



Local Wellness Policy

This Local Wellness Policy (LWP) outlines the LEA’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff and schools at Kids Care Elementary. Specific measureable goals and outcomes are identified within each section below.

Local Wellness Committee

Committee Role and Membership

Kids Care Elementary will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee will represent all elementary level (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; school administrators (e.g., superintendent, principal, vice principal); school board members; and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).

Leadership

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

The designated official for oversight is Daisy Oyola

Name	Title / Relationship to the School or District	Email address	Role on Committee
Daisy Oyola	Staff Member	doyola@phalenacademies.org	Assists in the evaluation of the wellness policy

			implementation
Christopher Sanders	Principal	csanders@administration.kidscareelementary.org	Assists in the evaluation of the wellness policy implementation
Jaime Lama	PLA Instructional Specialist	jalama@phalenacademies.org	Assists in the evaluation of the wellness policy implementation
Dawnell Seidle	Physical Education Teacher	dclawson@teachers.kidscareelementary.org	Assists in the evaluation of the wellness policy implementation

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Kids Care Elementary will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions and timelines specific to each school; and include information about who will be responsible to making 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.

Kids Care Elementary will use a variety of tools (see list below) to complete school-level assessments of implementation of this plan; based on the results; Kids Care Elementary will create an action plan, implement the plan, and generate an annual report. Kids Care Elementary] will retain records to document compliance with the requirements of this LWP at the Kids Care Elementary NAME]’s main office and with the Office of the State Superintendent of Education.

Documentation maintained in these locations will include but is not be limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;

- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to the public.

Kids Care Elementary 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 school website www.phalenacademies.org/kidscare and through Kids Care Elementary-wide communications. This will include a summary of the Kids Care Elementary’s events or activities related to wellness policy implementation. Annually, the Kids Care Elementary also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

Triennial Progress Assessments

At least once every three years, Kids Care Elementary will conduct a Triennial Progress Assessment and develop a report that reviews each Kids Care Elementary schools’ compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals Kids Care Elementary’s LWP.

The positions/persons responsible for managing the triennial assessment and report is Daisy Oyola, School Operation Manager and Christopher Sanders, Principal.

The above referenced individual will monitor Kids Care Elementary schools’ compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. Kids Care Elementary schools will actively notify households/families of the availability of the triennial progress report.

Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

Kids Care Elementary will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index;
- FITNESSGRAM data collection and analysis;
- OSSE Health and Physical Education student assessments;

- DC Healthy Schools Act School Health Profiles;
- Centers for Disease Control and Prevention School Health Profiles;
- Youth Risk Behavior Surveillance System results;
- WellSAT 2.0; and
- USDA triennial administrative review.

Revisions and Updating the Local Wellness Policy

This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above. The Local Wellness Committee will update or modify this LWP based on the results of Kids Care Elementary’s annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when Kids Care Elementary’s health priorities change; the community’s health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.

Community Involvement, Outreach and Communications

Kids Care Elementary is committed to being responsive to community input, which begins with awareness of the LWP. Kids Care Elementary will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for Kids Care Elementary. Kids Care Elementary also will 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, and a description of and compliance with School nutrition standards. Kids Care Elementary will actively notify the public about the content of or any updates to this LWP annually, at a minimum. Kids Care Elementary will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, Kids Care Elementary will disseminate this LWP to parents through posting it in the school office, on the school website, and through any parent-teacher organizations.

Nutrition

Kids Care Elementary is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, 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. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong

healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

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.

Water

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. Kids Care Elementary will make drinking water available where school meals are served during mealtimes.

Rewards

Kids Care Elementary schools will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

Third-Party Vendors

Kids Care Elementary will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 90 minutes after the school day ends, in accordance with Healthy Schools Act.

Food and Beverage Marketing in Schools

Kids Care Elementary 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. Kids Care Elementary strives to teach students how to make informed choices about nutrition, health and physical activity. It is Kids Care Elementary intent 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 this LWP.

Nutrition Promotion

Kids Care Elementary will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Ensuring Quality Nutrition Education, Health Education and Physical Education

Kids Care Elementary aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

Nutrition Education

Kids Care Elementary 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 such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- teaches media literacy with an emphasis on food and beverage marketing;
- includes nutrition education training for teachers and other staff; and

Health Education

Kids Care Elementary is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, Kids Care Elementary will provide students a comprehensive school health education that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical

activity, safety and injury prevention, sexual health, tobacco use, and violence prevention.

Improving Environmental Sustainability

Kids Care Elementary will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices;
- school wide recycling programs; and

Physical Education and Physical Activity

Kids Care Elementary acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of Kids Care Elementary that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being.

The components Kids Care Elementary's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms.

Students shall be given opportunities for physical activity through a range of programs including, but not limited to, will ensure that:

- students in grades K-5 receive at least 150 minutes per week of physical education, and
- physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- 50 percent of physical education class time is devoted to actual physical activity;
- suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities;
- physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- physical activity is neither required nor withheld as punishment.