



LAYC Career Academy  
**Local Wellness Policy**  
**SY 2016 - 2019**

This Local Wellness Policy (LWP) outlines the LEA’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. This policy applies to all students, staff and schools in LAYC Career Academy. Specific measureable goals and outcomes are identified within each section below.

**Local Wellness Committee**

**Committee Role and Membership**

LAYC Career Academy will establish a Local Wellness Committee that meets at least two times per year to develop goals for and oversee implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP.

The Local Wellness Committee will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), and mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists); school administrators (e.g., superintendent, principal, vice principal); school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-Ed).

**Leadership**

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

The designated official for oversight is:

Name	Title / Relationship to the School or District	Email address	Role on Committee

Jeremy Vera	Staff Member	Jeremy@laycca.org	Committee oversight and implementation
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**Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

**Implementation Plan**

LAYC Career Academy will develop and maintain an implementation plan for implementing this LWP. This plan will delineate the roles, responsibilities, actions and timelines specific to each school; and include information about who will be responsible to making what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

LAYC Career Academy will use a variety of tools (see list below) to complete school-level assessments of implementation of this plan; based on the results; LAYC Career Academy create an action plan, implement the plan, and generate an annual report. LAYC Career Academy will retain records to document compliance with the requirements of this LWP at the main office and with the Office of the State Superintendent of Education.

Documentation maintained in these locations will include but is not be limited to:

- this written LWP;
- documentation demonstrating that the policy has been made available to the public;
- documentation of efforts to review and update the LWP; including an indication of who is involved in the update and methods the LEA uses to make stakeholders aware of their ability to participate on the Local Wellness Committee;
- documentation to demonstrate compliance with the annual public notification requirements;
- the most recent assessment on the implementation of the LWP; and
- assessment documents will be made available to the public.

LAYC Career Academy will actively inform students and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via school-wide communications. This will include a summary of the school’s events or activities related to wellness policy implementation. Annually, LAYC Career Academy also will publicize the name and contact information of the school officials leading and coordinating the Local Wellness Committee, as well as information on how the public can get involved with the Committee.

### **Triennial Progress Assessments**

At least once every three years, LAYC Career Academy conduct a Triennial Progress Assessment and develop a report that reviews the school's compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of the LWP.

The positions/persons responsible for managing the triennial assessment and report is

- Jeremy Vera ([jeremy@laycca.org](mailto:jeremy@laycca.org))

The above referenced individual will monitor the schools' compliance with this LWP and develop the triennial progress reports by utilizing, among other tools, the annual LEA self-evaluations described in the above section. LAYC Career Academy will actively notify households/families of the availability of the triennial progress report.

### **Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy**

LAYC Career Academy will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- School Health Index;
- FITNESSGRAM data collection and analysis;
- OSSE Health and Physical Education student assessments;
- DC Healthy Schools Act School Health Profiles;
- Centers for Disease Control and Prevention School Health Profiles;
- Youth Risk Behavior Surveillance System results;
- WellSAT 2.0; and
- USDA triennial administrative review.

### **Revisions and Updating the Local Wellness Policy**

**This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above.** The Local Wellness Committee will update or modify this LWP based on the results of the school's annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when health priorities change; the community's health needs change; the wellness goals are met; new health science arises, new technology emerges; and new federal or state guidance/standards are issued.

## **Community Involvement, Outreach and Communications**

LAYC Career Academy is committed to being responsive to community input, which begins with awareness of the LWP. The school will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation and periodic review and update of the LWP through a variety of means appropriate for LAYC Career Academy. The school will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The school will actively notify the public about the content of or any updates to this LWP annually, at a minimum. LAYC Career Academy will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, LAYC Career Academy will disseminate this LWP to parents through posting it in the school office, school communications, and through any parent-teacher organizations.

## **Nutrition**

LAYC Career Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams trans-fat per serving (nutrition label or manufacturer's specification), and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

LAYC Career Academy is committed to offering school meals through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other supplemental programs, that:

- are accessible to all students;
- are appealing and attractive to students;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local and federal statutes and regulations;
- ensure all qualified students will become eligible for free lunch;
- schools will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line;
- free of charge

- promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
  - whole fruit options offered in attractive, accessible settings
  - alternative entrée options (e.g., salad bar, vegetarian options, etc.) are highlighted on posters or signs within all service and dining areas;
  - student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas;
  - placing white milk at the front of the coolers

LAYC Career Academy will strive to implement the following Farm to School activities:

Local and/or regional foods are incorporated into the meal program

Message about agriculture and nutrition are reinforced throughout the learning environment

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA Professional Standards for Child Nutrition Professionals](#).

### **Water**

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. LAYC Career Academy will make drinking water available where school meals are served during mealtimes. Additionally LAYC Career Academy will also:

- make water cups/jugs available in the cafeteria if a drinking fountain is not present
- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.
- All water sources and container will be maintained on a regular basis to ensure good hygiene and health safety standards.

### **Competitive Foods and Beverages**

LAYC Career Academy is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of

healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available [here](#).

To support healthy food choices and improve student health and well-being, no foods or beverages outside the reimbursable school meal programs are sold to students on the school campus during the school day.

### **Rewards**

LAYC Career Academy will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements of the DC Healthy Schools Act of 2010.

