



# **Pee Dee Innovation & Leadership Academy**

## **Local Wellness Policy**

### **Preamble**

Pee Dee Innovation & Leadership Academy (PDILA) is committed to supporting the whole child by promoting optimal physical, social, emotional, and academic development for every scholar. The Academy recognizes that student achievement and well-being are closely connected to healthy lifestyles. To support lifelong success, PDILA is dedicated to maintaining positive, safe, inclusive, and health-promoting learning environments across all settings and throughout the school year.

Health and wellness initiatives are aligned with broader school improvement efforts to ensure scholars are prepared to thrive academically and personally. This Local Wellness Policy (LWP) establishes PDILA's commitment to providing opportunities for healthy eating, physical activity, and wellness education throughout the school day. This policy applies to all scholars and staff.

### **School Wellness Committee**

#### **Purpose**

Pee Dee Innovation & Leadership Academy will establish and maintain a School Wellness Committee (SWC) responsible for the development, implementation, monitoring, and periodic review of the Local Wellness Policy. The committee will meet at least three (3) times per year and will support continuous improvement of school health and wellness initiatives while ensuring compliance with federal and state requirements.

#### **Membership and Oversight**

The School Wellness Committee will include, to the extent practicable, representation from:

- Parents and/or legal guardians
- Students
- School nutrition services
- Physical education staff

- School health professionals
- School administrators
- School board representatives
- Members of the general public

The designated officer responsible for ensuring compliance with the Local Wellness Policy is **Dr. Sharon N. Williams, Executive Director**.

Committee member names, terms, and contact information will be made readily available to the public.

## Nutrition Standards

### School Meals

Pee Dee Innovation & Leadership Academy participates in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and ensures that all meals meet or exceed nutrition standards established by the United States Department of Agriculture (USDA) and the South Carolina Department of Education.

School meals will include:

- A variety of fruits and vegetables, including all required vegetable subgroups (dark green; red and orange; legumes; starchy; and other vegetables)
- Whole grain-rich grain options
- Lean meats and meat alternatives
- Fat-free and low-fat milk
- Access to free, safe drinking water during meal service

Meals will be served in clean, safe, and supportive environments and will accommodate special dietary needs and medical requirements as required by law.

### Foods and Beverages Outside of School Meals

All foods and beverages sold or provided to scholars during the school day outside of reimbursable meals must meet USDA **Smart Snacks in School** nutrition standards. This includes, but is not limited to:

- Vending machines
- School stores
- Fundraisers conducted during the school day
- Classroom celebrations, to the extent practicable

### Celebrations and Rewards

PDILA encourages the use of non-food rewards and activities to recognize scholar achievement and positive behavior. When food is provided, healthier options are strongly encouraged.

## **Wellness Goals**

Pee Dee Innovation & Leadership Academy establishes the following goals for nutrition education and promotion, physical activity, and other school-based activities that support student wellness. These goals are designed to meet federal and state requirements and will be monitored through the School Wellness Committee.

### **Nutrition Education and Promotion**

Pee Dee Innovation & Leadership Academy will:

1. Provide nutrition education to all scholars that is sequential, developmentally appropriate, and aligned with South Carolina academic standards.
2. Incorporate nutrition education into the health curriculum and, when feasible, into other instructional areas such as science and physical education.
3. Promote consistent, school-wide messaging that encourages healthy food and beverage choices in classrooms, cafeterias, and school communications.
4. Support scholar understanding of the relationship between nutrition, physical health, and academic performance.
5. Make nutrition education information and resources available to families to support healthy behaviors beyond the school setting.

### **Physical Activity**

Pee Dee Innovation & Leadership Academy will:

1. Provide standards-based physical education instruction for all scholars, taught by qualified personnel, in accordance with state requirements.
2. Ensure scholars have regular opportunities for physical activity during the school day, including scheduled recess and structured movement opportunities.
3. Support the use of classroom-based physical activity and movement breaks to enhance student engagement and learning.
4. Ensure physical activity opportunities are inclusive and accessible to all scholars, including those with disabilities or medical conditions, with appropriate accommodations.
5. Offer opportunities for physical activity before and after school, when resources and scheduling permit.

