

The Math and Science Academy of Charlotte

Local Wellness Policy on Nutrition and Physical Education

Adapted from the Alliance for a Healthier Generation Model Wellness Policy

TMSA-CHARLOTTE Wellness Policy Effective November 2022-2023
For NCDPI – SNP Approved Programs

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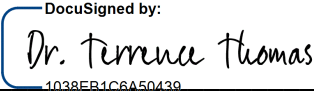
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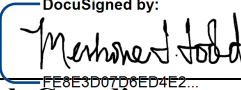
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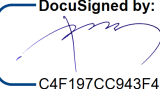
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TMSA-Charlotte (TMSA-CHARLOTTE) Wellness Policy

Preamble

Introduction

With the recent passage of the Act (Public Law 108: Section 204) requiring each Local Education Authority (LEA) to have a local wellness policy in place, the federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well-being of students.

A local school wellness policy is a written document of official policies that guide a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010. It requires each local LEA participating in the National School Lunch and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. The responsibility for developing a local school wellness policy is placed at the local level so the unique needs of each school under the jurisdiction of the LEA can be addressed.

TMSA-Charlotte School (hereto referred to as TMSA-CHARLOTTE) 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

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performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} 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.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines TMSA-CHARLOTTE'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. Specifically, this policy establishes goals and procedures to ensure that:

¹ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

² Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.

³ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.

⁴ Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

⁶ Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.

⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

⁹ Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

¹⁰ Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

¹² Singh A, Uijtendewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49–55.

¹³ Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.

¹⁴ Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.

¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>

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- Students in TMSA-CHARLOTTE 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 engaged 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 TMSA-CHARLOTTE in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- TMSA-CHARLOTTE 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 in TMSA-CHARLOTTE. Specific measurable goals and outcomes are identified within each section below.

- TMSA-CHARLOTTE will coordinate the wellness policy with other aspects of school management, including the TMSA-CHARLOTTE’s School Improvement Plan, when appropriate.
- NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.]

I. School Wellness Committee

Committee Role and Membership

TMSA-CHARLOTTE will convene a representative School Wellness Committee (hereto referred to as the SWC) that meets at least once per year, ideally twice 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”).

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The SWC membership will represent all applicable school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition administrator); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurse, dentist, health educators, dietitian other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., school administrator, school director, curriculum specialist), school board members; relevant consultants, and the general public/community-based stakeholders. To the extent possible, the SWC will reflect the diversity of the student body and community.

Leadership

The TMSA-CHARLOTTE School Nutrition Director, and School Wellness Committee Chair will convene the SWC and facilitate development of and updates to the wellness policy and will ensure school's compliance with the policy.

TMSA-Charlotte School (TMSA-CHARLOTTE): Member of TMSA Public Charter Schools 61-N

Secondary Campus: 9108 Mallard Creek Rd., Charlotte, NC 28262 | 980-321-7744

Elementary Campus: 8701 Mallard Creek Rd. Charlotte, NC 28262 | 980-299-6633

<https://www.tmsacharlotte.org/>

School Wellness Committee Membership

Name	Title / Relationship to the School	Email Address	Role on Committee
	Board Representative: Terrence Thomas	tthomas@ncat.edu	Assists in the evaluation of the wellness policy implementation
	TMSA-CHARLOTTE School Nutrition Director: Meshone Todd	mtodd@tmsacharter.org	Chairs SWC/ assists in the evaluation of the wellness policy implementation

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	TMSA-CHARLOTTE Parent: Kamekia Proctor	KimTProctor@gmail.com	Assists in the evaluation of the programming and implementation of the school's wellness and prevention efforts
	TMSA – CHARLOTTE Consulting Dietitian	Info@twoguysnakitchen.com	Assists in the analysis and implementation of the food service programming pursuant to USDA allowable meal
	TMSA – CHARLOTTE Community Partner Andrea Breedan Kathy Hilderbrand	abreedan@queencitysystem.org khilderbrand@queencitysystem.org	Assists in serving as a liaison to with school and other health, human service, and businesses within the community

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

Implementation Plan

TMSA-CHARLOTTE 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 each 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,

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food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. TMSA-CHARLOTTE may use the Healthy Schools Program online tools (<http://schools.healthiergeneration.org>) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at:

<https://www.tmsacharlotte.org/wellness-policy>

Recordkeeping

TMSA-CHARLOTTE will retain records to document compliance with the requirements of the wellness policy at the TMSA-CHARLOTTE Administrative-Business Office and the TMSA-CHARLOTTE Nutrition Director's Office.