### **Third-Party Vendors**

LAYC Career Academy will not permit third-party vendors to sell foods or beverages of any kind to students on school property from midnight on the day school begins to 90 minutes after the school day ends, in accordance with Healthy Schools Act and USDA Smart Snacks Standards.

### **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. LAYC Career Academy will make available to parents and teachers a list of healthy fundraising ideas including the following: walk-a-thons, Jump Rope for Heart, and dance-a-thons. Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

### **Food and Beverage Marketing in Schools**

LAYC Career Academy is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. LAYC Career Academy strives to teach students how to make informed choices about nutrition, health and physical activity. It is LAYC Career Academy's intent to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with this LWP.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an 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. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
- Displays, such as on vending machine exteriors;
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (note: immediate replacement of these items are not required; however, LAYC Career Academy will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy);
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by LAYC Career Academy;
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As LAYC Career Academy's school nutrition services, or other departments, reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this LWP.

### **Nutrition Promotion**

LAYC Career Academy will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and

- ensuring 100 percent of foods and beverages promoted to students meet the USDA Smart Snacks nutrition standards. Additional promotion techniques that LAYC Career Academy may use are available [here](#).

## **Ensuring Quality Nutrition Education, Health Education and Physical Education**

LAYC Career Academy aims to provide age-appropriate and culturally sensitive instruction in nutrition, health and physical education that help students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

### **Nutrition Education**

LAYC Career Academy will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- teaches media literacy with an emphasis on food and beverage marketing;
- includes nutrition education training for teachers and other staff; and
- All teachers will provide opportunities for students to practice the skills taught through health education curricula

### **Essential Healthy Eating Topics in Health Education**

LAYC Career Academy will include in the health education curriculum the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention

### **Health Education**

LAYC Career Academy is dedicated to intergrating health education experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, LAYC Career Academy will provide students school health education that address a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention. Health education curricula and instruction should address the [DC Health Education Standards](#) and incorporate the [characteristics of an effective health education curriculum](#). LAYC Career Academy will provide health education that:

- is incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- incorporates active learning strategies and activities that students find enjoyable and personally relevant;
- incorporates opportunities for students to practice or rehearse the skills needed to maintain and improve their health;
- incorporates a variety of culturally-appropriate activities and examples that reflect the community's cultural diversity;

### **Improving Environmental Sustainability**

LAYC Career Academy will seek to improve its environmental sustainability and engage in sustainable agriculture practices through:

- contracting with food service vendors that utilize locally grown, locally processed and unprocessed foods from growers engaged in sustainable agriculture practices;
- school wide recycling programs; and
- school composting program

### **Physical Education and Physical Activity**

LAYC Career Academy acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of LAYC Career Academy that students engage in the recommended 60 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide

opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional, and social well-being.

The components of LAYC Career Academy's physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities, as well as aesthetic movement forms, such as yoga, dance, and other elective classes that are offered.

### **Free Breakfast and Lunch**

LAYC Career Academy food service program provides a free breakfast and lunch to all students in accordance with Federal Law and the U.S. Department of Agriculture (USDA) policy. LAYC Career Academy's meals are provided by Top Spanish Café and Catering.

Click [here](#) to view our National School Lunch Program

The LAYC Career Academy announces the sponsorship of the Child and Adult Care Food Program. The same meals will be available at no separate charge to all participants at each CACFP facility without regard to race, color, national origin, sex, age, and disability.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture,

Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

In addition, the District of Columbia Human Rights Act, approved December 13, 1977 (DC Law 2-38; DC Official Code §2-1402.11(2006), as amended) prohibits discrimination on the basis of marital status, personal appearance, sexual orientation, gender identity or expression, family responsibilities, familial status, source of income, place of residence or business, genetic information, matriculation, or political affiliation of any individual. To file a complaint alleging discrimination on one of these bases, please contact the District of Columbia’s Office of Human Rights at (202) 727-3545. If you require information about this program, activity, or facility in a language other than English, contact the District of Columbia Office of Human Right’s Language Access Program at (202) 727-4559.

### Lead Water Testing Results

LAYC Career Academy provides free filtered water stations for students, staff, and visitors. In addition, the water has been tested for lead, as can be seen in the results below:



**LAYC Career Academy PCS - Lead in Water Test Results**

**FY18 Filter Test**



Less than 5 ppb - Devices Requiring No Remediation											
Charter Campus Name	Water Source ID	Device Type	Floor	Device Location	Location Identifier		Water Filter ID	Date Analyzed	Filter Test ID	FT Final Results - Draw A (ppb)	FT Final Results - Draw B (ppb)
					High/Low	Left/Mid/Right					
LAYC Career Academy PCS	WS-010-001	Food Prep Sink	Basement	In kitchen B06	-	-	WF-102017-010001-01	5/30/18	FT-FY18-102017-010001	1.5	<1
LAYC Career Academy PCS	WS-010-002	Break Room	2	In kitchenette adjacent to room 215	-	-	WF-102017-010002-01	5/30/18	FT-FY18-102017-010002	<1	<1
LAYC Career Academy PCS	WS-010-003	Break Room	3	In kitchenette adjacent to room 314	-	-	WF-102017-010003-01	5/30/18	FT-FY18-102017-010003	<1	<1
LAYC Career Academy PCS	WS-010-004	Break Room	4	In kitchenette adjacent to room 402	-	-	WF-102017-010004-01	5/30/18	FT-FY18-102017-010004	<1	<1