

Henry Johnson Charter School

Local School Wellness Policy

School Name: Henry Johnson Charter School

Address: 30 Watervliet Avenue, Albany, NY 12206

Purpose

Henry Johnson Charter School recognizes the important role that nutrition and physical activity play in supporting student health, academic success, and overall well-being. This Local School Wellness Policy is established in accordance with the Healthy, Hunger-Free Kids Act of 2010 and USDA Child Nutrition Program regulations (7 CFR 210.30).

Wellness Committee

Henry Johnson Charter School will establish and maintain a Wellness Committee that includes, at a minimum, representatives from:

- School administration
- Food service staff
- School health services
- Teachers
- Parents/guardians

The Wellness Committee will meet periodically to review, update, and monitor the implementation of this policy.

Nutrition Education

Henry Johnson Charter School will provide nutrition education that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program
- Promote lifelong healthy eating behaviors

- Is integrated into classroom instruction and other school-based activities when possible
 - Is consistent with the Dietary Guidelines for Americans
-

Physical Activity

Henry Johnson Charter School will provide opportunities for physical activity that:

- Support the development of physical fitness and motor skills
 - Encourage lifelong physical activity
 - Are appropriate for students of all abilities
 - Include physical education and opportunities for activity during the school day
-

Nutrition Standards for School Meals

School meals served through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will:

- Meet or exceed current USDA Child Nutrition Program meal pattern requirements
 - Emphasize fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free milk
 - Limit sodium, saturated fat, and added sugars
 - Be accessible to all students
-

Nutrition Standards for Competitive Foods and Beverages

All foods and beverages sold or provided to students outside of the reimbursable school meal programs during the school day will:

- Meet USDA Smart Snacks in School standards
 - Be offered in compliance with federal and state regulations
-

Food Marketing

Henry Johnson Charter School will ensure that only foods and beverages that meet Smart Snacks standards are marketed or promoted on campus during the school day.

Fundraising

Fundraising activities conducted during the school day will support healthy eating and wellness and will comply with Smart Snacks standards, as applicable.

Implementation, Monitoring, and Reporting

The School Food Authority, in collaboration with school administration, will:

- Ensure compliance with this Local School Wellness Policy
 - Measure implementation and effectiveness periodically
 - Make information about this policy and its progress available to the public
-

Policy Review and Updates

This Local School Wellness Policy will be assessed at least once every three years to:

- Measure compliance with the policy
- Compare the policy to model wellness policies
- Identify progress made in attaining wellness goals

The policy will be updated as necessary based on assessment findings.

Nondiscrimination Statement

Henry Johnson Charter School does not discriminate based on race, color, national origin, sex, disability, or age in its programs and activities.

Approved by:

Natasha Evans, Food Service Director

Ash Tuner, School Nurse

Jessica Hudson, Director of Operations & Finance

Policy Effective Date: September 1, 2024

Triennial Assessment Date: May 15, 2027