Quality Education Academy

5012-D Lansing Drive
Winston-Salem, NC 27105
Phone: (336)744-7138 Fax: (743)444-4571
Web:www.qeschools.org Email:qualityeducation@qeschools.org

Local School Wellness Policy

Policy Review Date: September 10, 2026
Governing Board Approval Date: _____
Responsible Official: Superintendent or designee: Dr. Tamara Turner (CEO)
Designated Wellness Policy Coordinator: Christina Jordan

Purpose and Commitment

Quality Education Academy is committed to providing a school environment that supports scholars' health, well-being, academic achievement, and development of lifelong healthy habits.

Quality Education Academy recognizes that nutrition, physical activity, health education, and a positive school environment contribute to scholars' readiness to learn. This Local School Wellness Policy establishes goals, standards, responsibilities, and procedures to promote wellness throughout the school community.

This policy applies to Scholars, School Administrators, Teachers, School Nutrition personnel, other Staff, Parents and Guardians, and applicable school-sponsored activities. QEA will implement this policy consistent with applicable federal and North Carolina laws, regulations, and School Nutrition Program requirements.

Wellness Policy Committee and Stakeholder Participation

Quality Education Academy will establish a School Health Advisory Council to participate in the development, implementation, review, and assessment of this policy.

The committee will include representatives, as appropriate, from the following groups:

- Parents and guardians
- Scholars
- School Nutrition Administrator
- Physical education and health education teachers
- School Administrators and governing board representatives
- School health professionals
- Teachers and other school staff
- Community members and other interested stakeholders

Quality Education Academy will make reasonable efforts to encourage participation from a broad range of stakeholders and to consider their input when developing or revising wellness goals and procedures.

The committee will review wellness practices, identify opportunities for improvement, and make recommendations to school leadership.

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QEA will publish an annual invitation on its website and through family and staff communications. Invitations will explain how all listed stakeholder groups, including the general public, may join meetings or submit input on development, implementation, review, and updates. The coordinator will retain invitations, attendance records, stakeholder roles, and meeting minutes.

Nutrition Education and Nutrition Promotion

Quality Education Academy will promote nutrition education and healthy eating behaviors through classroom instruction, school activities, and the school dining environment.

QEA's goals include:

- Providing nutrition education consistent with applicable North Carolina Healthful Living Standard Course of Study requirements.
- Integrating nutrition education into health education and, when appropriate, other subject areas such as mathematics, science, and language arts.
- Teaching scholars practical skills that support healthy food choices and lifelong wellness.
- Coordinating nutrition education activities between Teachers and School Nutrition personnel when appropriate.
- Providing consistent messages about healthy eating throughout the school environment.
- Encouraging family and community involvement in nutrition education and wellness activities.
- Encouraging staff who provide nutrition education to obtain appropriate training.
- Promoting healthy choices through menus, displays, educational materials, and school activities.

Implementation and monitoring: School leadership and the designated wellness coordinator will review nutrition education activities and identify opportunities for continued improvement.

At least one coordinated nutrition education or promotion activity each semester will be documented. The coordinator will review activity records and consider evidence-based strategies when setting or revising wellness goals.

Nutrition Standards for Foods and Beverages

Quality Education Academy adopts NC DPI Smart Snacks Option 1 for 2026–2027. The standards below govern reimbursable meals, other food and beverage sales, foods provided without charge, and school-controlled marketing. For this policy, the school day runs from 12:01 a.m. through 30 minutes after the dismissal bell. School campus includes property under school jurisdiction accessible to scholars during the school day.

School meals

Breakfast and lunch served through the School Breakfast Program and National School Lunch Program will comply with applicable USDA meal pattern and nutrition standards.

Menus will provide a variety of foods, including fruits, vegetables, whole grains, and appropriate milk choices, consistent with applicable requirements.

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Competitive Foods and Beverages

Under Option 1, foods and beverages may not be sold to scholars on campus in competition with School Nutrition from 12:01 a.m. through 30 minutes after the dismissal bell. This restriction covers vending machines, school stores, fundraisers, clubs, classroom sales, concessions, and other sales outside School Nutrition. It applies even when an item meets Smart Snacks standards and when the cafeteria has closed. Vending access will be disabled and other sales suspended throughout this period, including on early dismissal days.

Competitive sales may begin only after the protected period ends. Federal Smart Snacks standards do not apply to sales outside the school day, but school approval, food safety, and any otherwise applicable state or local restrictions continue to apply. Quality Education Academy encourages nutritious choices at after-school events. Personal meals and snacks brought from home for a scholar's own consumption are not competitive sales.

