



HENRY JOHNSON CHARTER SCHOOL  
HJCS WELLNESS POLICY  
School Operations

June 19<sup>th</sup>, 2020

The Henry Johnson Charter School is committed to providing an environment that promotes and protects children's health, well-being and the ability to learn by providing healthy eating and physical activity. HJCS has established a Wellness Policy for review and adoption by the HJCS Board of Trustees.

HJCS administration will assess current activities, programs, and policies available within the school; identify specific areas of need within the school; develop policy; and provide methods of implementation, evaluation, revision and updating of the policy.

**Wellness Committee**

The Wellness Committee will meet monthly to discuss the Wellness Policy and assign out goals for completion.

The members of the committee may include Head of School, Director of Finances & Operations, Food Service Director, Food service manager, Physical Education Teacher, Nurse, Parent Liaison and any parents or teachers that want to volunteer.

Every year in May, the Committee will do a detailed assessment of the implementation and progress towards the policy goals, which will include compliance with the policy, comparisons with other model policies and a narrative regarding the movement towards the goals.

The Board of Trustees will receive any revisions to the Wellness Policy upon the recommendation of the school Principal.

**Goals to Promote Student Wellness**

Taking into account the parameters of HJCS (academic programs, annual budget, staffing issues and facilities) as well as the community where the school is located (socio-economic status; social, cultural, and religious influences; geography; and legal, political and social institutions) HJCS administration recommends the following school goals:

### **Nutrition Education/Outreach**

The school will provide nutrition education and promotion to facilitate the voluntary adoption of healthy eating habits and other nutrition related behaviors conducive to health and well-being by establishing the following standards:

HJCS will promote nutrition within the school by:

We will add a monthly column into the Parent Newsletter with nutritional tips.

We will endeavor to have two parent nights during the school year that address nutrition and how it impacts academic success.

Part of our curriculum will have a nutrition-based theme. June's Proactivity virtue is "Respect Your Body"; classroom instruction is focused on healthy eating, exercise, and hygiene.

One of our afterschool clubs will revolve around cooking and nutrition.

All fundraising activities will work towards the guidelines provided in the wellness policy.

The gym teacher participates in outside professional development for physical education and wellness.

Teachers will strive to incorporate and support daily healthy eating habits and physical activity as a lifelong

strategy as part of their curricula in accordance with the New York State Standards. Teachers will focus on the following aspects (dependant on developmental appropriateness): healthy living, nutrition, body image, weight management, eating disorders, and physical activity.

HJCS will utilize the following marketing and promotional approaches to create educational links outside the classroom:

The Wellness Policy will be posted on our school's website.

An annual assessment will be performed in May of each year to evaluate the goals and a report on the implementation of those goals will be posted with the policy.

A copy of the Wellness Policy will go home to parents at the start of every year.

A PD session will be presented to staff during per-service training every August explaining the Wellness Policy and how it works.

HJCS will increase public participation in the following manners:

The Wellness Policy will be presented at a PTA meeting in the fall of each year. Requests for input and volunteers for the Wellness Committee will be made during that meeting.

Local health food stores will be invited to provide input.

### **Physical Activity**

HJCS will provide opportunities for every student to develop knowledge and skills for specific physical activities to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

HJCS has determined that all students K-4 must attend and participate in the HJCS physical education program.

- a) All students will attend physical education two times per week for a total of 90 minutes per calendar week.
- b) All students will wear the appropriate attire when participating in physical education activities.
- c) All physical education teachers will be certified or highly qualified.

### **Other School Based Activities**

- a) Federal school meal programs

HJCS participates in the federal school meals program (breakfast, lunch and snack) with an in-house staff that participates in annual cooking classes focused on the Healthy, Hunger-Free Kids Act standards. All food is prepared on site for freshness.

- b) Access to school nutrition programs

HJCS provides access to free or reduced meals according to the Federal Income Guidelines in a discreet manner. Applications are mailed to the families or given when they are released from NYSED in August; however, applications are available throughout the year. New family orientation includes information about free and reduced meal programs. All printed application materials advertise our participation in the National Breakfast and Lunch programs. Prepayment of meals is encouraged for all students to avoid any feelings of stigma on the part of the students receiving free or reduced meals. Prepayment is also recommended because it is economically advantageous.

Special nutritional needs such as food allergies and dietary requirements of students are addressed and monitored by school personnel and food service staff upon request. The HJCS school nutrition program is

sensitive to the cultural and religious diversity of our student population. Lessons in the classroom that can be related to culture and ethnic foods are strongly encouraged.

c) Meal Environment

The school cafeteria has adequate seating and lighting for serving the student population. The cafeteria is cleaned after each breakfast and lunch period. In case of a mishap, cleaners are available for assistance.

