



Success Institute Charter School

1424 #2 Rickert St | Statesville, NC 28677
Office: 704.881.0441 | Fax: 704.881-0870

SUCCESS INSTITUTE CHARTER SCHOOL LOCAL WELLNESS POLICY

Success Institute is committed to providing our school environment with the promotion and protection of children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore it is the policy of Success Institute that:

- The school will encourage students, parents, teachers and board members, food professionals in developing, implementing, monitoring, and reviewing schoolwide nutrition and physical activities policies.
- All students in grades in grades K-8 will have opportunities, support and encouragement to be physically active on a regular basis.
- Child Nutrition professionals will provide students with access to a variety of nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, our school will participate in the School Breakfast Program, and National School Lunch Program.
- Success Institute will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

Achievement of Policy Goals:

School and Physical Education Teacher

Success Institute will work within existing school health teachers to develop, implement, monitor and review school nutrition and physical activities policies. Revision will be made as needed. The physical education teacher and child nutrition director will serve as a direct resource to Success Institute Charter School implementing those policies.

Nutritional Quality of Foods

Meals are served through the National School Lunch program. Meals served will be appealing to the student eye, be served in a clean and pleasant setting, meet nutrition requirements established by the state and federal statutes and regulations; offer fruits and vegetables as required; serve only low-fat (1%) and fat-free milk; and ensure that the served grains are whole grain.

Success Institute should share information about the nutritional content of meals with parents and students. Such information is made available on menus.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

Success Institute will operate the school breakfast program

Success Institute will utilize methods to serve school breakfasts that encourage participation

Success Institute will notify parents and students of the availability of the School Breakfast Program.

Success Institute will encourage parents to provide a healthy breakfast for their children through school menus.

Free and Reduced-priced Meals All students are welcomed to complete free and reduced-priced meal applications. Approvals of such are based on state eligibility guidelines. Success Institute will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced meals.



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Meal Times and Scheduling Success Institute Charter School

- Will provide students with at least 10 minutes to eat after sitting down for breakfast, and 20 minutes after sitting down for lunch
- Should schedule meal periods at appropriate times. Lunch should be scheduled between 11:00 am and 12:30 pm.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will schedule lunch periods to follow recess periods (in elementary schools)
- Will provide students access to hand washing or hand sanitizing before they eat meals

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal program. As part of the school responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing Food and Beverages Success Institute discourages students from sharing their food and beverages with one another during meal times as to take into consideration given concerns about allergies and other restrictions.

Rewards Success Institute will not use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Celebrations Success Institute should limit celebrations that involve food during the school day to no more than 3 parties per class per month. The school will provide list of healthy party ideas to parents and teachers.

School-Sponsored Events Food and Beverages offered outside the school-sponsored events sold at school day will meet the nutrition standards for meals or for foods and beverages sold individually.

Nutrition and Physical Activity Promotion

Nutrition and Education Promotion: Success Institute Charter School aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based 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, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric between food intake and energy expenditure. Reading and understanding nutrition labels.

Integrating Physical Activity into the Classroom

For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- Classroom health education will complement physical education by enforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent in



sedentary activities, such as watching tv, playing video games, and spending time on other electronic devices.

- Opportunities for physical activity will be incorporated into other subject lessons
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

Communication with Parents Success Institute will support parents' efforts to provide a healthy diet and daily physical activity for their children. Success Institute offers healthy eating seminars for parents under the direction of the Agricultural Center of Iredell County, and send home nutrition information on school menus. Success Institute encourages parents to pack healthy lunches and snacks for children and to refrain from including beverages and food that do not meet the above nutrition standards.

Success Institute will provide information about physical education, and support parents' efforts to provide their children with opportunities to be physically active outside of school. The students of Success Institute participate in many extracurricular student involved activities.

Physical Activity Opportunities and Physical Education

Daily Physical Education All students including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education. All physical education will include physical activity such as ballroom dancing, volleyball, brain gym, basketball, and presidential health challenge, as well as, learning to run track. Students spend at least 50% of PE class time participating in vigorous physical activity.

All students will have at least 15 minutes a day of supervised recess, if weather permits. If weather does not permit, students share activity in the classroom. Success Institute teachers and staff encourage vigorous activity when possible. Success Institute discourages extended periods of inactivity. When activities, such as school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during such times.

Physical Activities as Punishment Teachers and other school staff will not use physical activity as punishment. In addition, Success Institute will not withhold opportunities for physical activity as punishment.

Monitoring and Policy Review

Monitoring: The Board Chair will ensure compliance with established school wide nutrition and physical activity wellness policies. Success Institute Staff will also ensure compliance with nutrition policies within school food service areas and will report any non-compliances to school board.