



The SEED Public Charter School of Washington, D.C.
Local Wellness Policy
SY 2023-2024

This Local Wellness Policy (LWP) outlines the LEA’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Research shows that proper nutrition and physical activity before, during and after the school day are strongly correlated with positive academic outcomes. For example, student participation in the School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products is associated with lower grades. Participation in active transportation to and from school (e.g., walking and bicycling), recess, physical activity breaks, physical education and extracurricular activities involving physical activity results in better academic outcomes for students. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy applies to all students, staff in The SEED Public Charter School of Washington, D.C. (SEED DC).

Local Wellness Policy Official:

SEED DC has identified the following LEA or school official(s) responsible for the implementation and oversight of the LWP to ensure each school’s compliance with the policy (7 CFR 210.31 (c)(4)).

Name	Position Title	Email address	LWP Role
Rashida Holman- Jones	Director of Family And Community Engagement	rholmanjones@seedschooldc.org	Manager

Triennial Progress Assessments:

At least once every three years, SEED DC will conduct a Triennial Progress Assessment and develop a report that reviews SEED DC’s compliance with this LWP. This assessment and report will include a full description of the progress made in attaining the goals of SEED DC’s LWP.



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The position responsible for managing the triennial assessment and report is Rashida Holman-Jones Director of Family And Community Engagement (FACE). The above referenced individual will monitor SEED DC's compliance with this LWP and develop the triennial progress reports. SEED DC will actively notify households and families of the availability of the triennial progress report.

The Local Wellness Policy along with a feedback link is available on SEED DC's website.

Plan to measure the impact and implementation of the Local Wellness Policy:

SEED DC will evaluate compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to:

- Virtual feedback link posted on website
- Staff, student, and family surveys
- Observational data collection

Plan for Implementation, periodic review, and update of Local Wellness Policy:

Engaging multiple stakeholders in school programs and services is a priority that may have a lasting impact on students as they grow. SEED DC understands that welcoming participation from multiple stakeholders when developing and implementing LWP goals supports the creation of an effective, comprehensive, and robust local wellness policy that will meet the needs of the school community and the students it serves. By allowing multiple stakeholders to participate in the development, implementation and evaluation of this wellness policy, SEED DC acknowledges the connection between family involvement, in connection with teachers, and other school staff, and ensuring students receive a well-rounded, comprehensive education that can serve them within and outside of the classroom setting. SEED DC is committed to engaging multiple stakeholders in our LWP development, wellness committee participation, policy implementation and other health and wellness requirements and initiatives.

School staff, students, families, community members, and other stakeholders are invited to participate in the development, implementation, and periodic review and update of the Local Wellness Policy by publication in the SEED DC external and internal newsletter, and website.

Health Education:

Health education is comprised of several aspects of wellbeing, including mental health, physical fitness, sexual health, and safety. SEED DC is committed to providing high-quality health education and promotion of school-based health activities can help improve students' quality of life, increase healthy behaviors, and reduce risky behaviors throughout student's lives.



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SEED DC students in compliance with the School Safety Omnibus Amendment Act Requirement ([DC Official Code § 38-824.02\(b-2\)\(1\)\(A\)](#)) students from grades 9-12 will receive instruction through our Social Emotional Learning team, Community Engagement Team and our Youth Development Educators on the following age and developmentally, evidence-base culturally responsive instruction:

- Recognizing and reporting sexual misconduct and child abuse
- Setting and respecting appropriate personal and body boundaries and privacy rules
- Communicating with adults about concerns regarding body boundaries or privacy violations
- The meaning of consent
- Developing and maintaining healthy relationships
- Other appropriate topics to support the healthy development of students

SEED DC in compliance with graduation requirements ([5-A DCMR§ 2203.3\(b\)](#)) each student from grades 9-12 will receive the following:

- 1.5 Carnegie units in health/physical education
- Hands Only - Cardiopulmonary resuscitation (CPR) training
- Automated External Defibrillator (AED) use training

Physical Education and Physical Activity:

School-based physical education and physical activity programs offer the best opportunity for students to learn the key skills and gain knowledge needed to establish and sustain a healthy and active lifestyle. High—quality physical education improves a student’s readiness to learn by contributing to motor skill development, boosting self-esteem, reducing stress and anxiety, and improving breathing and blood circulation which result in better concentration, improved behavior, and stronger academic success.