The population is managed to facilitate timely movement through the meal line which allows for adequate eating time. Lunch periods are scheduled by grade level and scheduled to promote positive behavior and social interaction.

d) Community access to school facilities for physical activities;

HJCS may provide use of the facilities for basketball and indoor soccer or any other activity that the facility can accommodate. Staff is also encouraged to use the facility for activities that can be accommodated.

e) Sustainable food practices:

HJCS will seek environmentally friendly, local, and sustainable resources for the food service program.

### **Nutrition Guidelines**

HJCS recommends nutrition standards to be established for all foods available in school and on school grounds during the school calendar year based upon the unique needs of the student body and community. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of appropriate portion size.

### **Nutritional Values of Foods and Beverages**

- a) Reimbursable school meals served at the school will minimally meet the program requirements and nutrition standards of the National School Lunch and Breakfast Program. Meals served through the National School Lunch and Breakfast Program will:
- i. be appealing and attractive
  - ii. be served in clean and pleasant settings
  - iii. offer a variety of fruits and vegetables (whenever possible, fruits and vegetables will come from local farmers)
  - iv. serve only low fat (1%) and fat free milk or nutritional equivalent non-dairy alternatives
  - v. serve only 100% whole grain products
- b) Food of minimal nutritional value in the school and on the school grounds will be replaced with more nutritional options by adhering to the following standards for nutritional value of foods and beverages

- 1) Calories from total fat-No more than 30%
- 2) Calories from saturated fat-No more than 10%
- 3) Total sugar-No more than 30% by weight
- 4) Whole grain-100%
- 5) Total sodium-No more than 230mg of sodium per serving for chips, cereals, crackers, oven baked potatoes, baked goods and no more than 480mg per serving for pastas, meats, and soups and no more than 600mg per serving for pizza, sandwiches, and main dishes as closely as can be determined.
- 6) Fruits and vegetables-includes but are not limited to: fresh fruits and vegetables; 100% fruit or vegetable juices, fruit based drinks that are at least 50% fruit juice that do not contain additional caloric sweetener; cooked, dried, or canned fruits in fruit juice; cooked canned or dried vegetables that meet fat and sodium guidelines.
- 7) Beverages-Encouraged: 100% fruit or vegetable juices; fruit based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored; low-fat or fat-free flavored milk; water. Discouraged: soft drinks containing caloric sweeteners, sports drinks, caffeinated iced teas, fruit based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners, beverages containing caffeine excluding low-fat or fat-free chocolate milk.
- 8) Healthy classroom snacks will be encouraged at snack time.

The nutritional values listed above will be applied to school events and fundraising activities to ensure consistency throughout the school. The following foods are encouraged for parties and school events: ice cream, ice milk bars, frozen fruit juice bars, low fat frozen yogurt, fig bars, ginger snaps and cakes; baked chips; low fat microwave popcorn, and pretzels. Beverages can include fat free and 1% plain flavored milk, fruit juices as specified above, decaffeinated iced teas, and lemonade.

Food rewards/punishments are discouraged.

### Food or beverage contracts

The food service provider will comply with nutritional guidelines established in the Wellness Policy.

### **Assurance**

Guidelines for reimbursable meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

### **References**

Child Nutrition and WIC Reauthorization Act of 2004

Public Law Section 108-265 Section 204  
Richard B Russell National School Lunch Act  
42 United States Code (USC) Section 1751 et seq.  
42 United States Code (USC) section 1771 et seq  
Child Nutrition Act of 1966  
7 Code of Federal Regulations (CFR) Section 2.0.10  
The Healthy, Hunger-Free Kids Act of 2010

# Your District's Scorecard

[Close window](#)

Congratulations! You have completed the WellSAT. Check out your scorecard below. It contains details of how you scored on each item and section of the assessment. It also provides resources that will help you improve your district's school wellness policy.

Items with a rating of "0" (item not addressed in the policy) or "1" (general or weak statement addressing the item) can be improved by referring to the resource links next to the items. Multiple resources addressing school wellness policy topics are available online. To avoid duplicative information, we have included a small selection, rather than a comprehensive listing.

