

## **STUDENT WELLNESS**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program by promoting healthy eating and physical activity for District students. The principal or designee may support coordinated school health program that reinforces health literacy through health education, physical education, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

To encourage consistent health messages between the home and school environment, the principal or designee may disseminate health information and/or the Charter School student wellness policy to parents/guardians through school newsletters, handouts, parent/guardians meetings, school web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

### **School Health Council/Committee**

The Board's policy related to student wellness may be developed with the involvement of parents/guardians, students, school food service professionals, school administrators, Board representatives, and members of the public.

The principal or designee may support a school health council or other committee consisting of representatives of the above groups to advise the Charter School on the health-related issues, activities, policies, and programs. The council or committee may also include Charter School administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues. At the discretion of the principal or designee, the council's charges(s) may include the planning and implementation of activities to promote health within the Charter School or community.

### **Nutrition Education and Physical Activity Goals**

The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the district determines appropriate.

The Charter School nutrition education and physical education program shall be based on research, consistent with the expectations established the State's curriculum frameworks and

## Student

content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

Nutrition education shall be provide as part of the health education program in grades TK-8 and, as appropriate, shall be integrated into core academic subjects.

The Board prohibits the marketing and advertising on non-nutrition foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisement in school publications, coupon or incentive programs, free give-always, or other means.

All students in grades TK-8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

The principal or designee shall encourage staff to serve as positive role models. He/she shall promote regular activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

To encourage consistent health messages between the home and school environment, the CEO or designee may disseminate health information to parents/guardians through the Charter School or school newsletters, handouts, parent/guardian meetings, the Charter School or school website, and other communications. The Board prohibits the marketing and advertising of non-nutritious foods and beverages.

### Nutrition Guidelines for Foods Available at School

For all foods available on each school site during the school day, the Charter School shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The Board believes that foods and beverages available to students at the Charter Schools should support the health curriculum and promotes optimal health, taking consideration the needs of students with special dietary needs. Nutritional standards adopted by the Charter School for all foods and beverages sold to students shall meet or exceed state and federal nutrition standards.

The principal or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. He/she also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.

## Student

School staff shall encourage parents/guardians or other volunteers to support the Charter School's nutrition education program by considering nutritional quality when selecting any snacks, which they may donate for occasional class parties. Occasional class parties or celebrations shall be held after the lunch period whenever possible.

### Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal program shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 11758 (f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.

In order to maximize the Charter School's ability to provide nutritious meals and snacks, all Charter Schools shall participate in available federal school nutrition programs, including the National School Lunch Program to the extent possible.

### Program Implementation and Evaluation

The CEO or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she periodically measure and make available to the public an assessment of the extent to which the Charter Schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)


To determine whether the policy is being effectively implemented at each Charter School, the following indicators may be used.

1. Number of minutes of physical education instruction offered at each grade span
2. Results of the State's Physical Fitness Test
3. An analysis of the nutritional content of meals served based on a sample of menus
4. Student participation rates in school meal programs
5. Percentage of students participating in the Free and Reduced Lunch Program
6. Feedback from the nutrition service personnel, school administrators, parents/guardians, students, teachers, and/or other appropriate persons
7. Any other indicators recommended by the CEO and approved by the Board of Trustees

### USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at the [Filing a Program Discrimination Complaint as a USDA Customer page](#) , and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: 202-690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

NOTE: The only protected classes covered under the Child Nutrition Programs are race, color, national origin, sex, age, or disability. – U.S. Department of Agriculture Letter, May 24, 2013

The short statement can be used on flyers, posters, or documents that are one page by nature, in a font no smaller than the text.

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