GREEN Charter Schools Wellness Policy on Student Nutrition and Physical Activity

Policy Statement

GREEN Charter Schools is committed to fostering a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. The School will implement policies and programs that support wellness, nutrition, and physical activity while complying with all federal and state requirements, including Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296).

Policy Leadership and Public Involvement

- The Principal or designee at each school will oversee compliance with the Local Wellness Policy (LWP).
- The GREEN Charter Schools Wellness Committee will be established to oversee policy implementation, monitoring, and updates.

  The Wellness Committee will include to the extent possible:

  - School administrators
  - Food service directors
  - School nurses
  - Physical education teachers
  - Parent-teacher organizations
  - Student representatives
  - Community stakeholders
  - Executive Board Members

The Wellness Committee will meet at least once per year to set goals for the development and implementation of its LWP. GREEN will share information with the public via newsletter as to how they can become involved with the development, implementation, and evaluations of the LWP.

Nutrition Education and Promotion

Goals:

- Integrate Nutrition Education into Curriculum:
  - Nutrition education will be part of the health curriculum and integrated into other subjects (e.g., science, physical education).

- The school will use evidence-based strategies for nutrition education.

- Promote Healthy Eating Habits:
  - School-wide campaigns will encourage healthy eating.
  - Monthly newsletters will provide nutrition tips for students and families.

- Support Food Literacy:
  - Hands-on activities (e.g., cooking demonstrations, school gardens) will be promoted.
  - Partnerships with local farms and food providers will be encouraged.

Standards for Foods and Beverages

- **Foods Sold on Campus**

  - All foods sold during school hours (vending machines, a la carte, school stores, and fundraising) are considered "competitive foods" and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11. Competitive foods and beverages must meet USDA Smart Snacks Standards. Refer to the USDA Smart Snacks Standards page:
    https://www.fns.usda.gov/tn/guide-smart-snacks-school
  - Exempt fundraising activities must be documented and limited per state requirements. Guidance on SC state exempt fundraisers are located at https://ed.sc.gov/newsroom/school-district-memoranda-archive/smartsnacks-and-exempt-fundraisers/smart-snacks-and-exempt-fundraisers/

- **Foods Served but Not Sold**
  - Foods provided at school (e.g., classroom celebrations, snacks) must align with U.S. Dietary Guidelines for Americans.
  - A list of approved healthy snacks will be made available to parents and teachers.
  - GREEN discourages using food or beverages as rewards or punishments.
  - Foods served but not sold do not have to meet the Smart Snacks in school standards.

- **Marketing of Food and Beverages**
  - Only foods and beverages meeting Smart Snacks Standards may be marketed on school property.
  - Advertising for unhealthy food choices will not be permitted in school publications, posters, or events.

Physical Education and Physical Activity

Goals:

- Comprehensive Physical Education Curriculum
  - All students will participate in standards-based physical education programs.
  - The curriculum will be developmentally appropriate, emphasizing movement skills, fitness, and cooperative play.
  - All elementary students receive 90 minutes per week of PE instruction (as Section 59-10-10 is phased in, the minimum time for physical education must be increased to ninety minutes a week.) throughout the school year.
- Daily Physical Activity
  - The school will work toward providing at least 60 minutes of physical activity daily through PE, recess, and other activities.
  - Recess and physical activity breaks will be incorporated into the school day.
  - Physical activity (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment during the school day.
- Promote Active Lifestyles
  - The school will support walking and biking programs where feasible.
  - After-school physical activity programs will be encouraged.

Public Notification & Engagement

- The Wellness Policy will be available on the school's website and included in student handbooks.
- The school will provide annual updates on policy progress via newsletters, meetings, and online announcements.
- Parents, students, and the community will have opportunities to provide feedback through surveys and meetings.

Policy Monitoring and Accountability

- Annual Evaluations
  - The Wellness Committee will conduct annual assessments of policy implementation and effectiveness.
  - Schools must document progress on nutrition, physical activity, and wellness goals.
- Triennial Assessments

    - Every three years, GREEN Charter Schools will conduct a comprehensive evaluation of the policy.
    - The assessment will include compliance checks, stakeholder input, and progress updates.
    - Results will be shared with the public via the school website and presented to the Governing School Board.
- Record Keeping
    - Documentation will include meeting minutes, policy updates, and wellness program activities.

Additional School-Based Wellness Activities

- GREEN Charter Schools will implement activities that support wellness, including:
    - School-wide wellness events (e.g., health fairs, walk-a-thons).
    - Hydration initiatives (access to free drinking water).
    - Social-emotional wellness programs that promote mindfulness and stress management.

Next Steps for Implementation:

- Form the Wellness Committee and schedule the first meeting.
- Update school website with policy details and public input opportunities.
- Provide training for staff on Smart Snacks compliance and nutrition education.
- Develop a tracking system for annual and triennial evaluations.