

# Firstline Schools Wellness Policy

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# Firstline Schools Wellness Policy

## Preamble

Firstline Schools (here to referred to as the District) is committed to the optimal development of every student. The District 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 throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to eat healthy food and engage in physical activity throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through school meals and other foods available throughout the school campus – in accordance with federal and state nutrition standards;
- Students receive nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged to practice healthy eating and physical activity in and out of school;
- The District 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 schools in the District. Specific measurable goals and outcomes are identified within each section below.

## **I. School Wellness Committee**

### ***Committee Role and Membership***

Firstline Schools will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least four times 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 district-level wellness policy (heretofore referred as “wellness policy”).

The DWC 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; Edible Schoolyard representatives (e.g. teachers and staff); school health professionals (e.g., health education teachers, school health services staff (e.g., nurses, health educators, and 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.,

superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

**Leadership**

The Superintendent or designee(s) will convene the DWC 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 Rebekah Cain, Executive Director of Operations. rcain@firstlineschools.org

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Rebekah Cain	Executive Director of Operations	rcain@firstlineschools.org	Director of Food Service
Kerrie Partridge	Director of Social Emotional Learning	kpartridge@firstlineschools.org	Assists in the evaluation of the wellness policy implementation
Mallory Naquin	School Site Gardener and Registered Dietician	mallory@esynola.org	nutrition knowledge; member of food service management team
Students Langston Hughes Academy (not sharing names due to student privacy concerns)	Current Students (covering K-8)		Regular menu review and student voice regarding wellness policy
Carrie Bevans	Elementary School Principal at Langston Hughes Academy	cbevans@firstlineschools.org	Administration perspective
Monique Diles	School Nurse, Arthur Ashe Charter School	mdiles@firstlineschools.org	Nutrition knowledge; staff perspective;

			connection to student wellness
Dana Greenup	Employee - Recruitment Manager; recent parent of a FirstLine student	dgreenup@firstlineschools.org	Parent perspective and employee perspective
Ana Morejon	Parent - Phillis Wheatley Community School	Phone on file	Parent perspective and menu input
Erasmus David Ramirez	Parent - Phillis Wheatley Community School	Phone on file	Parent perspective and menu input
Kieta Mutepfa	Community Member	kietadmutepfa@gmail.com	Community perspective

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

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

### ***Implementation Plan***

Firstline Schools 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, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

This wellness policy and the progress reports can be found at: [www.firstlineschools.org](http://www.firstlineschools.org).

### ***Annual Notification of Policy***

The District 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 District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

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

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District'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 District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the School Foods Solutions Team.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District 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. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

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

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District 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. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, 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. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

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

### **III. Nutrition**

#### ***School Meals***

Firstline Schools 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.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Summer Food Service Program (SFSP), Supper programs (CACFP), or others. All schools within the District are committed to offering school meals through the applicable federal child nutrition programs, which:

- Are accessible to all students
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices

Firstline Schools will collect student feedback at least twice per school year via student surveys. They will consist of two questions: Do you like school breakfast? Do you like school lunch? Results from this survey will be shared out with the Wellness Committee and relevant school personnel.

#### ***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](#) 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 District will make drinking water available where school meals are served during mealtimes.

#### ***Competitive Foods and Beverages***

The District 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. <https://www.fns.usda.gov/sites/default/files/cn/allfoods-flyer.pdf>

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. 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 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.

### ***Celebrations and Rewards***

It is the goal that all foods offered on the school campus should meet the USDA Smart Snacks in School nutrition standards, including:

1. Celebrations and parties.
2. Classroom snacks brought by parents.
3. Rewards and incentives.

Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior.

### ***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.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. Each school site will implement at least 1 of the following school meal program promotion practices:

1. Breakfast/lunch announcements over Intercom
2. Large sign @ arrival - meal of the day/tomorrow
3. Lunch meal sign @ breakfast station
4. Breakfast sampling trays
5. Teachers eat the new menu item the day before it rolls out - they share excitement with students.

### ***Nutrition Education***

Firstline Schools 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;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects; and,
- Promotes fruits, vegetables, whole-grain products and healthy food preparation methods;

Specific Goals for FirstLine's Nutrition Education include:

- Students have access to fresh and nutritious foods every day of the school week, and they know how to access it when they are not at school.

- Students have a deep knowledge of food and how it affects the human body, communities, and the environment.
- Students enjoy eating fresh fruits and vegetables and they choose to eat them whenever possible.
- Students know how different food systems operate, and how those systems impact their personal health, community health, and environmental health.

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

It is the intent of Firstline Schools to protect and promote students' 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 wellness policy.

Goal: Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet the [USDA Smart Snacks in School nutrition standards](#).

Food and beverage marketing is defined as advertising and other promotions in schools. 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.
- 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, schools 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.)
- 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 schools.

## **IV. Physical Activity**

Children and adolescents should participate in physical activity every day. Schools will ensure that varied physical activity opportunities are in addition to, and not as a substitute for, physical education. 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.

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with state standards for physical education. All students will be provided equal opportunity to participate in physical education classes.

### ***Recess:***



**Outdoor recess** will be offered when weather is feasible for outdoor play. Recess will complement, not substitute for, physical education class. The District 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 throughout the day on all or most days during a typical school week.

### ***After School Activities***

The District offers opportunities for students to participate in physical activity after the school day through a variety of methods. The District will encourage students to be physically active after school.

Each school will measure their Physical Activities goals via the existing FirstLine School Whole Child Report Card. Each school site aims to meet or exceed their physical activity goals as outlined in the Whole Child Report Card.

## **V. Other Activities that Promote Student Wellness**

### ***Community Health Promotion and Family Engagement***

The District 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, the District will use electronic mechanisms (e.g., email or displaying notices on the district’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.

**(Note:** Our District Wellness Policy is adapted from the Alliance for a Healthier Generation Model Wellness Policy, reflecting the 9/2016 USDA Final Rule.)

### **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.

## Appendix A: School Level Contacts

School	Name	Title	Email Address	Role
Arthur Ashe Charter School	Neil Williams	School Operations Manager	ndwilliams@firstlineschools.org	food service lead for school/Wellness Policy Coordinator
Samuel J Green Charter School	Jessica Venetianer	School Operations Manager	jvenetianer@firstlineschools.org	food service lead for school/Wellness Policy Coordinator
Langston Hughes Academy	Deinira Angelain	School Operations Manager	dangelain@firstlineschools.org	food service lead for school/Wellness Policy Coordinator
Phillis Wheatley Community School	Chris Bowers	School Operations Manager	cbowers@firstlineschools.org	food service lead for school/Wellness Policy Coordinator
FirstLine Live Oak Charter School	Tim Phillips	School Operations Manager	tphillips@firstlineschools.org	food service lead for school/Wellness Policy Coordinator

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