



Quality Education Academy

5012-D Lansing Drive

Winston-Salem, NC 27105

Phone: (336) 744-7138 Fax: (336) 666-2323

Web: www.qeschools.org Email qualityeducation@qeschools.org

School Nutrition Local Wellness Policy

School District: Quality Education Academy

Quality Education Academy is committed to providing an environment that enhances the development of lifelong wellness practices.

Quality Education Academy shall provide a minimum of thirty minutes of moderate to vigorous physical activity for K-12 scholars daily. Opportunities to participate in physical activity shall not be taken away as a means of punishment or remediation, nor shall severe and inappropriate exercise be used as a form of punishment.

Scholars will receive nutrition education consistent with the Healthful Living Standard Course of Study, and nutrition education shall be integrated into health education or other subjects in order to give scholars the skills necessary to develop healthy eating habits. The School Health Advisory Council shall recommend other school-based activities designed to promote scholar wellness.

Foods and beverages available on each school campus shall meet all applicable federal and state nutritional guidelines. Meal provided will meet nutrition standards established by the U.S. Department of Agriculture and feature a variety of healthy choices. These choices will include fruits, vegetables, whole grains, and low-fat dairy products as recommended in the Dietary Guidelines for Americans. The guidelines for reimbursable school meals shall not be less restrictive than those established by federal law. The School Health Advisory Council shall establish separate nutritional standards for those foods and beverages for which there are no mandatory state and federal guidelines. All school celebrations must be held after lunch to encourage scholars to eat healthy lunch and to be in compliance with USDA National School Lunch Program regulations and meet the Smart Snacks in School Nutrition Standards. All foods and beverages made available on campus during the school day must be store brought. Vending machines may not be utilized 12:01 AM through 30 minutes after the dismissal bell rings (which prohibits the sale of foods and beverages to scholars in competition with the school nutrition program until 30 minutes after the dismissal bell rings.)

The Superintendent or designee will ensure district-wide compliance with this policy. In each school each school, the leader or designee will ensure compliance with this policy and will report on the school's compliance to the Superintendent or designee. The Superintendent or designee, in collaboration with the School Health Advisory Council, shall annually prepare all required reports to ensure content compliance. The Local Wellness Policy and any updates or revisions to the Policy will be made available to the public through newsletters and/or the school's website. The School Health Advisory Council shall be appointed by the Board and shall contain, at the minimum, a School Nutrition Administrator, a Chief Financial Officer, or Parent or Guardian, and a Physical Education/Health Education Teacher. This policy supports the mission of Quality

Education Academy: Providing the environment that cultivates maximum student achievement. Nutrition influences a child's development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This school-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices. All printed and/or published materials that promote or advertise foods and beverages will only feature Smart Snack approved items.

- Students in grades K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school cafeteria as well as in the classrooms, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout schools, classrooms, cafeteria, homes, community and media
- District health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into the health education or core curricula (i.e. math, science, language arts).
- Staff that provide nutrition education have appropriate training.
- Quality Education Academy conducts nutrition education activities and promotions that involve parents, students, and the community.

Physical Activity

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, Fine Arts (Drama, Chorus, etc.), daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of after-school programs, including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Quality Education Academy encourages parents and guardians to support their children's participation in physical activity in family events.
- Quality Education Academy provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Vending

- Quality Education Academy sets guidelines for foods and beverages in a la carte sales in the food service program on school campuses.
- Quality Education Academy sets guidelines for food and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.
- Quality Education Academy sets guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- Quality Education Academy makes decisions on these guidelines based on nutrition goals, not on profit making.

Dining Environment

- Quality Education Academy provides a clean, safe, enjoyable meal environment for students.
- Quality Education Academy provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Quality Education Academy makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- Quality Education Academy encourages all students participate in school meals program.

Time to Eat

- Quality Education Academy will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- Quality Education Academy will schedule lunch time as near the middle of the school day as possible.

Food or Physical Activity as a Reward or Punishment

- Quality Education Academy will prohibit the use of food as a reward or punishment in schools.
- Quality Education will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

Consistent School Activities and Environment

- Quality Education academy will ensure that all schools' fundraising efforts are supportive of healthy eating.
- Quality Education Academy will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- Quality Education Academy will make efforts to keep school physical activity facilities open for use by students outside school hours.
- Quality Education Academy encourages Parents, Teachers, School Administrations, Students, Foodservice professionals, and Community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Quality Education Academy encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- Quality Education Academy will provide information and outreach materials about other programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.
- Quality Education Academy encourages all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School program, and School Breakfast programs.

This institution is an equal opportunity provider.