**Version: 2.0**

**Policy Name: HJCS Local Wellness Policy**

## Section 1. Nutrition Education

Rating

<b>NE1</b>	There is a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition.	<b>1</b>
<b>NE2</b>	All elementary school students receive nutrition education.	<b>1</b>
<b>NE5</b>	Links nutrition education with the school food environment.	<b>1</b>
<b>NE6</b>	Nutrition education teaches skills that are behavior-focused.	<b>1</b>
<b>NE7</b>	Nutrition education is sequential and comprehensive in scope	<b>1</b>
<b>Subtotal for Section 1</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 5. Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 5. Multiply by 100.	<b>0</b>

[Click here for Nutrition Education Resources](#)

## Section 2. Standards for USDA Child Nutrition Programs and School Meals

Rating

<b>SM1</b>	Addresses access to the USDA School Breakfast Program.	<b>2</b>
<b>SM2</b>	Addresses compliance with USDA nutrition standards for reimbursable meals.	<b>2</b>
<b>SM3</b>	School meals meet standards that are more stringent than those required by the USDA.	<b>2</b>
<b>SM5</b>	USDA National School Lunch Program and School Breakfast Program standards are described in full (or a link to the standards is provided in the wellness policy)	<b>1</b>
<b>SM6</b>	Specifies strategies to increase participation in school meal programs	<b>2</b>
<b>SM7</b>	Addresses students leaving school during lunch periods.	<b>1</b>
<b>SM8</b>	Ensures adequate time to eat.	<b>2</b>

<b>SM9</b>	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	<b>2</b>
<b>SM10</b>	Addresses school meal environment.	<b>2</b>
<b>SM11</b>	Nutrition information for school meals (e.g., calories, saturated fat, sodium, sugar) is available to students and parents.	<b>1</b>
<b>SM13</b>	Recess (when offered) is scheduled before lunch in elementary schools.	<b>0</b>
<b>SM14</b>	Free drinking water is available during meals	<b>2</b>
<b>Subtotal for Section 2</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 12. Multiply by 100. Do not count an item if the rating is "0."	<b>92</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 12. Multiply by 100.	<b>67</b>

[Click here for School Food Resources](#)

### Section 3. Nutrition Standards for Competitive and Other Foods and Beverages

Rating

<b>NS1</b>	Addresses compliance with USDA minimum nutrition standards for all FOODS sold to students during the school day (commonly referred to as Smart Snacks)	<b>1</b>
<b>NS2</b>	Addresses nutrition standards for all FOODS sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs). Do not count snacks provided in before/aftercare (child care) programs)	<b>1</b>
<b>NS3</b>	Addresses nutrition standards for all FOODS AND BEVERAGES served to students while attending before/aftercare on school grounds.	<b>2</b>
<b>NS4</b>	Regulates food served during classroom parties and celebrations in elementary schools.	<b>2</b>
<b>NS5</b>	Addresses compliance with USDA nutrition standards for all BEVERAGES sold to students during the school day (commonly referred to as Smart Snacks)	<b>1</b>
<b>NS6</b>	Addresses nutrition standards for all BEVERAGES sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs).	<b>1</b>
<b>NS9</b>	USDA Smart Snack standards are described in full (or a link to the standards is provided in the wellness policy)	<b>1</b>
<b>NS10</b>	Addresses availability of free drinking water throughout the school day.	<b>1</b>
<b>NS11</b>	Regulates food sold for fundraising at all times (not only during the school day).	<b>1</b>
<b>Subtotal for Section 3</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 9. Multiply by 100. Do not count an item if the rating is "0."	<b>100</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 9. Multiply by 100.	<b>22</b>

[Click here for Nutrition Standards Resources](#)



## Section 4. Physical Education and Physical Activity

Rating

<b>PEPA1</b>	There is a written physical education curriculum for grades K-12.	<b>1</b>
<b>PEPA2</b>	The written physical education curriculum is aligned with national and/or state physical education standards	<b>1</b>
<b>PEPA3</b>	Addresses time per week of physical education instruction for all elementary school students.	<b>1</b>
<b>PEPA6</b>	Addresses teacher-student ratio for physical education classes.	<b>1</b>
<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12.	<b>1</b>
<b>PEPA8</b>	District provides physical education training for physical education teachers.	<b>2</b>
<b>PEPA9</b>	Addresses physical education waiver requirements for K-12 students (e.g., substituting physical education requirement with other activities).	<b>1</b>
<b>PEPA10</b>	Addresses physical education exemptions for K-12 students.	<b>1</b>
<b>PEPA11</b>	Addresses physical education substitution requirements for K-12 students (e.g., substituting physical education requirement with other activities).	<b>1</b>
<b>PEPA12</b>	District addresses the development of a comprehensive school physical activity program (CSPAP) plan at each school. <a href="#">Click here for information on CSPAP.</a>	<b>0</b>
<b>PEPA13</b>	District addresses active transport for all K-12 students.	<b>1</b>
<b>PEPA14</b>	District addresses before and after school physical activity for all K-12 students	<b>0</b>
<b>PEPA15</b>	District addresses recess.	<b>1</b>
<b>PEPA16</b>	Addresses physical activity breaks for all K-12 students.	<b>1</b>
<b>PEPA17</b>	Addresses staff involvement in physical activity opportunities at all schools.	<b>1</b>
<b>PEPA18</b>	Addresses family and community engagement in physical activity opportunities at all schools.	<b>1</b>
<b>PEPA19</b>	District provides physical activity training for all teachers.	<b>0</b>
<b>PEPA20</b>	Joint or shared-use agreements for physical activity participation at all schools.	<b>1</b>
<b>Subtotal for Section 4</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 18. Multiply by 100. Do not count an item if the rating is "0."	<b>83</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 18. Multiply by 100.	<b>6</b>