SEED DC recognizes the connection between a physically active life and a student’s positive physical, mental, and emotional development. SEED DC understands the importance of engaging its students in opportunities and activities that are empowering, regardless of ability, developmental status, or culture. SEED DC is committed to providing students with high-quality instruction to reinforce physically active behavior during school and throughout life.



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SEED DC requires that a combination of physical activity opportunities through a range of program activities including but not limited to:

- Physical education
- Before-and after-school activities, including sports

Grade Level	Goals
9-12	- Receive 1.0 units of physical education
9-12	- 50% of gym activity time is devoted to actual physical activity.

SEED DC will provide supplementary aids for students with special needs to participate during physical education.

SEED DC will ensure that physical education will not be used or withheld from students as a means to punish students, provided that students who are not wearing appropriate athletic clothing may be prohibited from participating in physical activity until properly dressed.

Nutrition Environment & Services:

Offering nutrition education and serving healthy school meals help mitigate childhood obesity, model healthy habits, and promote life-long healthy eating patterns and food selection. SEED DC recognizes that serving healthy meals to students through the National School Lunch Program, School Breakfast Program, After School Snack Program and other supplemental nutrition programs contribute to the improved nutritional diet and health of students and improves students' readiness to learn.

SEED DC will:

- Promote local fruits and vegetables choices
- Educate students on preparing healthy meals
- Promote the Healthy Plate Initiative

Nutrition Promotion & Education:

SEED DC is committed to promoting positive nutrition behaviors and habits. Posters promoting healthy portions, age-appropriate nutrition information for healthier living and food service menus will be posted in public areas within our dining hall, posted on our grab and go carts and on our website.



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SEED DC will:

- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent. And use USDA approved posters at the beginning of our serving line.
- Utilize evidence-based ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples may include newsletters, cooking classes/demonstrations, menus on our website.
- Menus are posted on our website, included in our newsletter and posted in our dining hall, each menu supports daily vegetarian options, ingredients for each item is available upon request. Nutritional content of each menu item is available on our website.

Food and Beverage Marketing to Students:

All food and beverage products marketed on school grounds must, at a minimum, meet the USDA's school meal nutrition and Smart Snacks standards. Product marketing refers to any written, oral posted graphics intended to promote the **sale** of a food or beverage product. SEED DC is committed to marketing food and beverages in nutrition-promoting ways including ensuring that filtered water is available for student and staff consumption throughout the day and that water is marketed in health promoting ways that do not detract from milk promotion. This commitment will be demonstrated by taking the specific actions outlined below.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. Food and beverage marketing is defined as advertising and other promotions in school. Food and beverage marketing often includes an oral, written, or graphic statements made o 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, scoreboards, or backboards



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- 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 SEED DC
- Advertisements in school publications or school mailings; and
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

Food and Beverages Provided to Students:

SEED DC is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. SEED DC prohibits the sale of food and beverages during the school day. The foods and beverages served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are served to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards and the DC Healthy Schools Act 2010. Parents and teachers will be provided with a list of snacks that are permitted through the Smart Snacks guidelines.

Water:

To promote hydration, free, potable drinking water will be available to all students throughout the school day and throughout every school campus. SEED DC will make drinking water available where school meals are served during mealtimes. Additionally, SEED DC will also All water sources and container will be maintained on a regular basis to ensure good hygiene and health safety standards.

School Meals:

SEED DC is committed to serving healthy meals through the National School Lunch Program, School Breakfast Program and other supplemental programs to students, with plenty of fruits, vegetables, whole grains, lean protein and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams of trans-fat per serving (nutrition label or manufacturer’s specification), and to meet the local and federal nutrition requirements and the needs of students within their calorie requirements.



