

Children's Village Academy School Nutrition
Local Wellness Policy
Revised 2019-2020
Triennial Assessment Report 2021
(Assessment waiver to postpone report given in 2020 due to Covid-19 Pandemic)

Policy Leadership:

The SN Director with the support of the Superintendent shall implement and ensure compliance with the LWP by leading the review, update, and evaluation of the policy.

Assessment Feedback:

Children's Village Academy SN Director has taken the lead in making sure all goals have had progress and or have met goals established in the LWP. When revisions were made the CVA Board of Directors and the Superintendent had input and signed off on any changes to the plan.

Public Involvement:

This district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy which include the following

SN Director
Classroom Teacher
Physical Ed. Teacher
Parent
2 Students
Health Care Professional

Assessment Feedback:

A LWP Committee was established consisting of the SN Director, Administrative and teaching staff, students, A representative from Kinston Community Health Center, and support from a member of the Lenoir County Cooperative Extension. Parents were invited to the meetings, but none were in attendance. However, they were given the information during PTO meetings and invited give feedback.

School Meals:

Children's Village Academy will meet or exceed the current nutrition requirements established under the Health Hunger-free Kids Acts of 2010 for grades K-5, and 6-8 breakfast and lunch meal patterns. (see Attachment A for more details).

Children's Village does not participate in food and beverage vending or snacks being sold students outside of the school meals programs. There will also be no marketing of snacks or beverages outside what is provided in our school meal programs.

Guidelines for class parties, class snacks and rewards are as follows:

1. CVA will permit students or parents to bring store purchased cupcakes labeled with ingredients, and nutrition labels to be served after the lunch period. Goodie bags may be given to students with appropriate age level toys and a snack. No candy will be permitted. Parents must notify the SN staff prior to sending or bringing in the cupcakes at least 24 hours for approval.

Assessment Feedback:

We have seen a decrease in the request from parents to have parties for their children a school. The parties that have occurred the guideline in getting 24 hour notice happened, but the notice was not shared with child nutrition before the party took place. A better system to ensure child nutrition is notified will be added to the plan.

2. For class rewards or class snacks, CVA will meet or exceed the smart snack guidelines established by USDA which includes snacks with lower sodium, low fat and grain, lower sugar and enriched whole grain products.

Assessment Feedback:

For the most part class rewards have consisted of pizza, or ice cream. Teachers need more reminders to offer less sugary rewards.

3. A list of non-food celebrations (see Attachment b) is provided for teachers and parents in lieu of class parties or rewards.

Assessment Feedback:

The list was distributed to teaching staff, however as new staff are hired the LWP should be a part of orientation so they can understand the position of providing a healthy and nutrition environment for the students. The LWP will be added to the orientation agenda.

Nutrition Education:

Students in grades K-8 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 through signage, posters, activities and during special events throughout the school year (i.e. National School Lunch Week and National School Breakfast Week).

Assessment Feedback:

Nutrition Education is very apparent in our school. Well thought out displays through posters and signage appear on walls in the cafeteria on both campuses. We've participated in both NSLP and NSB weeks. Teachers were given packets of activities appropriate for each grade level for the students to complete. The handouts included

coloring pages, word puzzles, and bingo that centered around healthy eating and physical activity.

Students in grades 6-8 shall receive more in-depth nutrition education via Family Consumer Science classes throughout the semester in the Nutrition curriculum.

Assessment Feedback:

Students in grades 6-8 have been receiving more in-depth nutrition education in their Family Consumer Science class.

Nutrition Promotion:

School Nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard (<https://www.smarterlunchrooms.org/scorecard-tools>) (see attachment C Smarter Lunchroom Scorecard). to determine ways to improve the school meals environment. CVA shall also implement at least one Smarter Lunchroom techniques not already used during the school year.

Assessment Feedback:

The Smarter Lunchrooms Scorecard was used to assess CVA's participation, reduce food waste, increase selection and consumption of health school food. CVA received an award level of Silver which is the level of excellence. (see attached scorecard for more details)

Physical Activity:

Children and adolescents should participate in 60 minutes of physical activity every day. The district shall provide students with physical education according to USDA Myplate. CVA will provide opportunities for students during the school day for unorganized physical education during recess daily, and organized teacher directed physical education during weekly classes. Physical activities for children and adolescents shall be developmentally appropriate, fun, and offer variety.

Assessment Feedback:

CVA provides at least 30-40 minutes of unorganized physical activity each day during the recess period after lunch. Each week P.E. class is provided for each grade with structured teacher directed activities. It has been difficult finding the entire 60 minutes of physical activities on the days P.E. is not provided due to the daily schedule of academic activities within the allotted school day hours.

Other School Based Strategies for Wellness:

Goals.

1. CVA shall offer 1 family-focused wellness event each school year to encourage family wellness practices that support healthy eating habits, and encourage physical activity.

Assessment Feedback:

CVA hosted at least 2 healthy eating activities for parents and their children each school year. It is combined with other academic events such as “Nacho Ordinary Math Night” and “Reading Spaghetti Night”. CVA also schedule field day event for the students at the close of the school year. This event allowed the students to participate in physical activity in a fun and organized way.

We also partnered with the Lenoir County Cooperative Extension to provide nutrition activities for the Kindergarten class. We were also in the planning stage with the Extension to receive seeds for planting a garden with the middle school grades, but was unfortunately put on hold due to the closing of school due to the Covid-19 Pandemic.

2. CVA Shall partner with the Eastern NC food bank to volunteer services to support the food bank in their efforts in distributing food to other families in need.

Assessment Feedback:

Each year the middle school students were able to volunteer at the Eastern North Carolina Food Bank, Greenville branch. The students tied bags for sweet potatoes, assembled boxes to package supplies for seniors, labeled cans, and packaged sweet potatoes.

The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compared to a model policy, as established by the US Department of Agriculture.

Any updates made to the policy by the School Nutrition Director, must be approved by the Board of Directors and will inform the stakeholders listed in the policy, parents and the faculty of such changes. The content or any updates to the policy will be posted on the school website and added to the Board Meeting agenda.

Areas of Strength:

1. Providing and maintaining a healthy meal service program that promotes good nutrition habits
2. Collaborations with community agencies such as Kinston Medical Center, Lenoir Cooperative Extension & Eastern North Carolina Food Bank.
3. Engaging Students & Parents in activities that promote social, academic and physical health by offering several events throughout the year.

Areas to strengthen:

- 1.Create more goals to include staff wellness activities into the LWP.
- 2.Create more goals to get 60 minutes of physical activity for the students each day.

Board Chair

Signature

Date

School Nutrition Administrator

Signature

Date
