

## LIFESTYLE CHALLENGE National School Lunch Program Wellness Policy

AMIKids WINGS Piedmont  
20238 Highway 72 East  
Clinton, SC 29235

### **Introduction:**

Federal law requires that each educational agency participating in the National School Lunch Program shall establish a school wellness policy. AMIKids WINGS Piedmont recognizes the need to assist our students by encouraging healthy eating habits and physical activity and has established this Lifestyle Challenge as its' Wellness Policy. This policy includes guidance for nutrition awareness and physical goals, standards of nutrition and food availability, and school-based physical activity opportunities designed to promote wellness. It also provides a plan for measuring policy implementation.

### **Overview:**

By facilitating learning through support and promotion of good nutrition and physical activity, AMIKids schools contribute to the basic health of the youth we serve. Thereby, optimizing their performance potential and ensuring that no child is left behind. It promotes a lifestyle of wellness behaviors, thus helping in the reduction of childhood obesity, diabetes, and heart disease.

This policy provides a framework for all students at AMIKids WINGS Piedmont to be given the opportunity to possess the knowledge and skills necessary to make nutritious and enjoyable food choices. In addition, all school staff is encouraged to model healthy eating behavior as a valuable part of daily life. School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and promote wellness.

#### **1. Lifestyle Challenge Nutrition Education Goals**

- AMIKids WINGS Piedmont shall promote health education curriculum standards and guidelines to include nutrition and healthy lifestyle development provided by a Certified Dietician Nutritionist, Jessica Grace Plank, LDN.
- Nutrition education is offered in the school dining room as well as in the classroom. The school kitchen should serve as a "learning laboratory" enabling students to apply skills taught in the classroom.
- Schools make an effort for students to receive consistent nutrition messages throughout classrooms, cafeterias, homes, community and media. Current nutrition education materials shall be prominently displayed in the dining area.
- AMIKids WINGS Piedmont links food and nutrition education within the school education program.
- AMIKids WINGS Piedmont Staff that provide nutrition education have appropriate and current training.



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**2. Lifestyle Challenge Physical Activity Goals**

- AMIKids WINGS Piedmont shall promote a positive environment for physical activity by providing an environment that encourages safe and enjoyable activities for all students, such as basketball, flag football, horseshoe, corn-hole toss, and volleyball.
- AMIKids WINGS Piedmont Students are given opportunities and time for various physical activities during the school day.
- AMIKids WINGS Piedmont Students are given opportunities to train and participate in the AMIKids WINGS Piedmont Annual Experiential Challenge Events such as the summer and winter Olympic-style events.
- AMIKids WINGS Piedmont is encouraged to work with the community to create physical opportunities for students.
- AMIKids WINGS Piedmont encourages parents and guardians to support their children's participation in physical activity and to be physically active role models.
- AMIKids WINGS Piedmont provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

**3. Lifestyle Challenge Established Nutrition Standards and Guidelines**

*All foods available on school campus during the school day will comply with the following:*

- Meals served at AMIKids WINGS Piedmont must meet the meal patterns and nutrition standards established by the USDA National School Lunch Program, National Breakfast Program, and After School Snack Program.
- AMIKids WINGS Piedmont Menu planning shall take into consideration students' cultural and regional norms. Menus are planned, analyzed and approved by South Carolina Department of Education and Office of Health and Nutrition.
- AMIKids WINGS Piedmont Food Service Staff shall practice nutrition guidelines that require the use of approved menus, products, and cooking techniques that comply and are consistent with the 2010 Healthy, Hunger-Free Kids Act of 2010.
- AMIKids WINGS Piedmont Food preparation should focus on reduced fat, lower sodium and sugar as per the 2010 Dietary Guidelines for Americans. Whole grains, lean meats, low-fat milk, fresh fruits and vegetables shall be emphasized in menu planning.
- AMIKids WINGS Piedmont shall ensure an overall school environment that encourages students to make healthy food choices. "Bid Store" treats must not be offered during meal times.