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Locally grown and/or locally produced foods are grown and/or processed in Delaware, the District of Columbia, Maryland, New Jersey, North Carolina, Pennsylvania, Virginia, or West Virginia. SEED DC shall set a goal to increase the use of locally grown, locally processed, and/or unprocessed foods from growers engaged in sustainable agriculture practices to 10% or greater of the food in its food service programs. This goal comes from the importance of these practices and encouraging their future use for the environment and its sustainability.

Physical Environment:

According to the CDC, the physical environment is defined as the school building and its contents, the land on which the building is located, and the area surrounding it. The physical learning environment has a great impact on student learning and promotes and improves learning by ensuring the health and safety of students and staff. SEED DC recognizes the connection between physical environment and student outcomes and believes safe, positive, and respectful learning environments will result in more engaged students. Additionally, SEED DC understands that environmental sustainability means meeting present needs without compromising the ability of future generations to meet their own needs.

SEED DC is committed to implementing and maintaining standards to ensure a healthy school physical environment and creating environmental sustainability practices for staff and students and recognizes its importance for both today and for years to come.

SEED DC is committed to creating and maintaining sustainable learning environments through its operational practices including landscape and tree management; waste management and recycling; integrated pest management; indoor air quality (IAQ); and heating, ventilation, and air conditioning (HVAC).

Energy efficiency is also a top priority, where in addition to 60% of campus buildings featuring onsite solar energy systems, SEED DC has an actively upgrading and replacing our HVAC systems to reduce overall energy consumption by as much as 6-10% through HVAC equipment optimizations.

Students will receive environmental literacy non-fiction text in English and History classes.

Social and Emotional Climate:

According to the CDC, social and emotional climate refers to aspects of students' educational experience that influence their social and emotional development. The quality and character of



school life is often referred to as school climate. The school’s climate and students’ social and emotional needs play major roles in the development of students. SEED DC recognizes the connection between students’ social and emotional needs and their ability to learn and perform both within and outside of the classroom setting. SEED DC understands that a positive school climate is one in which the quality and character of school life is formed through: a student-centered environment rooted in community values and input, systems of culture, gender, and LGBTQ responsive engagement, and proactive safety measures that prioritize the health and wellness of all members of the school community, including staff and families.

SEED DC is committed to developing socially and emotionally healthy students by creating and maintaining a school climate that results in a safe, engaging, healthy, challenging, and supportive learning environment. SEED DC understands the design, education and implementation of social and emotional learning priorities is essential to demonstrating this commitment.

Grades	Goal
9-12	Students will complete SEL survey (DAPS and YAPS) as a mental heal and wellness indicator.
9-12	The office of Family and Community Engagement (FACE) is the designated safe space for LGBTQ+ students.

Counseling, Psychological, and Social Services

The DC school behavioral health model is a coordinated system designed to promote positive school culture, mental wellness, and access to high-quality services for children, youth, and their families. SEED DC recognizes the connection between reducing barriers to access and helping students and schools thrive through integrating school-and community-based providers and services using a school-wide, multi-tiered system of supports (MTSS).

SEED DC understands that partnerships with licensed school behavioral health professionals with education and training in social work, professional counseling, or school, clinical, or counseling psychology, whether employed by SEED DC or by a community-based organization that partners with the LEA, both collaborate with teachers, administrators, parents and community-based organizations to provide a coordinated system of support that addresses prevention, intervention, and direct services needs of the school.



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SEED DC is committed to supporting students and families through the provision of Counseling, Psychological and Social Services to ensure a well-rounded environment of comprehensive health and safety are made available for all within the school environment.

SEED DC will:

- Ensure principals and teachers and school support staff are trained to identify, approach, and refer students in psychological distress through requiring the completion of the Department of Behavioral Health's online training once every two years.
- Ensure school staff are trained at the time of hiring and at minimum every two years thereafter on identifying, responding to, and reporting student-n-student acts of sexual harassment, sexual assault, or dating violence, including any mandatory reporting requirements under district or federal law.
- SEED DC will identify a staff person to be the Title IX Coordinator and bullying investigation leader.
- Ensure school staff are trained at the time of hiring and at minimum every two years thereafter on recognizing and reporting sexual misconduct, student sexual abuse, and child abuse and training on an annual basis for parents regarding sexual misconduct and student sexual abuse.

