

2021-2022
RISE Southeast Raleigh Charter School
Local Wellness Policy

Area 1 - NUTRITION EDUCATION

RISE SE Raleigh Charter School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Nutrition Education Goals

- Scholars in grades K-8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the classroom, with coordination between the food service staff and teachers when applicable.
- Scholars receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- Nutrition is integrated into the core curricula (e.g., math, science, language arts).
- Nutrition education and marketing reflects scholar's cultures
- Staff who provide nutrition education have appropriate training.

Area 2 - PHYSICAL ACTIVITY

The primary goal for a school's physical activity component is to provide opportunities for every scholar to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and to teach scholars the short- and long-term impacts of a physically active and healthful lifestyle.

Physical Activity Goals

- Scholars are given opportunities for physical activity during the school day through physical education classes, daily recess periods, and the integration of physical activity into the academic curriculum.
- School should work with the community to create an environment that is safe and supportive of scholars' physically active commuting to and from school (walk, bike, rollerblade, or skateboard).
- School encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and include physical activity in family events.
- School provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among scholars.
- At a minimum, scholars should have 30 minutes of physical activity on most, preferably all, days of the week.

Area 3 – NUTRITION GUIDELINES FOR ALL FOODS & BEVERAGES AVAILABLE ON SCHOOL CAMPUS – THE SCHOOL DAY

Scholars' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Our school must establish standards to address all foods and beverages sold or served to scholars, including those available outside of the school meal program.

School-Provided Meals

RISE Southeast Raleigh Charter School participates in the following USDA child nutrition programs: National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Meals served through this program will:

- Be accessible to all scholars
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of milk including 1% in several approved flavors
- Be baked, not fried
- Include whole grain products
- Provide water in all areas where food is consumed. Families are encouraged to send scholars to school with water bottles, and cups are available if a scholar does not bring one.
- The school district will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

Sale of Competitive Foods

RISE Southeast Raleigh Charter School commits to ensuring:

- Competitive foods to the NSLP and SBP programs will not be sold during the school day.

Menus and Participation

RISE Southeast Raleigh Charter School commits to ensuring:

- Menus are created by certified nutrition professionals
- Meals will be served by a team of child nutrition professionals

Vending Machines

RISE Southeast Raleigh Charter School commits to ensuring:

- Vending machines are prohibited on the campus.

Celebrations, Rewards, Non-School Provided Snacks

RISE Southeast Raleigh Charter School commits to ensuring:

- The school communicates with families about alternative ways to celebrate birthdays, holidays, and other events aside from food-based celebrations.
- The school provides families a list of food and beverages that meet Smart Snacks nutrition standards.
- The school provides teachers with a list of non-food incentives. Food and beverages will not be used as a reward or be withheld as a punishment for any reason, including behavior, attendance, or academic performance.

Food and Beverage Marketing

RISE Southeast Raleigh Charter School commits to ensuring:

- Menus are posted on the website and in multiple locations in the cafeteria.
- Food is appealing and attractive to scholars
- Food is served in a clean and pleasant setting
- Participation in Federal child nutrition programs will be promoted among scholars and families to ensure that families know what programs are available at the school.

Area 4 – OTHER SCHOOL – BASED ACTIVITIES DESIGNED TO PROMOTE SCHOLAR WELLNESS - GOALS

The goal is to create a total school environment that is conducive to healthy eating and being physically active.

Dining Environment

- The school district provides enough space and serving areas to ensure all scholars have access to school meals with minimum wait time.
- All children will be able to access food in a non-stigmatizing manner

Time to Eat

- Scholars will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
- Scholars are served lunch at a reasonable and appropriate time of day

Fundraising

- The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.
- The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.

Ongoing Development and Communication for Nutrition Promotion

- The school district encourages, parents, teachers, school administrators, scholars, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school district will provide information and outreach materials about other FNS programs such as Supplemental Nutrition Assistance Program (SNAP), and Women, Infants, and Children (WIC) to scholars and parents.
- The school will ensure there are consistent messages about healthy eating and physical activity throughout the cafeteria, hallways, and gymnasiums.
- Staff are encouraged to model healthy eating and physical activity by explaining the health benefits of the types of food they eat with scholars, ensuring that lessons and activities about food are centered on healthy foods, and promoting physical activity throughout lessons and recess.

Ongoing Development and Communication for Nutrition Safety

- The school district will provide opportunities for on-going professional training and development for foodservice staff in the area of: Nutrition, Serv-Safe, Hazard Analysis and Critical Control Point (HACCP)

Area 6 – SCHOOL & PUBLIC INVOLVEMENT

Committee Role and Membership

The school will convene a representative school wellness committee (hereto referred to as the SWC or work within an existing school health committee) that meets at least one time per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The SWC membership will represent all 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 director); physical education teachers; school health professionals, and mental health and social services staff; school administrators, school board members; and the general public.

Leadership

The SWC will convene annually and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official for oversight is the Director of Operations.

Annual Notification of Policy

The school 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 district website and/or school-wide communications. The school will provide as much information as possible about the school nutrition environment. This will include a summary of the school's events or activities related to wellness policy implementation. Annually, the school will also publicize the name and contact information of the school official leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Assessment

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

- The extent to which the school is in compliance with the wellness policy;
- The extent to which the school'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 the school's wellness policy.

This assessment will be made publicly available on the school's website alongside the Local Wellness Policy.