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 TMSA-CHARLOTTE 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

TMSA-CHARLOTTE 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. TMSA-CHARLOTTE will

make this information available via TMSA-CHARLOTTE website and/or school-wide communications. TMSA-CHARLOTTE will provide as much information as possible about the school nutrition environment. This will include a summary of TMSA-CHARLOTTE's events or

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activities related to wellness policy implementation. Annually, TMSA-CHARLOTTE 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 (Every Three Years) Progress Assessments

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

- The extent to which TMSA-CHARLOTTE is in compliance with the wellness policy;
- The extent to which the TMSA-CHARLOTTE’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 TMSA-CHARLOTTE’s wellness policy.

The position/person responsible for managing the triennial assessment in concert with the and in coordination with the SWC. Contact information is the TMSA-CHARLOTTE School Nutrition Director.

The SWC will monitor 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 TMSA-CHARLOTTE’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.

Community Involvement, Outreach and Communications

TMSA-CHARLOTTE is committed to being responsive to community input, which begins with awareness of the wellness policy. TMSA-CHARLOTTE will actively communicate ways in which representatives of SWC and others can participate in the development, implementation and periodic review and update of the

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wellness policy through a variety of means appropriate for the school. TMSA-CHARLOTTE 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. TMSA-CHARLOTTE will use electronic mechanisms, such as email or displaying notices on the TMSA-CHARLOTTE'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. TMSA-CHARLOTTE will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that TMSA-CHARLOTTE communicates important school information with parents.

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

III. Nutrition

School Meals

TMSA-CHARLOTTE 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.

TMSA-CHARLOTTE participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP).

TMSA-CHARLOTTE is committed to offering school meals through the NSLP and SBP programs, 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;

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- 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](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - 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.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - 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.

Additional policy language includes:

- *Menus will be posted on the School website and will include nutrient content and ingredients.*
- *Menus will be created/reviewed by the Schools consulting Registered Dietitian.*
- *School meals are administered by a team of child nutrition professionals and consultants.*
- *The School child nutrition program will accommodate students with special dietary needs.*
- *Provide sufficient meal periods that are long enough to give all students adequate time to consume breakfast and lunch meals or a minimum of fifteen (15) minutes of seat time to consume breakfast and a minimum of twenty (20) minutes of seat to consume lunch; [Meets North Carolina General Statutes 115C-264 and 115C – 450 and subsequent amendments governing the operation of the Child Nutrition Programs within the state of North Carolina.]*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Lunch will follow the recess period to better support learning and healthy eating.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

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- *The School will implement at least two of the following five Farm to School activities (meets Healthy Schools Program Gold-level criteria; highlighted in YELLOW are the four activities the School plans to do):*
 - *Local and/or regional products are incorporated into the school meal program;*
 - *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
 - *School hosts a school garden;*
 - *School hosts field trips to local farms; and*
 - *School utilizes promotions or special events, such as tastings, 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. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website and the NCDPI [http://childnutrition.ncpublicschools.gov/continuing-education/professional-standards website](http://childnutrition.ncpublicschools.gov/continuing-education/professional-standards) 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.

Additional policy language may include:

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- 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 may be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

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TMSA-CHARLOTTE 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.

