

Thomas Leadership Academy

Local School Wellness Policy

Policy Effective Date: July 1, 2026

Review Date: Annually

Approved By: Governing Board of Thomas Leadership Academy

I. Purpose

Thomas Leadership Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating habits, nutrition education, physical activity, and overall wellness. This policy is established in accordance with the requirements of the National School Lunch Program (NSLP), the Healthy, Hunger-Free Kids Act of 2010, and USDA regulations governing Local School Wellness Policies.

II. Wellness Committee

Thomas Leadership Academy shall establish and maintain a Wellness Committee that includes representatives from school administration, teachers, school staff, parents/guardians, students when appropriate, and community members. The committee will meet at least annually to review wellness goals, assess progress, recommend revisions, and promote community involvement.

III. Nutrition Promotion

Thomas Leadership Academy will encourage healthy food choices by promoting fruits, vegetables, whole grains, and low-fat dairy products; providing access to drinking water; encouraging participation in school meal programs; and supporting healthy lifestyle choices through school communications and activities.

IV. Nutrition Education

Nutrition education shall be age-appropriate, culturally relevant, encourage lifelong healthy eating habits, support the Dietary Guidelines for Americans, and reinforce nutrition messages provided through the school meal program.

V. School Meals

Thomas Leadership Academy participates in the National School Lunch Program and will meet or exceed USDA nutrition standards, provide balanced meals, ensure food safety, offer meals in a pleasant environment, and protect student confidentiality regarding meal eligibility.

VI. Competitive Foods and Beverages

All foods and beverages sold during the school day outside of the reimbursable meal program shall comply with USDA Smart Snacks in School standards.

VII. Physical Activity

The school will provide opportunities for physical activity, offer physical education consistent with state requirements, encourage active play, support extracurricular activities when feasible, and avoid withholding physical activity as punishment whenever possible.

VIII. Other School-Based Wellness Activities

The school may sponsor wellness events, share wellness information with families, encourage staff wellness initiatives, promote positive mental and physical health practices, and collaborate with community organizations that support healthy lifestyles.

IX. Public Involvement

The Wellness Policy will be available on the school's website. Families and community members will be informed of opportunities to participate in wellness activities and policy updates.

X. Monitoring and Assessment

The Wellness Committee shall assess compliance with this policy at least once every three years as required by federal regulations. Results of the assessment will be made available to the public.

XI. Policy Review and Updates

Thomas Leadership Academy will review and update this Wellness Policy at least every three years or more frequently as needed to ensure compliance with federal regulations and support continuous improvement in student wellness.

Adopted By: Thomas Leadership Academy Governing Board

Policy Number: TLA-WP-001

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