

Policy: Wellness policy

Adopted May 5, 2021

Introduction

Telra Institute recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Telra Institute is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

Local School Wellness Policy Leadership

Telra Institute will establish an ongoing Healthy School Team that will meet annually to ensure compliance and to facilitate the implementation of Telra Institute wellness policy.

- The Head of School is responsible for the oversight of the Local Wellness Policy, and is responsible for establishing the Healthy School Team that will ensure compliance with the policy and with federal and state regulations as they relate to the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.
- The Healthy School Team is responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-2.002);
 - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-2.002;
- And reporting its school's compliance of the regulations to the Head of School.
- The Healthy School Team will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.
- The initial composition of the Healthy School Team is listed below (obsolete). The Head of School is authorized to add or remove members. (updated April 8, 2025)

Name	Title/Relationship to the District	Role in Committee
Dr. Ronak Bhatt	Head of School	Appoints the Healthy School Team and receives its reports and recommendations

Mark Bosco	Chief of Operations	Leads the nutrition and school health department & Leads the Healthy School Team
Gislene Graham	PE teacher	Assists in the evaluation of the wellness policy implementation
Toccara Young	School food program vendor	Assists in the evaluation of the wellness policy implementation
Varies year to year	Parents & Students	Assists in the evaluation of the wellness policy implementation
George Baldwin	Board member	Assists in the evaluation of the wellness policy implementation

Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

The Healthy School Team will explore Cornell University's "Smarter Lunchroom" tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.

Goals will include promoting healthy food and beverage choices by:

- Training staff to prompt students to select and eat fruits and vegetables
- Placing unflavored milk in front of other beverage choices
- Bundling meals that include fruit and vegetable items

Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

Goals will include:

- Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Classroom lectures, activities, and written tests are given in the areas of nutrition. (Example topics include: mindful eating, balanced meals, how to read nutrition facts labels)
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Physical Activity

Telra Institute shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity. Goals include:

- All elementary students shall receive at least 150 minutes per week of physical activity or instructionally relevant physical education.
- All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
- Classroom teachers will provide short physical activity breaks between lessons or classes.

Other School-Based Activities

Telra Institute will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

- Telra Institute shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- Afterschool programs will encourage healthy snacking and physical activity.
- Telra Institute shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.
- Teachers and other school personnel will not deny physical activity as a means of punishment.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Guidelines for All Foods and Beverages Available During the School Day

Telra Institute shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of North Carolina. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

School meals

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, Telra Institute will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all children during each meal service.

Competitive Foods

- Any foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods,” and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
 - School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
 - School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- Unless being sold by a Telra Institute food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-2.002)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

Nutrient standards for competitive foods:

Nutrient Standard	Snack Items and Side Dishes (including any added accompaniments)	Entrée Items (including any added accompaniments)
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)

Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less
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Exemptions:

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

*Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.

Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40	Not allowed	Not allowed	fl. oz.

calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)			
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For elementary and middle school students: foods and beverages must be caffeine-free except for trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

Standards for food and beverages available during the school day that are not sold to students:

- The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- Class parties or celebrations shall be held after the lunch period.
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month, on average.

Fundraising

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The Head of School is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

- The Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-2.002)

Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, marketing and advertising during the school day is only permitted for those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.

Evaluation and Measurement of the Implementation of the Wellness Policy

Telra Institute's Board of Directors will update and make modifications to the wellness policy based on recommendations of the Head of School, the results of the annual review and triennial assessments, and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance, or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

The Healthy School Team will assess the implementation of the local school wellness policy at least once every 3 years. The assessment will include:

- The extent to which Telra Institute is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

Informing the Public

The Head of School will ensure that the wellness policy and most recent triennial assessment are always available to the public. Telra Institute will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- Telra Institute will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- Telra Institute will present wellness policy updates, as applicable, during open public meetings of the Telra Institute Board of Directors.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, Telra Institute website, articles, and/or a newsletter, to ensure that the community is informed, and that public input is encouraged.
- Each family will be provided with a complete copy of the local school wellness policy at the beginning of the school year.

Community Involvement

Telra Institute is committed to being responsive to community input, which begins with awareness of the wellness policy. Telra Institute will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- Telra Institute will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using oral and/or written surveys and attention will be given to their comments.
- Telra Institute will use electronic mechanisms, such as email or displaying notices on Telra Institute website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively

notified of any updates to the wellness policy, as well as how to get involved and support the policy.

- The local school wellness policy will be discussed during a public meeting of the Board of Directors after each progress assessment. All stakeholders will be asked to provide feedback on the policy, and comments and recommendations will be reviewed and considered.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.