TMSA-CHARLOTTE also complies with both Federal and NC state standards:

<http://childnutrition.ncpublicschools.gov/information-resources/competitive-foods/information-resources/competitive-foods>

<http://childnutrition.ncpublicschools.gov/information-resources/competitive-foods/food-beverage-letter.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* [and during the extended 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 in cafeterias, vending machines, school stores and snack or food carts (where applicable).

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. TMSA-CHARLOTTE 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. Rewards and incentives. TMSA-CHARLOTTE will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be

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used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

[Meets Healthy Schools Program Silver-level criteria]

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*.

TMSA-CHARLOTTE will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*].

Disease Control

Food Brought into the School from Non-Commercial Sources

There are many event opportunities with home-prepared foods to be held at TMSA-CHARLOTTE. To protect the children within TMSA-CHARLOTTE and secondarily, to limit liability to TMSA-CHARLOTTE, **do not allow anyone to bring in foods from non-commercial sources.**

High risk foods are foods of animal origin (eggs, meat, milk, etc.). Additionally, the number one cause of food borne illness in the United States, year-after-year, **is improper temperature control.** Foods that need refrigeration or hot holding (meat and cooked vegetable salads, milk, meat, etc.) carry the most risk.

Under no circumstances should TMSA-CHARLOTTE school allow the following food items to be brought in from homes:

- ☛ **Ground beef products (hamburgers, casseroles, or ground beef containing dishes);**
- ☛ **Venison in any form; an**
- ☛ **Unpasteurized milk or juices or products made with unpasteurized milk (such as butter, cheese or ice cream) as these foods have traditionally been involved in E. coli outbreaks and young children are particularly susceptible to this organism.**

For more information on school nutrition issues: www.actionforhealthykids.org or www.eatsmartmovemorenc.com.

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Limiting classroom birthday and holiday celebrations to commercial foods may be problematic. [Note: foods brought into schools prior to lunch hour is considered competing with Nutrition services and is not permissible]

Any fresh fruits or vegetables brought in should be from commercial sources and washed thoroughly before being eaten or be fruits from which the peel is removed prior to eating (bananas, tangerines, etc.).

If you have a food booth manned by volunteers on the school grounds, seek a permit from the local health department for the stand. There are permits for permanent and temporary food booths. This will ensure that the stand is checked for the proper equipment and operation and is inspected periodically by the local health department. Many local health departments teach a food safety class. The manager of the food booth should attend this training. If they are serving ground beef products such as hamburgers, the booth **MUST** have a food thermometer and the thermometer must be used to assure that the hamburgers are cooked to 155 degrees Fahrenheit. Where there are large events with food service, have the event catered by a commercial caterer (you can contact the local health department to find out if the business or person is permitted) or for fairs and carnivals, contact the local health department and advise them of the event, requesting them to permit the food booths as Temporary Food Establishments.

For Field Trips, avoid any non-commercial sources of food. (If visiting a dairy farm, do not allow the children to drink raw milk) Have coolers with containers of frozen water in which to put the children's' bagged lunches or order lunches such as peanut butter and jelly sandwiches that do not require refrigeration. Encourage parents to insert in children's' bagged lunches from home, a means of maintaining cold or hot food temperature. Lastly, please consult with your local health department's food safety staff over any food event. We seek to keep the children safe and food safety specialists can help you accomplish this task.

[Source: Environmental Health Services Section - Children's Environmental Health Branch; Raleigh, North Carolina 27699-1632]

[Given the pervasiveness of food fundraisers in many schools and the wide availability of profitable, healthy fundraising options, additional policy language is provided:

- To the extent possible, TMSA-CHARLOTTE will use only non-food fundraisers, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
- Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc. (Meets Healthy Schools Program Gold-level criteria)]

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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 schools, classrooms, gymnasiums, and cafeterias. 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.

TMSA-CHARLOTTE 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

TMSA-CHARLOTTE will teach, model, encourage and support healthy eating by all students. TMSA-CHARLOTTE will provide nutrition education and engaged 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, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, 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;

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- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, 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.