- AMIKids WINGS Piedmont will provide a food service program that employs trained staff who efficiently serve a variety of appealing and nutritious foods. AMIKids WINGS Piedmont will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of food and nutrition. This training will include HACCP (food safety) standards and guidelines. AMIKids WINGS Piedmont Kitchen Manager of Residential Programs shall hold a current ServSafe certification for managers. AMIKids WINGS Piedmont Program Staff shall hold a current ServSafe certification for food handlers.
- AMIKids WINGS Piedmont Nutrition policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- AMIKids WINGS Piedmont Special Diets shall be provided to students as prescribed by appropriate medical or dental personnel or when food substitutions are requested due to religious beliefs. Parents may also request food substitutions for their son/daughter when food intolerances are indicated by the parent/guardian.
- AMIKids WINGS Piedmont foods and smart snacks served in school must meet local and state standards in regard to food safety, storage, preparation, serving, and workplace safety. AMIKids WINGS Piedmont must request a semi-annual State Health Inspection. Smart snacks and healthy foods are promoted by posters displayed in the cafeteria, as well as in the education department.

#### **4. Lifestyle Challenge Goals and Program Overview**

*Site specific school-based activities to promote student wellness*

##### **AMIKids WINGS Piedmont Lifestyle Development:**

AMIKids WINGS Piedmont will incorporate their Lifestyle Challenge activity to include the following;

- AMIKids WINGS Piedmont shall incorporate a Lifestyle Challenge activity specific to student's needs.
- AMIKids Schools shall encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining.
- AMIKids Schools shall encourage all students to participate in school meals program, i.e. the National School Lunch and Breakfast Programs, by providing every family the opportunity to complete a Free & Reduced Meal Application, and to also protect the identity of students who eat free and reduced priced meals.
- AMIKids Schools shall encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.



### **AMIKids WINGS Piedmont Dining Environment**

- AMIKids WINGS Piedmont shall provide clean, pleasant and safe eating areas for students and staff
- AMIKids WINGS Piedmont will provide adequate serving space and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.
- AMIKids WINGS Piedmont will provide adequate seating, tables, utensils, napkins and supervision at meal times.
- AMIKids WINGS Piedmont will provide adequate drinking water is in the cafeteria at meal times.
  - AMIKids WINGS Piedmont will provide adequate second helpings, when offered to all students in a fair and non-discriminatory manner. AMIKids WINGS Piedmont will not use food as a reward or a punishment.

### **AMIKids WINGS Piedmont Meal Scheduling**

- AMIKids WINGS Piedmont will ensure an adequate time for students to enjoy eating healthy foods.
- AMIKids WINGS Piedmont will ensure a minimum of 15 minutes for breakfast and 25 minutes for lunch.
- AMIKids WINGS Piedmont students shall be encouraged to start each day with a healthy breakfast. AMIKids WINGS Piedmont will schedule breakfast as near the beginning of the day as possible and through 10:00 am if necessary.
- AMIKids WINGS Piedmont will schedule lunch time as near the middle of the school day as possible; serving times 12:00PM through 1:30 PM.
- AMIKids WINGS Piedmont Afterschool Snacks must be served after the normal school day ends, and can be served before bedtime.
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### **5. Lifestyle Challenge Measurement and Evaluation**

*Evaluation of the Lifestyle Challenge policy recommendations includes the following:*

**AMIKids WINGS Piedmont participates in the NSLP and will integrate a site-specific Lifestyle Challenge activity into their program.**



AMIKids WINGS Piedmont is encouraged to educate and facilitate health and wellness in school. The following programs may be utilized;

- After-school training sessions
- Healthy choices initiatives
- Incorporation of education material into life skills classes
- Community events, fundraising events and or group activity

AMIKids WINGS Piedmont will provide support in developing their Lifestyle Challenge. AMIKids WINGS Piedmont uses activities currently in place in their school for the Lifestyle Challenge Activity.

- AMIKids WINGS Piedmont will develop a checklist of action steps
- AMIKids WINGS Piedmont offers health and lifestyle information via Staff Newsletters and posters.
- AMIKids WINGS Piedmont offers a framework for community involvement and development with the assistance of networking.
- AMIKids WINGS Piedmont offers a forum for Lifestyle Challenge ideas and possible activities

**AMIKids WINGS Piedmont Lifestyle Challenge development resources available to schools may include:**

- Commonalities between programs and best practices
- Resource List and assistance with searching for additional resources
- Nutritional training including lead-by-example, best practices and training forums
- Aid in funding development and enhancement
- Youth specific activities and learning environments
- Training sessions specific to youth interest and needs

**AMIKids WINGS Piedmont Measure and Evaluate the Lifestyle Challenge.**

- This policy will be reviewed, evaluated and revised annually to enhance and update the Lifestyle Challenge implementation at AMIKids WINGS Piedmont.
- If changes are to be made, Stephanie Durant-Brooks, Executive Director AMIKids WINGS Piedmont and Mrs. Tanya Hollins, Regional Director approval are required for addendums.
- The effectiveness of the Wellness Policy and recommended revisions, if necessary, will be reported to the governing board at the AMIKids WINGS Piedmont Executive Committee for their approval.



