

# Local Wellness Policy: Triennial Assessment Summary

## Section 1: General Information

School(s) included in the assessment: Forsyth Academy

Month and year of current assessment: January 2023

Date of last Local Wellness Policy revision: 2018-19

Website address for the wellness policy and/or information on how the public can access a copy:

<https://app.sharebase.com/#/document/6538/share/239-Vz5mAksceNTqNtwosFuXcpYhpiL>

## Section 2: Wellness Committee Information

How often does your school wellness committee meet? 1-2x year

School Wellness Leader:

Name	Job Title	Email Address
Christy Harnsberger	Principal	<a href="mailto:25.charnsberger@nhaschools.com">25.charnsberger@nhaschools.com</a>

School Wellness Committee Members:

Name	Job Title	Email Address
Christy Harnsberger	Principal	<a href="mailto:25.charnsberger@nhaschools.com">25.charnsberger@nhaschools.com</a>
Sarah Wells	Food & Nutrition Procurement and Compliance	<a href="mailto:swells@nhaschools.com">swells@nhaschools.com</a>
Bill Strong	Food & Nutrition Department Manager	<a href="mailto:bstrong@nhaschools.com">bstrong@nhaschools.com</a>
Lucy Mawhinney	General Manager FSMC	<a href="mailto:l.mawhinney@slamgmt.com">l.mawhinney@slamgmt.com</a>
Nicole Petrin	Area Manager FSMC	<a href="mailto:n.petrin@slamgmt.com">n.petrin@slamgmt.com</a>
Kim Satterwhite	Area Manager FSMC,	<a href="mailto:k.satterwhite@slamgmt.com">k.satterwhite@slamgmt.com</a>

### Section 3. Comparison to Model School Wellness Policies

Indicate the model policy language used for comparison:

- X NC State Board of Education Healthy Active Children Policy
- X Alliance for a Healthier Generation: Model Policy
- Well SAT 3.0 example policy language.

Describe how your wellness policy compares to model wellness policies.

#### Nutrition Promotion & Education

Every year, all students, K-8, shall receive nutrition education that is aligned with the North Carolina Health Education Grade Level Content Expectations and the North Carolina Merit Curriculum Guidelines for Health Education.

Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout school buildings, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school building staff, teachers, parents, students, and the community.

The school promotes healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs by increasing fresh fruit & vegetable choices on our menus.

#### Food & Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. It is the intent of the school to protect and promote student's health and to provide consistent health-related messaging. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet the USDA Smart Snacks in School nutrition standards.

As the LEA reviews existing contracts and considers new contracts, equipment and/or product purchasing and replacement, decisions will reflect these marketing guidelines.

#### Standards and Nutrition Guidelines

The school encourage students to make nutritious food choices and ensure that all foods and beverages sold to students on the school

campus during the school day are consistent with federal and state regulations.

Physical Activity & Physical Education

The school offers physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Physical education instruction shall be aligned with the North Carolina Physical Education Grade Level Content Expectations and the North Carolina Merit Curriculum Guidelines for Physical Education.

Students, K-8, can participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle



## Section 4. Compliance with the Wellness Policy and progress towards goals

At a minimum, local wellness policies are required to include:

- Specific goals for:
  - Nutrition promotion and education
  - Physical activity
  - Other school-based activities that promote student wellness.
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Using the table below to indicate the progress made with each goal included in the Wellness Policy. The table may be used for each school separately or the district as a whole.

**Tip:** When developing a wellness plan, ensure activities are meeting goals by developing SMART objectives:

- **Specific:** Identify the exact area to improve.
- **Measurable:** Quantify the progress.
- **Attainable:** Determine what is achievable.
- **Realistic:** Consider resources and determine what can reasonably be accomplished.
- **Time bound:** Identify deadlines for goals and related tactics.

The Centers for Disease Control and Prevention (CDC) has tips for developing [SMART objectives](#).

