



The Franklin School of Innovation Wellness Policy

The Franklin School of Innovation recognizes the importance of students maintaining physical health and proper nutrition in order to take advantage of educational opportunities. The Franklin School of Innovation further recognizes that student wellness and proper nutrition are related to a student's physical well-being, growth, development and readiness to learn. The Franklin School of Innovation is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience.

School Health Advisory Council (SHAC)

The School Health Advisory Council will serve as an advisory committee regarding student health issues. The council will provide information in the following eight areas: safe environment, physical education, health education, staff wellness, health services, mental and social health, nutrition services and family and community involvement.

The council will be composed of representatives from the school system, local health department (if possible), and the community. The council may include members from each of the following groups: Board of Directors, school system administrators, school system food service staff, physical education teachers, school health professionals, students, parents/ guardians, and members of the general public. The council will provide periodic reports to the public regarding the status of its work.

I. Nutrition Education and Promotion

The Franklin School of Innovation believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition education are: (1) to provide appropriate instruction for the acquisition of behaviors, which contribute to a healthy lifestyle for students; and (2) to teach, encourage and support healthy eating by students.

The School will provide nutrition education within the NC Healthful Living Essential Standards adopted by the State Board of Education. Nutrition education will provide all students with the knowledge and skills needed to lead healthy lives. Students should learn to address nutrition-related health concerns through age-appropriate nutrition education lessons and activities. School district personnel will work to disseminate consistent nutrition messages throughout the



school district, schools, classrooms, cafeterias, homes, community and media. On an annual basis, principals will verify to the Executive Director that nutrition education lessons and activities are provided for their students.

II. Nutrition Guidelines and Food and Beverages

The Franklin School of Innovation's Child Nutrition Program will implement standards in order to positively influence the development of healthy, life-long eating habits for all students and staff. Child Nutrition Services will use the cafeteria as a learning lab to aid students in making healthy and wholesome eating choices that promote the education and health of all children. The Child Nutrition Services Program will select foods in a manner consistent with the goals established by the state and federal laws and regulations. Child Nutrition Services will offer reimbursable school breakfasts and lunches and provide supplemental sale items at all grade levels during the school day that are in compliance with all federal and state regulations. The Director of Child Nutrition will ensure that school district guidelines for reimbursable meals shall at a minimum meet the program requirements and nutrition standards. Meals and food items will be offered to students with consideration for promoting student health, reducing childhood obesity, providing a variety of nutritional meals and promoting life-long healthy eating habits. Foods provided through the National School Lunch or School Breakfast Programs must comply with federal nutrition standards. In addition, food selections must also be consistent with the state nutritional standards established by the State Board of Education.

The Franklin School of Innovation promotes the use of healthy snacks that meet the Healthy, Hunger- Free Kids Act of 2010 and adhere to the USDA Smart Snack guidelines. The Franklin School of Innovation will not be held liable for any foods not prepared and served by the Child Nutrition Program.

The Franklin School of Innovation will not allow any selling of food items on the school campus during the established school day, beginning at 12:01 a.m., until after the last lunch is served in competition with the Child Nutrition Program, as outlined by North Carolina State Board of Education Policy 16 NCAC 6H.004.

III. Physical Education and Physical Activity

The goal of the physical education program is to promote lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation in physical activity. To address issues such as overweight, obesity,



cardiovascular disease and Type II diabetes, students enrolled in fifth through eighth grades will participate in physical activity as part of the district's physical education curriculum. The physical education course will foster support and guidance for being physically active, will help students know and understand the value of being physically fit, and will teach students the types of activities that contribute to total fitness. The course will be taught in an environment where students can learn, practice and receive assessment on age appropriate skills, as defined in the North Carolina Healthful Living Essential Standards.

School personnel will strive to provide opportunities for age- and developmentally-appropriate physical activity during the day for all students, so that students can learn to exhibit a physically active lifestyle. Such activity may be achieved through a regular physical education class, recess, dance, classroom energizers and/or other curriculum-based physical activity programs.

IV. Other School Based Activities

In addition to the aforementioned standards, the board adopts the following goals for school-based activities designed to promote wellness:

- District schools will provide a clean and safe meal environment.
- Students will be provided adequate time to eat meals.
- Students will have access to hand washing facilities before meals/eating
- Drinking water will be available at all meal periods and throughout the school day.
- To the extent possible, the district will utilize available funding and outside programs to enhance student wellness.
- As appropriate, the goals of this student wellness policy will be considered in planning all school-based activities.
- Administrators, teachers, food service personnel, students, parents/guardians and community members will be encouraged to serve as positive role models to promote student wellness.
- Encourage school-based SHAC including students.

V. Implementation and Review of Policy

The Executive Director or designee shall oversee the implementation of this policy and monitor system schools, programs, and curricula to ensure compliance with this policy, related policies, and established guidelines or



administrative regulations. Administrators shall be responsible for and shall report to the Executive Director or designee regarding compliance and measurements of progress. Staff members responsible for programs related to student wellness also shall report to their Administrator or designee regarding the status of such programs. Members of the school health advisory council will be invited to participate in the ongoing implementation and periodic review and updating of this policy.

The Executive Director shall report annually to the Board on the system's compliance with laws and policies related to student wellness and the implementation of this policy. At a minimum, the Executive Director shall measure and report the following:

1. The extent to which the school is in compliance with this policy;
2. The extent to which the board's wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of this policy.

The report may also include the following items:

1. An assessment of the school environment regarding student wellness issues;
2. An evaluation of Child Nutrition program, as required by the USDA Nutrition standards;
3. A review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
4. A list of all activities and programs conducted to promote nutrition and physical activity;
5. Information provided in the report from the School Health Advisory Council, as described in section A, above; and
6. Suggestions for improvement to policies or programs.

Triennial Progress Assessment

The board will review the wellness policy at least every three years to ensure compliance and review the extent to which the Board's wellness policy compares to model local school wellness policies and meets state and federal requirements.



The SHAC, in collaboration with the Executive Director, will monitor school compliance with this wellness policy.

Public Notification

The Executive Director shall implement practices and procedures to inform and update the public about the content and implementation of this policy, including the information reported to the board as required. This information will be widely disseminated to students, parents, and the community.

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