



*Save Every Child
Transforming urban America through Education and Policy Reform*

Project Reflect Inc. / Smithson Craighead Academy School Nutrition & Wellness Plan

Federal Requirements for Local School Wellness Policies recognizes the important role schools play in ensuring children's wellness, in 2004, Congress passed the Child Nutrition and WIC Reauthorization Act (Public Law 108-265, Section 204). This act required each local educational agency (LEA) participating in the National School Lunch Program (NSLP) or other child nutrition programs, such as the School Breakfast Program (SBP), to establish, for all schools under its jurisdiction, a local school wellness policy (LWP). Since the passage of the 2004 law, nearly all LEAs or school districts have developed and adopted LWP's as required by law. With the passage of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296, Section 204), new provisions for LWP's place greater emphasis on implementation, evaluation, and publicly reporting on the progress towards meeting the LWP goals. Therefore it is our goal at Project Reflect Inc./Smithson Craighead Academy (SCA) to implement a plan that will embrace family, school, and community involvement as it relates to school nutrition and physical activity in order to help maintain a positive school culture that supports the Child Nutrition and WIC Reauthorization Act.

Family, School, and Community Involvement: The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that promotes student health and supports academic achievement through effective partnerships among families, schools and community. (An integrated family, school and community approach to planning, implementing, and supporting health programs and projects for enhancing the health and well-being of students and staff.)

SCA will designate a committee to review and compose the wellness plan content oversight. This committee can be an existing committee or a separate school wellness committee. This committee minimally consists of: school administrator(s), parent(s), school food service staff, teachers, school staff, student(s), and community members.

School Nutrition: The goal of nutrition is to promote the role of nutrition in academic performance and quality of life, and to ensure the adoption of school policies which provide adequate opportunities to be able to encourage and support healthy eating by students. SCA wants to ensure that our students are receiving the adequate amount of nutrients and calories to promote healthy growth. Fruit and vegetables are high in fiber but low in fat and calories. Encouraging kids to eat fruits and vegetables instead of sugary snacks and fat-laden fast foods can help children avoid obesity. Integration of programs that provide access to a variety of nutritious, affordable and appealing meals and snacks for students; nutrition education; and an environment that promotes healthy eating behaviors. Research links healthy eating and physical activity with improved academic performance and classroom behavior. Eating a healthy breakfast is associated with improved memory, reduced absenteeism, and improved psychosocial function and mood, as well as



improvements in academic performance. Adequate water consumption may also improve cognitive function in children and adolescents.

Physical Activity: The goal of physical activity within the coordinated school health approach provides students with increased opportunities to engage in moderate to vigorous physical activity before, during and/or after school. Eating a balanced diet rich in vitamins and minerals from lots of Fresh Fruits Vegetables (FFV) will provide our students with more energy to do everyday tasks such as learning and staying focused. A well-balanced diet can help children get the proper calories and nutrients they need to fuel their daily activities including regular exercise. Ultimately, this increases their daily physical activity which will allow them to burn more calories and fat cells. Therefore, promoting and providing FFV to our students, this will help decrease overweight/obesity. Kids like to snack, and it can be a good way to increase nutrient intake. FFV allows for healthy snacks and allows us to control the portion sizes and number of calories. Ultimately, FFV allows for a decrease in sugar and fatty foods consumption which reduces the BMI preventing overweight and obesity. Improving FFV intakes are important for the overall dietary patterns of our students. Furthermore; it is our responsibility to provide students with physical education using appropriate practices to assure that all students are able to learn and develop the skills, knowledge and attitudes necessary to be physical. SCA provides a planned, sequential, physical education curriculum that is aligned to TN State physical education content standards with benchmarks and performance. School based physical activity is associated with improved academic achievement, including grades and standardized test scores, as well as improved cognitive skills, attitudes, and academic behavior (including enhanced concentration, attention, and improved classroom behavior). Further, increasing or maintaining time dedicated to physical education may help, and does not appear to adversely impact academic performance.

HEALTHY & SAFE ENVIRONMENT: The goal of a healthy and safe environment is to promote a climate and culture before, during and after school for students, teachers, staff, parents and community members that support academic achievement. The physical and aesthetic surroundings and the psychosocial climate and culture of the school. It supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness and freedom from discrimination and abuse. Here are a few step will will take to ensure this campus is health and safe:

- School will provides safety procedures and appropriate training for students, teachers, parents, and staff that support personal safety and a violence/harassment-free environment (such as OSHA, child abuse, suicide prevention, bullying, and lockdown).
- School will perform 12 emergency drills annually, consisting of nine fire drills, two shelters in place drills and at least two evacuation drills at the interval set by the district.
- The school will abide by district policies which create and promote an environment free of tobacco, alcohol and other drugs.



- Implementation of school-wide prevention programs are based on the needs of your school in coordination with the State and District level authorities.

School Wellness Plan Improvement Strategies:

Update USDA/FNS and CDC LWP Web pages with current requirements and related links (<http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html> and <http://www.cdc.gov/healthyyouth/npao/wellness.htm>).

- Launch implementation of the Technical Assistance and Guidance Plan activities.
- Continue to update USDA/FNS and CDC LWP Web pages as needed with new guidance and resources.
- Continue to include a focus on LWP activities through our SNWP committee for SN applications and possible grant-writing opportunities, and partnerships that will serve our school, students, families, and community.
- Continue to coordinate with other agencies/associations/organizations, through national and state partnerships, to assist with implementation and follow through.
- Continue to develop and implement guidance, training, and resources.
- Continue to identify and disseminate guidance and resources to help LEAs assess, implement, and measure LWP implementation.
- Create a dedicated handbook that identifies resources to help LEAs meet recommendations for establishing healthy school environments.
- Ensure high-level communication from State, Federal, and Local leadership on encouraging endorsement of LWP and recognition of its importance.
- Convene an external stakeholder workgroup to assist with identifying and sharing wellness policy resources, tools, and materials; and encourage each stakeholder to reach out to its respective members/partners and voice support for the development and implementation of strong wellness policies at the local level.
- Establish incentives for LEAs to implement and monitor LWPs.
 - Provide guidance and support to State agencies and LEAs for monitoring and enforcing LWPs.
 - Continue to provide instructions and guidance to State agencies conducting the administrative review and monitoring LWP implementation and reporting.
 - Allow State agencies to withhold program payments for continued non-compliance with LWP requirements.