



LOCAL SCHOOL WELLNESS POLICY

Tennessee

Rocketship is committed to the optimal development of every student. Rocketship believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that both good nutrition and physical activity— before, during, and after the school day— are strongly correlated with positive student outcomes. In accordance with the requirements of the Healthy Students Act of 2010 (the “Healthy Students Act”), Rocketship has developed this local wellness policy to ensure environments and opportunities for all students to practice healthy eating behaviors and engage in physical activity throughout the school day. This policy addresses nutrition (i.e. school meals, food services, nutrition promotion and education); physical activity (i.e. physical education, recess, other opportunities for activity); community initiatives; and implementation and monitoring.

I. Nutrition

School Meals

Rocketship is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of students within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All Rocketship schools participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All breakfast, lunch, and after-school meals served to students shall meet or exceed current federal nutritional standards set forth in applicable local and federal statutes and regulations.

Pursuant to Section 203 of the Healthy Students Act of 2010 and T.C.A. § 49-6-2302, Rocketship will offer free breakfast to all students (provided that at least 25% of students at a particular school qualify for free or reduced-price lunch, as Rocketship expects to be the case at all of its schools). Breakfast will be served in the classroom at the start of the school day. Rocketship will allow students adequate time to eat a nutritionally balanced breakfast.

Lunch will be served at a reasonable and appropriate time of the school day. Rocketship will provide students with adequate time to eat lunch.

Food Brought From Home

Students may bring a lunch and/or a snack from home, but Rocketship prohibits certain food items in furtherance of our focus on nutrition and health. Chips and cookies are not allowed unless included as part of a complete lunch (i.e. with a sandwich, fruit, vegetable, etc.). Gum, candy, soda, and fast food are prohibited on Rocketship campuses.

During mealtime, Rocketship staff shall not discriminate or segregate students based on race, color, age, sex, disability, or national origin. Rocketship staff shall not withhold food as a punishment for students.

Food Services

Rocketship shall provide breakfast and lunch for free or reduced cost to students who qualify through the federal FRL application and Direct Certification process. Rocketship will also provide meals that meet the dietary needs of students with diagnosed medical conditions as required by a licensed physician.

Rocketship will contract with food service providers that share a commitment to childhood wellness and that offer healthy meal choices that comply with all federal and local nutritional standards. Food service providers will provide Rocketship with a menu for each breakfast and lunch meal served; nutritional content and ingredients for each menu item; and location where any fruits and vegetables served in the school are grown and processed, and whether growers are engaged in sustainable agricultural practices. Rocketship will post this information in the front office of all schools.

Rocketship will regularly evaluate the policies and vending contracts with all food service providers through check-ins and service-level agreements. Vending contracts that do not meet the requirements, intent or purpose of this Policy will promptly be modified or discontinued.

Water

To promote hydration, unflavored drinking water will be available for free to all students throughout the school day and throughout every school campus. Rocketship will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry water bottles filled with only water throughout the day, provided that the water bottle does not become a distraction or lead to behavioral infractions.

Foods and Beverages Outside of Mealtimes

Rocketship 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 will meet the minimum nutritional standards and nutritionally sound portion sizes promulgated by the Tennessee State Board of Education pursuant to T.C.A. § 49-6-2307. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options, school stores, and school fundraising activities.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. This includes the following:

- Celebrations and parties. Rocketship will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- Classroom snacks brought by parents.
- Rewards and incentives. Rocketship teachers and staff members will not use foods and beverages as a reward, or withhold foods and beverages as punishment for any reason, such as for performance or behavior.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community. As such, Rocketship may prohibit students from bringing snacks to school that fall outside of the established USDA and Smart Snacks nutrition standards described above.

Nutrition Education

Rocketship aims to teach, model, encourage, and support healthy eating by students. Rocketship will engage in nutrition education and promotion that:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of enrichment classes and integrated into other classroom instruction;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities (i.e. cooking demonstrations or lessons, 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; and
- includes nutrition education training for teachers and other staff.