Health Services

Health services provide preventative and actual care for a host of medical conditions and concerns within the scope of practice of school nurses, nurse practitioners, dentists, health educators, physicians, physician assistants, and allied health personnel. These services include but are not limited to first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) use, anaphylaxis treatment and management, and planning and management of chronic diseases such as asthma and diabetes. These services ideally combine school and community resources to meet the needs of the students, staff, and community through proper care coordination. SEED DC recognizes the connection between coordinated care models and improved student outcomes. SEED DC understands that registered nurses, doctors, physician assistants, allied health professionals and other qualified personnel may be among those contributing to the coordinated care students receive. SEED DC is committed to coordinated preventive and actual care service models that meet the needs of students, staff, and school community. SEED DC has established the following goals for implementing the Health Services Component to demonstrate this commitment.

SEED Will:



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- Collect annual Universal Health Certificates and oral Health Assessments for each student and assist families on staying up to date on immunizations.
- Post in our newsletter when there are immunization opportunities available within the District.
- Stock and maintain two undesignated epinephrine auto-injector twin-packs in a secure but easily accessible location and ensure at least two OSSE-certified staff members are trained annually and present during all hours of the school day and in the evening during boarding.
- Ensure implementation of the Immunization Attendance Policy and verify student compliance with District immunization requirements for enrollment and attendance.
- Verify student compliance or enrollment and attendance annually.
- Maintain a health suite within our school that support students during the day and boarding hours.
- Ensure qualified staff inclusive of a Registered Nurse, Certified Nurse's Assistant, and at least one Children's Schools Services (CSS) certified staff member who can administer medication to students.

Employee Wellness:

Employee health has a direct impact on how school staff perform in their roles in the school community. Employee wellness efforts at schools have the potential to increase feelings of work satisfaction and productivity, as well as lower rates of absenteeism and medical costs related to staff stress. SEED DC recognizes the connection between healthy school employees and improved job performance and satisfaction. SEED DC understands that while there is no legislative requirement for employee wellness, implementing policies that promote employee wellness and improve job satisfaction may have a positive impact on student development. While there are no Employee Wellness LWP requirements, SEED DC establishes the following employee wellness goals:

SEED DC will:

- Host a monthly coffee to receive feedback on LWP and review and update each semester.
- Post a feedback link on our website
- Provide mindfulness techniques through our SEL team during staff PD
- Provide staff with communication training as well as providing a copy of The SEED Way to all staff members.
- Provide staff at the time of employment information of the Employee Assistance Programs (EAP) and promote its availability during staff PD



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Family Engagement

Engaging family members in school programs and services is a priority that may have a lasting impact on students as they grow. SEED DC understands that welcoming participation from families when developing and implementing LWP goals supports the creation of an effective, comprehensive, and robust local wellness policy that will meet the needs of the school community and the students it serves. By allowing families to participate in the development, implementation and evaluation of this wellness policy, SEED DC acknowledges the connection between family involvement, in connection with teachers, and other school staff, and ensuring students receive a well-rounded, comprehensive education that can serve them within and outside of the classroom setting. SEED DC is committed to engaging family members in our LWP development, wellness committee participation, policy implementation and other health and wellness requirements and initiatives.

SEED Will:

- Post the LWP on our Family and Community Engagement page of our website along with a link to receive continuous feedback.
- Provide opportunities for feedback in person at family coffee events.
- Post our Health and Safety Plan on our website

Community Involvement

Engaging community stakeholders in the LWP process may provide strong support for the school community both during operating hours and when the school itself is closed. Advisory neighborhood commission members, local business owners, area law enforcement and public works professionals are just a few community stakeholders that may provide valuable support and insight to creating the safe, healthy learning environment our students need to thrive in an academic setting. SEED DC recognizes and values the role the community plays in the safe and healthy development of our students. SEED DC is committed to accepting and implementing feedback, and support from the community and works to engage members of the community-at-large in our students' development. In addition to [Click here](#) to provide your feedback about this policy.

SEED Will:

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- Provide opportunities for feedback in person at family coffee events.