[Click here for Resources on Physical Activity in Schools](#)

## Section 5. Wellness Promotion and Marketing

Rating

<b>WPM1</b>	Encourages staff to model healthy eating/drinking behaviors.	<b>2</b>
<b>WPM2</b>	Addresses staff not modeling unhealthy eating/drinking behaviors.	<b>0</b>
<b>WPM3</b>	Encourages staff to model physical activity behaviors	<b>1</b>
<b>WPM4</b>	Addresses food not being used as a reward.	<b>2</b>
<b>WPM5</b>	Addresses using physical activity as a reward.	<b>1</b>
<b>WPM6</b>	Addresses physical activity not being used as a punishment.	<b>2</b>
<b>WPM7</b>	Addresses physical activity not being withheld as a punishment.	<b>2</b>
<b>WPM8</b>	Specifies marketing/ways to promote healthy food and beverage choices.	<b>2</b>
<b>WPM9</b>	Specifies ways to promote physical activity.	<b>2</b>
<b>WPM10</b>	Specifies that family wellness activities will be planned and will include nutrition and physical activity components.	<b>1</b>
<b>WPM11</b>	On signs, scoreboards, sports equipment	<b>1</b>
<b>WPM12</b>	In curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic)	<b>1</b>
<b>WPM13</b>	On exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.	<b>2</b>
<b>WPM14</b>	On advertisements in school publications, on school radio stations, in-school television, computer screen savers and/or school-sponsored Internet sites, or announcements on the public announcement (PA) system.	<b>1</b>
<b>WPM15</b>	On fundraisers and corporate-sponsored programs that encourage students and their families to sell, purchase or consume products and/or provide funds to schools in exchange for consumer purchases of those products.	<b>2</b>
<b>Subtotal for Section 5</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 15. Multiply by 100. Do not count an item if the rating is "0."	<b>93</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 15. Multiply by 100.	<b>53</b>

[Click here for Wellness Promotion and Marketing Resources](#)

## Section 6. Implementation, Evaluation & Communication

Rating

<b>IEC1</b>	Establishes an ongoing district wellness committee.	<b>1</b>
<b>IEC2</b>	District wellness committee has community-wide representation.	<b>1</b>
<b>IEC3</b>	Designates one district level official accountable for ensuring each school is in compliance (ensuring that there is reporting up)	<b>1</b>

<b>IEC4</b>	Designates a leader in each school accountable for ensuring compliance within the school.	<b>1</b>
<b>IEC5</b>	Addresses annual assessment of school wellness policy implementation/progress towards wellness goals.	<b>2</b>
<b>IEC6</b>	Progress report on compliance/implementation is made to the school community (Board of Education, superintendent, principals, staff, students and parents)	<b>1</b>
<b>IEC7</b>	Progress report on compliance/implementation is made available to the public	<b>0</b>
<b>IEC8</b>	Progress report ensures transparency by including: the web address of the wellness policy, a description of each school's activities and progress towards meeting wellness goals, contact details for committee leadership and information on how to join the committee.	<b>0</b>
<b>IEC9</b>	Addresses a plan for updating policy based on best practices.	<b>1</b>
<b>IEC10</b>	Addresses methods for communicating with the public.	<b>1</b>
<b>IEC11</b>	Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent meetings, or events).	<b>0</b>
<b>Subtotal for Section 6</b>	<b>Comprehensiveness Score:</b> Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	<b>73</b>
	<b>Strength Score:</b> Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	<b>9</b>

[Click here for Resources for Wellness Policy Development, Implementation and Evaluation](#)

### Overall District Policy Score

<b>Total Comprehensiveness</b> Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>90</b>
<b>Total Strength</b> Add the strength scores for each of the six sections above and divide this number by 6.	<b>District Score</b> <b>26</b>