## Local Wellness Policy Assessment

School Name: Forsyth Academy

Date: 1/9/2023

### Nutrition Promotion and Education Goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Meeting Goal?</b>
Example: Food and beverages will not be used as a reward for students.	<ul style="list-style-type: none"> <li>a) Provide teachers with list of non-food reward examples.</li> <li>b) Discuss changes at back-to-school staff training.</li> <li>c) Follow-up mid-year to discuss challenges and determine additional communication needed.</li> </ul>	Before the beginning of next school year.	<ul style="list-style-type: none"> <li>– Verbal check-ins with staff to ensure compliance.</li> <li>– Teacher survey at end of school year.</li> </ul>	Principal	Teachers, staff, students	Yes
Offer an increased variety of fresh fruits and vegetables	<ul style="list-style-type: none"> <li>a. work with FSMC to add fresh fruits and vegetables to our menus</li> <li>b. discusses hurdles in providing fresh options including IW &amp; seasonal produce</li> <li>c. Follow up weekly to ensure fresh quality produce is being delivered and offered for service</li> </ul>	Beginning of next school year	Visual checks for fresh ffv on serving line  Survey students on enjoyment of ffv  ffv=fresh fruits & vegetables	Food Service Manager	Teachers, staff, students	Yes, working with our new FSMC
Increased knowledge of nutrition program for school staff	<ul style="list-style-type: none"> <li>a. Provide teachers and staff with school nutrition program guidelines</li> <li>b. Discuss SNP guidelines with school staff during PD Day</li> <li>c. Follow-up mid-year to discuss updates and challenges to program and determine additional communication needs</li> </ul>	Professional development day	Follow up teacher survey/email to ensure the information about the SNP has been provided and if they desire additional information about the program.	Principal & Food & Nutrition Team	Teachers and Staff	In progress
Encourage consumption of healthy choices	<ul style="list-style-type: none"> <li>a. Introduce SNP to students by using the menu, website, and promotional materials.</li> <li>b. Verbally talk to students about healthful food choices</li> <li>c. survey students to determine level of acceptance and satisfaction of items</li> </ul>	Every day of school year	Increase or decrease of participation on days new items are introduced  Visual observation during meal service times	Principal & Staff members	Students, staff and teachers	Yes, working with our new fsmc


Physical Activity Goal(s):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Special or enhanced Physical education days for all students K-8	Walk - a - thon Steps to success Field Day	Beginning of each school year	Participation numbers and Feedback from Staff	Principal Physical Education Instructor	Teachers, staff and students	In progress
Weekly physical education classes for all grades K-12	Schedule weekly physical education classes into the curriculum	Beginning of each school year	Total minutes of physical education that is offered daily or weekly to our scholars	Principal, Scheduler and Physical Education Instructor	Staff, Students and physical education staff and coaches	yes

School-based activities to promote student wellness goal(s):

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e., school meals and smart snacks):

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Offer food and beverages that are approved through the food and nutrition services department	Work with FSMC to menu/offer food and beverage items that meet or exceed the requirements of the NSLP.	Beginning of school year	Review of monthly menus – correcting any errors	FSMC and Food and Nutrition department	Students and staff	In progress, working with our New FSMC
Utilization of smart snack exemption form for non-compliant or exempt foods being sold during the school day	Availability of exempt fundraiser activity tracking document	Beginning of school year	Program accountability ensuring forms are uploaded per non-compliant fundraiser	SFA, school principal and wellness liaison	SFA, students	In Progress



Acknowledgement of smart snack standards	Distribution of smart snack standards memo to staff to ensure they are aware of regulations	Beginning of school year	Annual program accountability wellness activities	Program accountability and nutrition department	NHA staff, parents and board members/stakeholders	Yes
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**Guidelines for other foods and beverages available on the school campus, but not sold:**

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Students to make healthful choices during school mealtimes	Only offer a variety of seasonal fresh fruits and vegetables, meal component items and a variety of low fat and fat free milk choices	Beginning of the school year	Visual observation of student's choices  Feedback during school food service committee meetings	FSMC, SFA, Principal and Food Service Director/Manager	FSMC, Food and Nutrition services team and principal at each school	In progress

**Marketing and advertising of only foods and beverages that meet Smart Snacks:**

<b>Goal</b> What do we want to accomplish?	<b>Action Steps</b> What activities need to happen?	<b>Timeline</b> Start dates	<b>Measurement</b> How is progress measured?	<b>Lead Person</b>	<b>Stakeholders</b> Who will be involved and/or impacted?	<b>Complete?</b>
Food & Beverage Marketing initiative throughout the year to promote healthy eating	a. collaborates with FSMC to promote branding of healthy food items for consumption b. discuss options for marketing weekly to ensure seasonal items, themes, holidays and other promotions are being developed and implemented c. Use descriptive and colorful materials to describe the food items	Beginning of the next school year – each day of service	Participation levels of meals consumed Student Committee Meeting feedback	FSMC-Marketing Director and SFA food service director	Students, Staff	In progress

	being offered.					
Introduce Foods from around the world – Global ethnic cuisines for kids	Discuss ethnic entrée options for students each month and include education on the history and chosen region of foods being highlighted.	Beginning of the next school year – each day of service	Participation levels of meals consumed Students committee meeting feedback – surveys	FSMC marketing director and SFA food service director	Students & staff/teachers	In progress working with our FSMC