



## **Next Generation Academy Wellness Plan 2020-2021**

3740 South Holden Road  
Greensboro, NC 27406

### **Statement of Responsibility**

Next Generation Academy (NGA) recognizes that there is a link between nutrition education, the food served in schools, physical activity, environmental education, and that wellness is affected by all of these. NGA recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

NGA recognizes that it is the school's role, as part of the larger community, to model and actively practice, through policies and procedures: the promotion of family health, physical activity, good nutrition, sustainable agriculture, and environmental restoration.

NGA further recognizes that the sharing and enjoyment of food, and participation in physical activities, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, and strengthening communities.

### **Community/Family Involvement**

The physical education/wellness program will actively engage families as partners in their children's education and collaborate with community agencies and organizations to provide ample opportunities for students to participate in physical activity beyond the school day. Such community organizations such as local YMCAs and community centers.

NGA recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. NGA will support parents' efforts to provide a healthy diet and daily physical activity for their children.

NGA encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

NGA will provide information to parents/stakeholders about ways to promote healthy lifestyles. NGA's Wellness Policy will be posted on the school's website for parents/stakeholders to review and participate in the Wellness Policy development.

## **School Meals/Foods**

The school meals program will operate in accordance with the National School Lunch Program and School Breakfast Program standards and applicable laws set forth by the USDA and the State regulations of North Carolina. NGA will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Parents and staff will be provided a survey to receive feedback on the school menus as we value/encourage students' cultural norms and preferences.

The school meals program is accessible to all children. Students will be encouraged to start each day with a healthy breakfast. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. NGA will strive to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

The program will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; will accommodate the special dietary needs of students and will provide clean, safe and pleasant settings and adequate time for students to eat. NGA will arrange bus schedules and will utilize methods to encourage school breakfast participation. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

To further encourage our meals, the school menu will consist of planned (rotating) 3–4-week menu. Menus will be posted on the school website and announced every morning during the morning announcements. Nutritional information is made available upon request.

To promote nutrition and wellness, parents will be encouraged to send healthy snacks and lunches for their children. All snacks offered at NGA will meet the USDA Smart Snacks in school nutrition standards.

Food will not be allowed for birthday celebrations. Each classroom will develop ways to recognize birthdays that best suits their classroom. No restaurant or fast-food items are allowed in the cafeteria or classroom.

Teachers will plan in advance for holiday parties, taking into consideration the health concerns of his/her classroom and encourage healthy food choices (i.e., fruit, vegetables, etc.). Holiday parties will be held (at the end of the day), after the last lunch is served.

## **Food Sold for Fundraising Activities**

If the NGA PTSO chooses to host a fundraiser where foods are sold, the foods will meet the Smart Snacks guidelines and the fundraiser will not take place in such a manner that the foods are intended to be consumed during the school day. An example of food not intended to be consumed during the school day is a frozen food or other item preordered, packaged and distributed in a precooked state, i.e. cookie dough.

Fundraisers will not compete with the child nutrition program. For example, approved fundraisers will not be conducted prior to or during mealtimes or otherwise in a manner that would deter students from participating in the school nutrition program.

## **Marketing Food/Beverages**

School-based marketing of brands predominantly low-nutrition foods and beverages will be prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products will be encouraged. NGA will only market products that adhere to Smart Snacks guidelines during the school day. There will be pricing strategies for vending machines (which will be used after the school day, for adults only), to promote healthy snack choices.

## **Nutrition Education/Nutrition Promotion**

*CDC Healthy Schools* state that “Nutrition education is a vital part of a comprehensive health education program and empowers children with knowledge and skills to make healthy food and beverage choices. Additionally, U.S. students receive less than 8 hours of required nutrition education each school year.”

Several NGA goals include to (1) better educate the students about making healthy food/beverage choices and the importance of daily physical activity. Consistent knowledge pertaining to eating a healthy diet may lead in preventing chronic diseases and supporting good health; to (2) adopt marketing techniques to promote healthy dietary choices; to (3) encourage cafeteria staff to politely prompt students to select different fruits and vegetables.

## **Physical Activity/Healthy Learning Environment**

NGA recognizes its' responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity. NGA's Wellness Plan promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

Students are given opportunities for physical activity during the school day through physical education (PE) classes, recess periods and the integration of physical activity into the academic curriculum. Each student will engage in a minimum of 20 minutes of planned moderate to vigorous activity (preferably outdoors) on days they do not attend physical education class through the “Lu Interactive Playground.” The Lu Interactive Playground is an indoor gym that combines gaming, academics and intensive physical activity. Classroom teachers will also integrate physical activity into learning activities such as Brain Breaks, Kidz Pop, Gonoodle.com and math songs with movement. NGA's school goal is to provide an atmosphere for healthy eating and to display the importance of daily physical activity.

## **Additional Strategies for Student Wellness**

NGA will continue to integrate healthy eating and wellness through physical education classes and other courses. The school will encourage instructional strategies that incorporate experiential learning opportunities (e.g., virtual field trips of farmers' markets and school gardens), that engage students in reinforcing healthy nutrition behaviors. NGA will encourage healthy snack choices for all celebrations and monitor parental contributions for celebrations to meet state/federal standards. Students will use acquired knowledge to practice goal setting and decision-making skills regarding healthy lifestyle choices.

### **Triennial Assessment**

An assessment of NGA's wellness policy will be conducted once every three years to include, but not limited to (1) compliance with the wellness policy, (2) how the wellness policy compares to model wellness policies, and (3) progress made in attaining the goals of the wellness policy. A copy of this assessment will be made available to the public on the school's website.

NGA will annually inform the public about the content and implementation for the Wellness Plan, with any updates to the policy, and the results of the most recent assessment of the policy. Updates and results of assessment will be posted on the school's website.