Classroom Celebrations Parties and Meetings

As a local wellness standard, foods and beverages provided to scholars without charge during the school day, including shared classroom snacks, celebrations, and school-sponsored meetings, shall meet USDA Smart Snacks food and beverage criteria appropriate to the grade level. Reimbursable program meals and snacks follow their own meal patterns. Disability-related dietary accommodations will be provided as required. Staff and organizers will obtain school approval before distributing shared foods, check nutrition information, and follow allergy and food safety procedures. Families will receive these expectations before classroom events. This local standard does not regulate a scholar's personal food brought from home for individual consumption.

All food provided for school parties and celebrations must be store-bought and supplied in its original packaging with a complete ingredient label, including any allergen information. Homemade food is not permitted. Staff must review ingredient labels before serving food and follow scholars' documented allergy and dietary accommodation plans. These requirements apply to all school parties and celebrations; foods provided during the school day must also meet the nutrition standards above.

Whenever practical, celebrations will be scheduled after lunch to minimize disruption to the regular meal schedule and encourage participation in school meal services. This scheduling preference does not replace applicable nutrition requirements.

Fundraising

Under Quality Education Academy's Option 1 election, food and beverage fundraising sales to scholars on campus are prohibited during the protected school day. A Smart Snacks-compliant product or a fundraiser exemption does not authorize sales contrary to this restriction. QEA will promote non-food fundraisers. Any proposed change to the declared option, including a combination of options, must follow NC DPI approval and declaration procedures before implementation.

Food and Beverage Marketing

School-controlled food and beverage advertising and marketing on campus during the school day shall be limited to foods and beverages that meet USDA Smart Snacks standards. This requirement applies even though Quality Education Academy prohibits competitive sales under Option 1. School

leadership will review signs, vending exteriors, displays, websites, sponsorships, and promotional materials before approval and during annual monitoring.

This requirement applies to school-controlled marketing and advertising, including posters, signs, displays, and promotional materials. QEA will encourage healthy choices through school communications and activities.

Food Safety
Food provided for school activities must comply with applicable food safety and sanitation requirements. Quality Education Academy may establish additional procedures for food brought from outside sources, consistent with applicable rules and school safety practices.

Physical Activity and Physical Education
Quality Education Academy recognizes the importance of regular physical activity for physical health, emotional well-being, and academic readiness.

QEA's goals include:

- Providing physical education consistent with applicable North Carolina curriculum and state requirements.
- Providing scholars with opportunities for physical activity during the school day through physical education, recess where applicable, classroom movement, and other appropriate activities.
- Supporting opportunities for physical activity through school-sponsored athletics, intramural activities, clubs, and after-school programs.
- Encouraging families to support physical activity through home and community activities.
- Providing appropriate professional development opportunities for Teachers and Staff who support physical activity.
- Encouraging safe and inclusive opportunities for scholars of varying abilities to participate in physical activity.

Quality Education Academy establishes a local goal of at least 30 minutes of moderate-to-vigorous physical activity daily for K–12 scholars, through appropriate combinations of physical education, recess, movement breaks, and other activities. School leadership will review schedules annually to monitor this goal. Physical activity opportunities will not be withheld for discipline or classroom make-up work. Individualized health or safety accommodations will support safe participation.

Physical education and physical activity will not be used as punishment, and excessive or inappropriate exercise will not be imposed as a disciplinary measure.

Other School Based Wellness Activities
Quality Education Academy will promote a school environment that supports scholar wellness through the following practices:

- Providing a clean, safe, and welcoming dining environment.

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- Providing safe drinking water throughout the school day and free potable water where lunches are served during meal service, as required by USDA. Facility concerns will be addressed through corrective action.
- Encouraging participation in school breakfast and lunch programs and applicable after-school snack services.
- Providing adequate meal service arrangements to support reasonable wait times and sufficient time for scholars to eat.
- Scheduling lunch as near the middle of the school day as practical.
- Encouraging staff to serve as positive role models for healthy eating and physical activity.
- Supporting wellness-related professional development for appropriate Staff.
- Encouraging family and community participation in school wellness activities.
- Providing information about relevant nutrition assistance resources, such as SNAP and WIC, when appropriate.
- Supporting school activities that reinforce positive health, nutrition, and physical activity messages.

QEA will consider scholars' developmental needs, schedules, available facilities, and applicable program requirements when implementing these activities.

Dining Environment and Time to Eat
Quality Education Academy will strive to provide a dining environment that is clean, safe, orderly, and supportive of positive social interaction.

School leadership and School Nutrition personnel will work together to:

- Provide meal service arrangements that allow scholars reasonable access to reimbursable meals.
- Minimize unnecessary delays in meal lines.
- Provide sufficient time for scholars to eat after receiving their meals.
- Encourage respectful behavior and positive dining experiences.
- Make drinking water available as required.
- Schedule meal periods to support participation in school meal programs and the school's instructional schedule.

QEA encourages all eligible scholars to participate in available school meal programs.

Food and Physical Activity as Rewards or Punishment
Quality Education Academy will not use food as a reward or punishment in a manner that undermines healthy eating practices.

