

## LAYC CAREER ACADEMY

### **Local Wellness Policy**

**SY 2025**

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 the LAYC Career Academy. Specific measurable 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 the implementation of school health and safety policies/programs, including periodic reviews and updates of this LWP. This committee consists of a member of the Leadership team, a teacher, and a student. Each member contributes equally to reviewing the policies and implementations.

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.

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
Ericka Rivera	Staff Member - Operations Manager	<a href="mailto:ericka@laycca.org">ericka@laycca.org</a>	Committee oversight and implementation

## **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### **Implementation Plan**

All LAYC Career Academy schools 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 will 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 LAYC Career Academy's 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.

Each school in the LAYC Career Academy will actively inform families 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 the school website <https://laycca.org/wp-content/uploads/2019/09/Website-NSLP-Water-2019-2.pdf> and through LAYC Career Academy-wide communications. This will include a summary of the LAYC Career Academy LAYC Career Academy's events or activities related to wellness policy implementation. Annually, the 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. Staff are informed of the biannual meetings of the committee and invited to attend at all staff PDs and through postings in school communications.

## **Triennial Progress Assessments**

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

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

- Ericka Rivera, Operations Manager, 703-582-3115, [ericka@laycca.org](mailto:ericka@laycca.org)
- Nicole Hanrahan, Executive Director, 202-319-2228, [nicole@laycca.org](mailto:nicole@laycca.org)

The above-referenced individuals will monitor LAYC Career Academy 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 schools 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 LAYC Career Academy's annual self-assessment, the USDA triennial administrative review, and on other variables, including if/when LAYC Career Academy's 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**

All LAYC Career Academy schools are committed to being responsive to community input, which begins with awareness of the LWP. All LAYC Career Academy schools 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. All LAYC Career Academy schools also will 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. All LAYC Career Academy schools will actively notify the public about the content of or any updates to this LWP annually, at a minimum. All LAYC Career Academy schools 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, on the school website, and through any parent-teacher organizations.

## **Nutrition**

All LAYC Career Academy schools are 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;
- schools will operate a Universal “Free for All” School Breakfast Program in the cafeteria; and

- promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
  - whole fruit options offered in attractive, accessible settings;
  - sliced or cut fruit offered, especially for age-appropriate students;
  - 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; and

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

- Local and/or regional products are incorporated into the school meal program;

## **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 makes drinking water available where school meals are served during mealtimes. Additionally, LAYC Career Academy provides drinking fountains in the cafeteria and in three other locations within the building.

## **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, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and the DC Healthy Schools Act 2010.

## **Rewards**

LAYC Career Academy schools will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

## **Third-Party Vendors**

LAYC Career Academy schools 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, athletics department, Parent-Teacher Association (PTA), and Parent-Teacher Organization (PTO) 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 schools may use are available [here](#).
- LAYC will incorporate nutrition and health promotion during each student's orientation.

## **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 helps students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle. These include the items listed in the section above, as well as the following:

- LAYC encourages students to join the School Principal daily on an outdoor walk of 3 miles during lunch hour.
- LAYC also hosts school-wide monthly events at local parks for sport games and activities, weather permitting. Indoor games are made available when weather does not allow outdoor activities. These activities are available to all students.

## **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
- encouraging school activities that foster and encourage environmental literacy, such as field trips to the zoo, the Smithsonian Museum of Natural History, the Smithsonian Environmental Research Center, Earth Day projects, and encouraging the creation of a school hydroponic garden.

