



Local Wellness Policy for Willie Jeffries School of Excellence

The local wellness policy (LWP) requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It requires each Local Education Agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. This policy incorporates Chapter 10 the Students Health and Fitness Act of 2005, South Carolina Code of Laws, Title 59 Chapter 10 which was developed to promote optimal healthy eating patterns and academic success in schools.

Willie Jeffries School of Excellence recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. Willie Jeffries School of Excellence is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and physical education and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices. Willie Jeffries School of Excellence will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other RCCI-based activities that promote an environment of wellness where children live, learn and play.

1. Local wellness policy leadership:

The Principal, fmcgill@wjschool.org, shall ensure overall compliance with the local wellness policy.

2. Local Wellness Policy Committee:

Willie Jeffries School of Excellence will develop a LWP committee that will include to the extent possible parents, students, staff, administrator, school board members, PE teacher and a health professional where applicable on the LWP committee. The committee will meet at least once per year to set goals for the development and implementation of its LWP. Willie Jeffries School of Excellence will share information with the public via newsletter, RCCI's website, or local newspaper as to how they can become involved with the development, implementation, and evaluation of the LWP.

3. Nutrition Guidelines for Food and Beverage Available on School Campus During the School Day

School Meals

Willie Jeffries School of Excellence will participate in USDA child nutrition programs through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) and are committed to offering school meals that:

- are accessible to all students
- are appealing and attractive to children
- are served in clean and pleasant settings
- meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations
- are healthy 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).
- 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.

Students in grades Pre-K through fifth grade will be provided a minimum of 20 minutes to consume lunch after they have received their food.

Willie Jeffries School of Excellence will not use foods or beverages as rewards for academic performance or good behavior. Additionally, Willie Jeffries School of Excellence will not withhold food or beverages as punishment. Teachers are provided with a list of alternative ideas for behavior management (<https://musckids.org/-/sm/kids/boeing-center/f/healthy-rewards-and-motivation.aspx?la=en>).

https://www.actionforhealthykids.org/wp-content/uploads/2019/05/Healthy-Non-Food-Rewards-Tip-Sheet_English.pdf.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout Willie Jeffries School of Excellence . The Willie Jeffries School of Excellence will make drinking water available where school meals are served during mealtimes.

Food Sold on Campus: (select the statement that applies to your school and remove the others.)

All food and beverages sold to students on the school campus outside of reimbursable school meals are considered “competitive foods,” and must comply with the nutrition standards for competitive foods as defined and required in 7 CFR 210.11 All foods that meet the competitive food standards may be sold at fundraisers on the school campus during the school day.

Foods and beverages sold outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards,

<https://www.fns.usda.gov/tn/guide-smart-snacks-school> , unless it is one of the state allowed exempt fundraisers. Guidance on SC state exempt fundraisers are located at <https://ed.sc.gov/newsroom/school-district-memoranda-archive/smart-snacks-and-exempt-fundraisers/smart-snacks-and-exempt-fundraisers/>

Food served, but not sold on campus:

(Select the statement that applies to you and remove the others)

All foods served, but not sold, do not have to meet the Smart Snacks in school standards, but healthy items are encouraged

4. Nutrition Education

Students and staff will receive consistent nutrition messages throughout Willie Jeffries School of Excellence classrooms, gymnasiums, and cafeterias. Nutrition education and promotion will teach, model, encourage, and support healthy eating by all students. Nutrition education will be provided that fulfills the following criteria:

- fosters the adoption and maintenance of healthy eating behaviors such as acquiring skills for reading food labels and menu planning
- is part of a sequential comprehensive standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Includes nutrition education training for teachers and other staff
- Teaches media literacy with an emphasis on food and beverage marketing

5. Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors. Nutrition promotion activities will support healthy eating and active living throughout the campus using multiple channels:

- Students and staff will receive consistent nutrition messages throughout Willie Jeffries School of Excellence classrooms, gymnasiums, and the dining hall.
- Nutritious foods and beverages will be promoted to students through a comprehensive approach by school staff, teachers, parents, legal guardians, students, and the community.
- School announcements, newsletters and website postings will promote healthy food and beverage choices.
- Evidence-based techniques and nutrition messages will be created to support food environments that encourage healthy nutrition choices and promote participation in school meal programs.
- USDA's Professional Standards for State and Local Nutrition Programs will be followed to ensure professional development in food and nutrition is provided for all food service employees, including directors, managers, and staff. When feasible, the Willie Jeffries School of Excellence will offer annual professional learning opportunities and resources for non-food services staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

6. Food and Beverage Marketing

Willie Jeffries School of Excellence 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. It is the intent of Willie Jeffries School of Excellence to 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, during the school day, consistent with the Willie Jeffries School of Excellence's wellness policy.

Any foods and beverages marketed or promoted to students on school campuses, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

These standards do not apply to marketing that occurs at events outside of school hours such as after school sporting events, or any other events, including school fundraisers.