Additional policy language includes:

- In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets Healthy Schools Program Silver/Gold-level criteria).
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula (meets Healthy Schools Program Silver/Gold-level criteria).]

Essential Healthy Eating Topics in Health Education

TMSA-CHARLOTTE 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
- The Dietary Guidelines for Americans
- Reducing sodium intake

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- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

TMSA-CHARLOTTE 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. TMSA-CHARLOTTE 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 TMSA-CHARLOTTE property that contains messages inconsistent with the health information TMSA-CHARLOTTE is imparting through nutrition education and health promotion efforts. It is the intent of TMSA-CHARLOTTE 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 TMSA-CHARLOTTE 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 include an oral, written, or graphic statement 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.¹⁵ 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, districts will replace or update scoreboards or other durable equipment

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when existing contracts are up for renewal or to the extent that is in 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 TMSA-CHARLOTTE school nutrition services 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.

A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and TMSA-CHARLOTTE is committed to providing these opportunities. TMSA-CHARLOTTE will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). TMSA-CHARLOTTE will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

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*]. TMSA-CHARLOTTE will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

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

[additional policy language]:

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- *TMSA-CHARLOTTE will work with schools 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

TMSA-CHARLOTTE 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 engaged 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. TMSA-CHARLOTTE will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

*All TMSA-CHARLOTTE **elementary students** in each grade (K-5) will receive physical education for at least 60-89 minutes per week throughout the school year. All School elementary students in each grade will receive physical education for at least 90-149 minutes per week throughout the school year (Meets Healthy Schools Program Silver-level criteria). OR All CPA elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year (meets Healthy Schools Gold-level criteria).]*

All TMSA-CHARLOTTE **middle school students 6-8**), when and if applicable, are required to take the equivalent of one academic year of physical education.

TMSA-CHARLOTTE physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades (elementary) and TMSA-CHARLOTTE will require middle students to take and pass at least one health education course.

Recess (Elementary)

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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/outside the cafeteria 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 cafeteria.

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 school-set temperature, inclusive of wind chill factors, during “code orange” or “code red” days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.”

If TMSA-CHARLOTTE must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Each school building level will create their own indoor recess guidelines in concert with school administration and review by the SWC.

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 Middle)

TMSA-CHARLOTTE 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.

TMSA-CHARLOTTE 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

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Teachers may incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

TMSA-CHARLOTTE will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches 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

TMSA-CHARLOTTE offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. TMSA-CHARLOTTE will encourage students to be physically active before and after school by: TMSA-CHARLOTTE encourages and allows to the extent possible options such as physical activity clubs, physical activity in aftercare, intramurals or interscholastic sports, and insert approaches here.

Active Transport

TMSA-CHARLOTTE will support active transport to and from school, such as walking or biking. TMSA-CHARLOTTE will encourage this behavior by TMSA-CHARLOTTE in *six or more* of the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Document the number of children walking and or biking to and from school

V. Other Activities that Promote Student Wellness

TMSA-CHARLOTTE will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities.

TMSA-CHARLOTTE will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary,

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not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

TMSA-CHARLOTTE will coordinate, to the extent possible, content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or TMSA-CHARLOTTE's curriculum experts.

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

TMSA-CHARLOTTE may enhance 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

TMSA-CHARLOTTE 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, TMSA-CHARLOTTE may 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 focus on staff wellness issues, identifies and disseminates wellness resources and perform other functions that support staff wellness in coordination the school's Wellness Policy.

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TMSA-CHARLOTTE will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. TMSA-CHARLOTTE may use the CDC Health Scorecard as an assessment for promoting staff wellness.

<http://www.cdc.gov/workplacehealthpromotion/pdf/hsc-manual.pdf>

TMSA-CHARLOTTE 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, TMSA-CHARLOTTE will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help TMSA-CHARLOTTE staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

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Glossary:

Extended School Day – the time during, before and after-school that includes activities such as clubs, intramural sports, band and choir practice, drama 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 building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

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End Notes: