input, which begins with awareness of the LWP. The school will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for the school.

Thurgood Marshall Academy also will 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 as required by law or school administrators.

Thurgood Marshall Academy schools will actively notify the public about the content of or any updates to this LWP annually, at a minimum. The school will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Thurgood Marshall Academy will disseminate this LWP to parents by making it available in the school office, on the school website, and through any parent-teacher organizations.

## **Nutrition**

Thurgood Marshall Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, 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 students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Thurgood Marshall Academy is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- are accessible to all students;
- are appealing and attractive to students;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local and federal statutes and regulations;
- ensure all qualified students will become eligible for free lunch;
- schools will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line;
- schools will operate a Universal "Free for All" School Breakfast Program in the cafeteria; and

- promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
  - whole fruit options offered in attractive, accessible settings;
  - sliced or cut fruit offered, especially for age-appropriate students;
  - alternative entrée options (e.g., salad bar, vegetarian options, etc.) are highlighted on posters or signs within all service and dining areas;
  - placing white milk at the front of the coolers; and
  - posting menus on the school website, including nutrient content and ingredients.

Thurgood Marshall Academy will strive to implement the following Farm to School activities:

- the school has a school garden and utilizes promotions or special events such as school garden week that highlight the local/regional products.

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

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.

### **Water**

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. Thurgood Marshall Academy will make drinking water available where school meals are served during mealtimes. Additionally, Thurgood Marshall Academy will also:

- Ensure that all water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.

### **Competitive Foods and Beverages**

Thurgood Marshall Academy 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 <https://www.fns.usda.gov/sites/default/files/tn/USDASmartSnacks.pdf>.

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 and the DC Healthy Schools Act 2010. Thurgood Marshall Academy recognizes *only in this “Competitive Foods” section and only for the purpose of administration of this section* the school day as 8 am – 4 pm.

## **Rewards**

TMA will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

## **Third-Party Vendors**

Thurgood Marshall Academy schools will not permit third-party vendors to sell foods or beverages of any kind to students on school property.

## **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. If requested, Thurgood Marshall Academy will make available to parents and teachers a list of healthy fundraising ideas including the following: walk-a-thons, Jump Rope for Heart, and dance-a-thons. Thurgood Marshall Academy recognizes *only in this “Fundraising” section and only for the purpose of administration of this section* the school day as 8 am – 4 pm.

Fundraising during and outside school hours will sell only non-food items or foods and beverages that comply with DC and federal law.

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

Thurgood Marshall Academy 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. Thurgood Marshall Academy strives to teach students how to make informed choices about nutrition, health and physical activity. It is Thurgood Marshall Academy’s intent to protect and promote students’ health by disallowing advertising and marketing for any foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

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. 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. 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, Thurgood Marshall Academy, when applicable, will replace or update scoreboards or other 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); and

- Advertisements in school publications or school mailings.

As Thurgood Marshall Academy's school nutrition services, athletics department, and Parent-Teacher Organization (PTO) reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this LWP.

### **Nutrition Promotion**

Thurgood Marshall Academy 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 a healthy foods education board in the main cafeteria
- ensuring 100 percent of foods and beverages served to students meet the USDA Smart Snacks nutrition standards.

### **Ensuring Quality Nutrition Education, Health Education and Physical Education**

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

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 Education**

*The goal for nutrition promotion and 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:*

- *Nutrition units in classes such as Health or Biology classes;*
- *Nutrition elements in clubs such a Green Club.*

Thurgood Marshall Academy will teach, model, encourage and support healthy eating by all students. Schools 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;
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- includes nutrition education training for teachers and other staff; and

- All health education teachers will provide opportunities for students to practice the skills taught through the health education curricula.

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

Thurgood Marshall Academy may include in the health education curriculum the following essential topics on healthy eating:

- Reading food labels
- Essential nutrients in diet
- Recording food intake each class period and reflecting/assessing changes that can be made for a healthier diet and optimal nutrition
- Assessing/discussing nutrition gaps
- Essential vitamins/minerals and where they are found
- Meal planning
- MyPlate and the SuperTracker (students use this tool for meal planning and learning to modify eating habits and exercise).

### **Health Education**

Thurgood Marshall Academy is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, Thurgood Marshall Academy will provide students a comprehensive school health education that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Health education curricula and instruction should address the DC Health Education Standards and incorporate the characteristics of an effective health education curriculum. Thurgood Marshall Academy will provide health education that:

- incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education;
- incorporates active learning strategies and activities that students find enjoyable and personally relevant;
- incorporates opportunities for students to practice or rehearse the skills needed to maintain and improve their health;
- incorporates a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity;
- requires professional development for all teachers in classroom management techniques in the past two years if so required by law or the school administration.

Additionally, in an effort to ensure reinforcement of health messages that are relevant for students and meet community needs. Thurgood Marshall Academy will also seek to imbed health education as part of interaction such as student visits with the school nurse,

through posters or public service announcements, and through conversations with family and peers.

### **Improving Environmental Sustainability**

Thurgood Marshall Academy will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices;
- school wide recycling program; and
- providing students with practical opportunities to learn about and practice sustainability, such as gardening.

### **Physical Education and Physical Activity**

Thurgood Marshall Academy acknowledges the positive benefits 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*

*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.*

The components of Thurgood Marshall Academy physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as dance, recreational dances or gardening, and amenities such as bike racks that promote physical activity on the way to and from school.

Students shall be given opportunities for physical activity through a range of before-and/or after-school programs such as basketball, flag-football, and track. Thurgood Marshall Academy will ensure that:

- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities, as appropriate to each IEP;
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- physical activity is neither required nor withheld as punishment.