- The Committee members are:  
Stephannie Durant-Brooks, Executive Director  
Director of Operations  
Shift Supervisor  
Howard Grinberg, Food Service Supervisor  
Tomika Allen, Business Manager

**AMIKids WINGS Piedmont Methods to Review policy**

Review mechanisms may include the following;

1. NSLP changes in standards
2. Student and Staff comments and surveys
3. Yearly on-site NSLP reviews

Ms. Stephannie Durant-Brooks, AMIKids WINGS Piedmont Executive Director along with Ms. Tanya Hollins, Regional Director, AMIKids SC will ensure that AMIKids WINGS Piedmont is meeting the Wellness Policy goals by using one of the above review mechanisms that are conducted at least on a yearly basis.



## Wellness Policy Documentation Approval

By signing this form, you confirm that you reviewed and approved the Lifestyle Challenge/Wellness Policy.

WE HEREBY ACKNOWLEDGE ON THIS DATE OF 12/5/2022  
WE HAVE REVIEWED AND APPROVED THE LIFESTYLE CHALLENGE/WELLNESS  
POLICY.

**Signature:** *Tanya R. Hollins*

**Email:** [thollins@amikids.org](mailto:thollins@amikids.org)

**Signature:**   
Stephanie Durant-Brooks (Dec 5, 2022 14:31 EST)

**Email:** [sdurant-brooks@amikids.org](mailto:sdurant-brooks@amikids.org)

**Signature:**   
Kendall Givens-Little (Dec 6, 2022 07:42 EST)

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# 2022 wellness policy

Final Audit Report

2022-12-06

Created:	2022-12-05
By:	Tomika Allen (Piedmont-BM@amikids.org)
Status:	Signed
Transaction ID:	CBJCHBCAABAAEygCBgbdydl8jO4Toj7xIPHM_5NyFIF8

## "2022 wellness policy" History

-  Document created by Tomika Allen (Piedmont-BM@amikids.org)  
2022-12-05 - 7:29:27 PM GMT- IP address: 104.245.28.58
-  Document emailed to Stephannie Durant-Brooks (sdurant-brooks@amikids.org) for signature  
2022-12-05 - 7:30:05 PM GMT
-  Email viewed by Stephannie Durant-Brooks (sdurant-brooks@amikids.org)  
2022-12-05 - 7:30:49 PM GMT- IP address: 174.247.28.45
-  Document e-signed by Stephannie Durant-Brooks (sdurant-brooks@amikids.org)  
Signature Date: 2022-12-05 - 7:31:18 PM GMT - Time Source: server- IP address: 174.247.28.45
-  Document emailed to Tanya Hollins (thollins@amikids.org) for signature  
2022-12-05 - 7:31:19 PM GMT
-  Email viewed by Tanya Hollins (thollins@amikids.org)  
2022-12-05 - 7:31:47 PM GMT- IP address: 40.94.34.126
-  Document e-signed by Tanya Hollins (thollins@amikids.org)  
Signature Date: 2022-12-05 - 8:49:43 PM GMT - Time Source: server- IP address: 76.182.12.47
-  Document emailed to Kendall Givens-Little (givenslk@greenvillemed.sc.edu) for signature  
2022-12-05 - 8:49:45 PM GMT
-  Email viewed by Kendall Givens-Little (givenslk@greenvillemed.sc.edu)  
2022-12-06 - 12:42:13 PM GMT- IP address: 108.165.213.55
-  Document e-signed by Kendall Givens-Little (givenslk@greenvillemed.sc.edu)  
Signature Date: 2022-12-06 - 12:42:45 PM GMT - Time Source: server- IP address: 108.165.213.55
-  Agreement completed.  
2022-12-06 - 12:42:45 PM GMT