## **Physical Education**

- All scholars will participate in standards-based physical education instruction taught by qualified staff.
- Instruction will promote lifelong fitness, movement skills, teamwork, and personal responsibility.
- Physical activity or withholding recess will not be used as a form of discipline, to the extent practicable.
- All students will receive 20 minutes of recess daily and one class of physical education for 50 minutes each week.

## **Inclusive Participation**

All scholars, including those with disabilities or health conditions, will be provided equitable opportunities to participate in physical activity with appropriate accommodations.

## **Other School-Based Wellness Activities**

Pee Dee Innovation & Leadership Academy will:

1. Implement school-wide practices that support physical, social, emotional, and mental health.
2. Encourage the use of non-food rewards and incentives that align with the goals of the Local Wellness Policy.
3. Provide access to counseling and mental health supports to promote student well-being.
4. Promote staff wellness activities that support a healthy school environment and model positive behaviors.
5. Engage families and community partners in wellness initiatives that support student health and reflect community needs.

## **Monitoring and Evaluation**

The School Wellness Committee will monitor progress toward these goals annually and evaluate outcomes as part of the triennial Local Wellness Policy assessment. Adjustments to goals and practices will be made as needed to maintain compliance with USDA and SCDE requirements and to support continuous improvement.

## **Wellness Promotion and Education**

### **Nutrition Education**

PDILA will provide nutrition education that:

- Is developmentally appropriate and culturally responsive
- Is integrated into the academic curriculum when feasible
- Reinforces healthy eating behaviors and informed decision-making

## **Wellness Promotion**

The Academy will promote wellness by:

- Encouraging positive health messaging throughout the school community
- Engaging families and community partners in wellness initiatives
- Collaborating with local health organizations when feasible

## **Staff Wellness**

PDILA recognizes that staff wellness contributes to a positive school culture and learning environment. The Academy will encourage staff participation in wellness initiatives and promote healthy practices to support overall well-being.

## **Policy Review and Updates**

Pee Dee Innovation & Leadership Academy will review and update the Local Wellness Policy on a regular basis. Revisions will be informed by:

- Results of the triennial assessment
- School priorities and improvement initiatives
- Community needs
- School-level implementation progress
- Emerging scientific research and best practices
- New or revised federal and state regulations or guidance

The policy will be reviewed annually, no later than thirty (30) instructional days of the new school year. Any revisions will be shared with the Board of Directors and posted in the **Compliance Section** of the PDILA website.

## **Accountability and Evaluation**

### **Triennial Assessment**

At least once every three (3) years, PDILA will assess:

- Compliance with USDA Final Rule requirements (2016)

- Implementation of the Local Wellness Policy
- Progress toward wellness goals
- Alignment with model local wellness policies

Assessment results will be made available to the public and used to guide policy improvement.

## **Recordkeeping**

Pee Dee Innovation & Leadership Academy will retain records documenting the establishment, implementation, and compliance of the Local Wellness Policy, including:

- The written Local Wellness Policy
- Documentation demonstrating public availability of the policy
- Records of policy review and updates, including stakeholder participation
- Documentation of annual public notifications
- The most recent triennial assessment and evidence of public access to results

## **Family Engagement**

PDILA is committed to meaningful family engagement in wellness initiatives by:

- Providing opportunities for family participation in the SWC with diverse representation
- Involving families in policy development, implementation, and review
- Using culturally responsive and inclusive engagement practices
- Sharing health and wellness resources
- Offering programs on nutrition, physical activity, and physical and mental health that reflect community needs

## **Community Involvement**

PDILA will support community involvement by:

- Inviting community members to participate in the SWC
- Encouraging community input in wellness policy development and review
- Partnering with community organizations to support service-learning and wellness opportunities
- Seeking feedback and providing resources for continuous improvement

## **Annual Notification to the Public**

PDILA will annually inform parents, families, and the public about the Local Wellness Policy, including:

- Policy content, updates, and effective dates
- School-level implementation status
- Rationale for updates and individuals involved
- Names and contact information of School Wellness Committee leaders
- Opportunities for public participation in the SWC
- Meeting information, when applicable

Information will be shared through multiple methods, including:

- Electronic communications (email, newsletters)
- School and Academy websites
- Family meetings and presentations
- Information sent home to parents and legal guardians