



Local Wellness Policy (LWP)

Tarheel ChalleNGe Academy recognizes that it is important for students to maintain their physical health and receive proper nutrition in order to take advantage of educational opportunities. The board also recognizes that cadet wellness and proper nutrition are related to a student's physical well-being, growth, development and readiness to learn. The board is committed to providing a environment that promotes student wellness and proper nutrition, nutrition education and regular physical activity as part of the total learning experience.

A. School Health Advisory Council

The board will maintain an Academy health advisory council to help plan, update, implement, promote and monitor this policy as well as to address other health and nutrition issues within the Academy. The council serves as an advisory committee regarding cadet health issues. The council is authorized to examine related research and laws, assess cadets needs and the current school environment, review existing board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about cadet health issues. The council also may make policy recommendations to the board related to this policy and other policies concerning cadet wellness and may assist the director in the periodic review and revision of this policy. In addition, the council may assist in the development of a plan for measuring and assessing implementation of this policy and in developing methods to inform and update the public about the content and implementation of this policy as described in Section G, below.

The council will be composed of representatives from the Academy and the community. The council must include members of each of the following groups: the Academy Director, Academy Staff, food service representatives, Commandant, Academy Nurse, student, parents or guardians and the public. The council will provide information to the board about the following areas or concerns: safe environment, physical education, health education, staff wellness, and health services, mental and social health, nutrition services and parent/family involvement.

The council shall provide periodic reports to the board regarding the status of its work. In addition, the council shall assist the Wellness Committee Leader in creating an annual report that includes the minutes of physical activity and the minutes of physical education and/or healthful living education received by cadets in the system each school year, as well as any other information required by the State.

B. Nutrition Promotion and Education

The board believes that promoting cadet health and nutrition enhances readiness for learning and increases cadet achievement. The goals of nutrition promotion and education are (1) to provide appropriate instruction for the acquisition of behaviors that contribute to a healthy lifestyle for cadets and (2) to teach, encourage and support healthy eating by students.

The board will provide nutrition education within the Healthful Living Standard Course of Study and the grade level expectations outlined in the Healthful Living Essential Standards



adopted by the State Board of Education. Nutrition education should be designed to provide all students with the knowledge and skills needed to lead healthy lives. Cadets should learn to address nutrition-related health concerns through age-appropriate nutrition education lessons and activities.

C. Nutrition Guidelines

Consistent with policy [6200](#), Goals of Student Food Services, all foods available in the system's schools during the school day that are offered to students should help promote student health, reduce childhood obesity, provide a variety of nutritional meals and promote lifelong 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 nutrition standards established by the State Board of Education and with policy [6230](#), Nutritional Standards for Food Selection.

Competitive foods must meet State Board of Education nutrition standards, applicable federal standards, as well as any other nutrition standards established by the superintendent pursuant to policy [6230](#). Competitive foods are defined as foods sold at school other than through the National School Lunch or School Breakfast Programs, including food, snacks and beverages from a la carte menus, vending machines and outside suppliers. In addition, all vending machine sales must comply with the requirements of [G.S. 115C-264.2](#) and *Eat Smart: North Carolina's Recommended Standards for All Foods in Schools*.

D. 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 obesity, cardiovascular disease and Type II diabetes, students enrolled in kindergarten through eighth grade must have the opportunity to participate in physical activity as part of the system's physical education curriculum. The physical education course should be designed to foster support and guidance for being physically active, help students know and understand the value of being physically fit, and teach students the types of activities that contribute to total fitness. The course is to 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.

To ensure that students have ongoing opportunities for physical activity and maintain a positive attitude towards physical activity, structured/unstructured recess and other physical activity may not be taken away from students as a form of punishment. In addition, severe and inappropriate exercise may not be used as a form of punishment for students.

Daily PT runs, and Physical training are completed by the cadets daily to ensure that they are Physically fit. Cadets participate in the President's Physical Fitness Program. Cadets are scored on their Physical Fitness and a score card is kept to ensure of the cadet's progress.

E. Other Academy Activities to Promote



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

1. Schools will provide a clean and safe meal environment.
2. Cadets will be provided adequate time to eat meals.
3. Drinking water will be available at all meal periods and at snack time.
4. Professional development will be provided for school system nutrition staff.
5. To the extent possible, the school system will utilize available funding and outside programs to enhance cadet wellness.
6. Food will not be used in the Academy as a reward or punishment.
7. As appropriate, the goals of this Wellness Policy will be considered in planning all Academy based activities.
8. Administrators, teachers, food service personnel, students, parents or guardians, and community members will be encouraged to serve as positive role models to promote cadet wellness

F. Guidelines for Reimbursable Meals

The Director of School Nutrition shall ensure that school system guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

G. Implementation and Review of Policy

The Academy Director or designee shall oversee the implementation of this policy and monitor that Tarheel ChalleNGe, program and curricula to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Staff members responsible for programs related to the cadet's wellness also shall report to the Director 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 Wellness Committee Chairperson 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 Wellness Committee Chairperson shall measure and report the following:

1. the extent to which the individual schools are 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 cadets wellness issues;
2. an evaluation of food services programs;
3. a review of all foods and beverages 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.

H. Public Notification

The superintendent 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 in Section G, above. This information will be widely disseminated to students, parents and the community.

Wellness Policy Committee Members

Wellness Committee Chairperson, Brandy Bradshaw, Instructor	(signature)	(date)
School Food Authority Administrator Sarah Faircloth, Dining Facility Manager	(signature)	(date)
Child Nutrition Administrator Sarah Faircloth, Dining Facility Manger	(signature)	(date)
Health/PE Instructor Monte Forte, Commadant	(signature)	(date)
School Health Professional Audra Culbreth, Nurse	(signature)	(date)
Community Member Melvin Williamson, Pastor	(signature)	(date)



Student	(signature)	(date)
Parent Brandy Bradshaw, Parent	(signature)	(date)
Additional Member	(signature)	(date)
Additional Member	(signature)	(date)