QEA will not deny scholars recess or physical activity as a disciplinary measure or to complete classroom assignments.

Staff is encouraged to use non-food incentives and appropriate positive behavior supports.

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School Nutrition Program Operations

Quality Education Academy will operate applicable School Nutrition Programs in accordance with USDA and North Carolina requirements.

QEA's School Nutrition Program goals include:

- Serving reimbursable meals that meet applicable USDA nutrition standards.
- Promoting a variety of nutritious and appealing menu choices.
- Following applicable meal counting, claiming, food safety, sanitation, and civil rights requirements.
- Providing appropriate accommodations for scholars with disabilities as required by applicable regulations.
- Communicating relevant meal program information to families.
- Supporting staff training and professional development.
- Maintaining documentation necessary to demonstrate program compliance.

QEA will encourage participation in the School Breakfast Program, National School Lunch Program, and After-School Snack Program.

Implementation Monitoring and Accountability

The Superintendent or designee will designate an official responsible for coordinating implementation of this policy, monitoring compliance, and communicating wellness policy information to the public.

The designated official will work with school leadership, School Nutrition personnel, the School Health Advisory Council or Wellness Policy Committee, and other appropriate stakeholders to:

- Communicate policy expectations to relevant Staff.
- Monitor implementation of the policy.
- Identify areas of compliance and opportunities for improvement.
- Review applicable nutrition standards and school practices.
- Coordinate corrective actions when areas needing improvement are identified.
- Maintain documentation of implementation, monitoring, stakeholder participation, and policy revisions.
- Prepare or coordinate required wellness-related reports.

School leaders or their designees will support implementation within their areas of responsibility and communicate concerns or areas needing improvement to the designated official.

QEA will document monitoring activities and follow-up actions, as appropriate, to demonstrate progress toward the policy's goals.

School leadership will inform Staff, Clubs, Parent organizations, and Vendors of Option 1 annually. Administrators will monitor vending controls and sales schedules and document corrective actions. The central office will retain the annual Smart Snacks declaration and supporting records.

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Triennial Assessment and Policy Review

Quality Education Academy will assess this Local School Wellness Policy at least once every three years, as required by applicable federal regulations.

The coordinator and committee will review implementation annually and recommend updates as appropriate. The triennial assessment will evaluate and summarize the following three components.

The assessment will address:

- The extent to which QEA is complying with its Local School Wellness Policy.
- The extent to which the policy compares with model local school wellness policies.
- QEA's progress toward achieving the goals established in this policy.

The assessment will identify accomplishments, areas needing improvement, and recommended next steps.

The Wellness Policy Committee and designated official will review assessment findings and recommend policy revisions when necessary. Stakeholder input will be considered during the review and revision process.

QEA will make the results of the triennial assessment available to the public and maintain documentation of the assessment, policy review, and any resulting revisions.

The completed assessment will be dated, posted on the public website in an accessible and easily understood form, and announced through school communications. Records will identify the model policy used for comparison, evidence of implementation, responsible persons, and improvement deadlines.

Public Notification and Availability

At least annually, Quality Education Academy will inform families, scholars, staff, and the public about the content and implementation of this policy and make the current policy and any updates publicly available. QEA will post the policy on its public website and provide an annual notice through school communications; copies will also be available upon request.

The current policy, policy updates, and required assessment results will be made available through the school website, school communications, or other appropriate public-access methods.

Quality Education Academy will maintain documentation showing how the policy and assessment results are made available to the public. Copies will be provided upon request, consistent with applicable requirements.

The coordinator will retain the adopted policy, assessment reports, monitoring records, public notices, stakeholder participation documentation, and approval records for at least three years after the final claim for the relevant fiscal year, and longer when audit or review findings remain unresolved, consistent with applicable program recordkeeping requirements.

Any adopted policy revisions will be communicated to stakeholders, and applicable updates will be submitted to the North Carolina Department of Public Instruction as required.

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Policy Adoption and Effective Date

This Local School Wellness Policy will be reviewed and adopted through QEA's applicable governing approval process. The policy will be implemented by school leadership and the designated wellness coordinator.

Governing Board Approval Date: _____

Effective Date: _____

Designated Wellness Policy Coordinator: C. Jordan

Title: School Nutrition Administrator

Signature: _____

USDA is an equal opportunity provider, employer, and lender.

Authority and implementation references

7 CFR 210.31 — Local school wellness policy; 7 CFR 210.11 — Competitive food service standards; 7 CFR 210.10 and 220.8 — School meal requirements; 7 CFR 210.15 — Recordkeeping.

NC DPI Smart Snacks Options Declaration Form for 2026–2027, Quality Education Academy, SFA 34B — Option 1 selected.

NC DPI Local Wellness Policy resources: https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition/information-resources-subject/local-wellness-policy

USDA wellness policy resources: https://www.fns.usda.gov/tn/wellness-policy