These standards do not apply to students' residence where they reside after the end of the school day. However, student and staff are encouraged to support the goals of the (Name of School) LWP.

7. Physical Education and Physical Activity

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. Willie Jeffries School of Excellence will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. Willie Jeffries School of Excellence

- Requires that all students receive education on the benefits of physical activity in conjunction with health (including nutrition) education.
- Encourages the use of physical activity as a reward when feasible.
- Prohibits the use or withholding of physical activity (including but not limited to recess, classroom physical activity breaks, or physical education) as a punishment during the school day. The Willie Jeffries School of Excellence will provide [resources](#) and training to school staff on appropriate ways to discipline students.
- Offers physical activity in addition to physical education for all students. Offer recess in elementary., middle and high schools as appropriate

- Offers opportunities for physical activities for kindergarten through 12th grade and promote student-selected activities during the school day throughout the academic school year.
- Elementary school aged children will be offered 20 or more minutes of recess on all days during the school year, which will complement, not substitute for, physical education class.

Physical education

Willie Jeffries School of Excellence will ensure that:

- 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.
- PE classes are based upon age-appropriate, sequential physical education curricula that are consistent with national and state standards, promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

8. Update and Inform the Public

Annually, Willie Jeffries School of Excellence notifies the public about the content and implementation of the wellness policy and shares any updates to the policy to include but not limited to the following:

- Its content, updates, effective dates of changes, and school-level implementation status
- Explanation of why updates were made, who was involved, and how stakeholders were made aware of their ability to participate
- The names and contact information of the RCCI officials leading and coordinating the LWP.

- Details on how the public can get involved with the LWP Committee.
- Information about LWP meetings, including dates, times, locations, agendas, and meeting minutes.

9. Evaluation/Record Keeping

Every three years, Willie Jeffries School of Excellence assesses its compliance with the policy, how it compares to model wellness policies published by state and federal agencies, and the Willie Jeffries School of Excellence's progress in attaining the goals of the policy. The results of this assessment will be made available to the public to showcase the wellness efforts being made by Willie Jeffries School of Excellence and how each facility is in compliance with the wellness policy. Following this assessment, the Willie Jeffries School of Excellence will update or modify the policy as necessary and share these changes with the public.

Record Keeping

Willie Jeffries School of Excellence will maintain records to document compliance with the requirements of the wellness policy. To be compliant with the USDA final rule, the Willie Jeffries School of Excellence will retain records to document the presence of and compliance with the LWP, including but not limited to:

- the written wellness policy and the current and previous board approved LWP
- documentation demonstrating that the policy has been made available to the public
- documentation of efforts to review and update the LWP, including who was involved and how they made stakeholders aware of their ability to participate (e.g., copy of meeting notice posted on the district website)

- documentation to demonstrate compliance with the annual public notification requirements
- the most recent assessment on the implementation of the wellness policy (documentation of the most recent Willie Jeffries School of Excellence - and school-level assessments of implementation)
- documentation demonstrating the most recent assessment on the implementation of the wellness policy has been made available to the public.

10. Other school-based activity that promotes wellness

Willie Jeffries School of Excellence will integrate wellness activities across the entire school setting and integrate activities in the community to include:

- integrating health and wellness into other curriculum areas that promote student health, such as teaching nutrition concepts in mathematics, science, and other relevant courses.
- developing and enhance relationships with community partners (e.g., hospitals, universities/colleges, local businesses, district schools, and colleges) in support of this wellness policy's implementation.
- evaluating new community partnerships and sponsorships to ensure that they are consistent with the wellness policy and its goals.
- Developing a staff wellness committee that focuses on staff wellness issues, identifies, and disseminates wellness resources, and performs other functions that support staff wellness.
- Following the USDA Professional Standards for State and Local Nutrition Programs to ensure professional development in food and nutrition is provided for all food service employees, including directors, managers, and staff.
- Providing appropriate professional development for teachers and volunteers on the importance of physical activity for young children and the

relationship of activity and good nutrition to academic performance and healthy lifestyles.

References

1. <https://musckids.org/-/sm/kids/boeing-center/f/healthy-rewards-and-motivation.ashx?la=en>).
2. <https://ed.sc.gov/newsroom/school-district-memoranda-archive/smart-snacks-and-exempt-fundraisers/smart-snacks-and-exempt-fundraisers/>
3. https://www.actionforhealthykids.org/wp-content/uploads/2019/05/Healthy-Non-Food-Rewa-Tip-Sheet_English.pdf
4. <https://ed.sc.gov/districts-schools/health-and-nutrition/wellness-and-food-safety/wellness-and-food-safety/local-wellness-policies/local-wellness-policy-adf/>. If agree with the comment, I will provide the link.
5. <https://www.scstatehouse.gov/code/t59c010.php>

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1400 Independence Avenue, SW
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2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

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