**CALHOUN FALLS CHARTER SCHOOL**

**LOCAL WELLNESS POLICY GUIDELINES**

Purpose: To establish the basic structure for the promotion of wellness at Calhoun Falls Charter School.

Calhoun Falls Charter School is committed to providing a school environment that promotes and protects children’s health, well-being and ability to learn by supporting healthy eating and physical activity.

Calhoun Falls Charter School Policy ensures the following:

**Nutrition Education**

Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels, and menu planning. Nutrition education shall be offered annually in grades 6-8 and at least one time in required health education instruction for high school graduation.

Nutrition education shall be part of a sequential comprehensive standards base health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education may also be integrated into other areas of curriculum.

Nutrition education shall be linked with the school food environment.

**Standards for USDA School Meals**

Child nutrition programs e.g. school lunch, school breakfast, after school snacks and summer food service shall comply with federal, state, and local requirements and shall be accessible to all students. (Source: http://www.fns.usda.gov/school-meals/regulations)

The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure professional development in the area of food and nutrition is provided for food service directors, managers, and staff.

Qualified child nutrition professionals will provide all students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.

The school environment will be safe, comfortable, and pleasing and will allow students ample time and space for eating meals.

Applications for free and/or reduced priced meals are sent home to all families at the beginning of the year. The application is also available on the school website at [www.cfpcs.org](http://www.cfpcs.org).

Student shall be made availability of water during meals and students shall be allowed access to water through the meal period.

**Nutrition Standards for Competitive and other Foods and Beverages**

All foods and beverages sold on campus shall comply with current USDA Smarts Snacks standards including vending machines, al la carte foods, beverage contacts, concession stands, school stores, classroom parties, and celebrations. Source: <http://www.fns.usda.gov/sites/default/files/allfoods> flyer.pdf

Students shall be provided access to drinking water throughout the school day.

The school shall establish standards for foods made available, but not sold, during the school day on school campuses.

**Physical Education and Physical Activity**

The physical education curriculum for grades K-12 shall be aligned with established state physical education standards. (Source: http:/ed.sc.gov/scdoe/assests/File/instruction/stanadards/PE/2014AcademicStandardsfor PhysicalEducation.pdf and http://www.ed.sc.gov.scdoe/assests/file/agency/ccr/Standards-Learning/documentSHFA2005.pdf)

The school shall provide opportunities for ongoing professional development for all teachers and volunteers on the importance of physical activity for students and the relationship of physical activity and good nutrition to academic performance and healthy lifestyles.

**Wellness Promotion and Marketing**

Local wellness policy goals shall be considered in planning all school-based activities such as: school events, field trips, dances and assemblies.

Principals shall encourage staff to model healthy behaviors including healthy eating and physical activity. To the extent feasible, staff shall model healthy behaviors for students, including healthy eating/drinking and physical activity.

Schools shall not use foods of beverages as rewards for academic performance or good behavior. Schools shall not withhold food or beverages as punishment. Teachers are provided with a list of alternative ideas. Using physical activity as a reward when feasible is highly recommended.

Schools shall not deny a student participation in recess or other physical activities as a form of discipline or for classroom make up time. School shall not use physical activity e.g. running laps, pushups as a form of punishment.

School shall promote healthy food items including fruits, vegetable, whole grains, and low-fat dairy products. Promotions can include taste tests, posters, and signage highlighting healthy items of the menu during morning announcements etc. *(Refer to Smart Lunchroom and Farm to School)*

Schools shall encourage participation in after-school sports, intramurals and other non-competitive physical activity programs via in school announcements, school newsletters, posters, etc.

Only foods and beverages that meet Smart Snacks in school nutrition standards can be marketed and advertised on school property*. (Refer to USDA Summary of the Final Rule)*

It is recommended that schools avoid participation in fundraising or corporate incentive programs that promote a message inconsistent with the goals of the school for a healthy school community.

**Implementation, Evaluation & Communication**

The School Wellness Committee or Coordinated School Health Advisory Committee (CSHAC) shall meet on a regular basis during the school year.

At a minimum, the CSHAV shall permit participation by the public and the school community including parents, students, representatives of school food authority, teachers of physical education, and school administrators. *(Refer to USDA Summary of the Final Rule & SHFA)*

The school shall establish wellness policy leadership of one or more school official(s) who have the authority and responsibility to ensure the school complies with the policy e.g. principal or designee at the school. *(Refer to USDA Summary of the Final Rule)*

The school district shall conduct an assessment of the wellness policy at least once every three years to determine compliance with the policy, to compare with model wellness policies, and to monitor progress. The triennial assessment including progress toward meeting the goals of the policy shall be shared with the public.

All foods and beverages sold to students during school hours will comply with current USDA Dietary Guidelines for Americans (including vending….

**OTHER:**

No fundraisers featuring food, or competitive food sales of any kind, will occur in the food service area during the meal service.

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