Food and Beverage Marketing in Schools

Rocketship 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. Rocketship strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on Rocketship property that contains messages inconsistent with the health information that

Rocketship is imparting through nutrition education and health promotion efforts. It is Rocketship's intent to protect and promote student's 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 policy.

For the purposes of this policy, "advertising and marketing" is definedⁱ as 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, or scoreboards.
- 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 Rocketship.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

II. Physical Activity

In accordance with Tennessee law, Rocketship schools will integrate physical activity into the instructional school day. Students in grades K-1 will receive three, 15-minute periods of non-structured physical activity per day, and students in grades 2-4 will receive at least two, 20-minute periods of non-structured physical activity at least four days a week. Rocketship will help further this goal through a combination of physical education, recess, classroom-based physical activity, and before-and-after school activities.

Physical activity during the school day (including recess, physical activity for breaks, and physical education) will not be withheld as punishment.

To the extent practicable, Rocketship will ensure that its grounds and facilities are safe and that equipment is available for students to be active. Rocketship will conduct regular inspections and arrange for necessary repairs throughout the school year.

Physical Education

Rocketship will provide weekly physical education to all students in accordance with rules promulgated by the Tennessee State Board of Education. Physical education classes will be taught by Enrichment Center Coordinators and/or Rocketship teachers. To maintain a high-quality physical education program, Enrichment Center Coordinators will receive regular professional development throughout the school year and meet regularly to ensure they are exhibiting network-wide best practices.

Recess

All Rocketship schools will provide 20-30 minutes per day for recess to supplement, not substitute, physical education class. (This number may be adjusted on early dismissal or late arrival days.) Schools will have appropriate hand-washing/hand-sanitizing mechanisms for students who have recess prior to lunch.

Rocketship will offer outdoor recess when the weather is feasible for outdoor play. Schools may conduct indoor recess when the temperature (inclusive of wind chill) is below freezing, during days when the air quality is at "code red" or "code orange," during storms with lightning or thunder, during rainstorms, or at the direction of the Principal or Business Operations Manager based on best judgment of safety conditions. In the event that Rocketship must conduct indoor recess, teachers and staff will follow indoor recess guidelines established by the Principal that promote physical activity for students, to the extent practicable.

Physical activities during recess will be supervised by Rocketship staff. Schools may also choose to organize structured games or activities during recess to increase student participation in physical activity.

Launch

All Rocketship schools incorporate physical activity at the beginning of the school day during a schoolwide assembly called "Launch." School Leaders will provide an opportunity for an all-school coordinated exercise (i.e. dancing or stretching) before instruction commences. Launch is a way to instill in students the importance and joy of incorporating physical activity into their daily lives.

Physical Activity Breaks

Rocketship recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Students will be offered periodic opportunities to be active or stretch throughout the school day. Rocketship recommends 3-5 minute activity breaks to students during and/or between classroom time.

Other Activities that Promote Student Wellness

Rocketship will integrate wellness activities across the entire school setting. Rocketship will coordinate and integrate initiatives related to physical activity, nutrition, and other wellness components outside of health and physical education courses. Rocketship teachers will be encouraged to coordinate content across curricular areas that promote student health (i.e. teaching nutrition concepts in Mathematics).

All school-sponsored events will adhere to this wellness policy.

III. Community Partnerships

Rocketship will develop relationships with community partners (i.e. universities, hospitals, local businesses and organizations) in support of the implementation of this wellness policy. Rocketship will evaluate all community partnerships will be evaluated to ensure that they are consistent with the policy.

Health Promotion and Engagement

Rocketship will promote the benefits of and approaches to healthy eating and physical activity to students' families and the greater community. Families will be invited and encouraged to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

Rocketship will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity. When feasible, Rocketship will offer professional learning opportunities and resources for staff to increase their knowledge on how to integrate academics and health.

IV. Implementation and Measurement

All Rocketship schools will implement this policy. Rocketship will periodically review the policy and make any updates as necessary.
