



## **School Wellness Policy**

Para Los Niños (PLN) Charter Schools are committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. The PLN Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for PLN students.

TO SUPPORT THIS; PLN IS COMMITTED TO:

- Engaging students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing the charter schools' nutrition and physical activity policies.
- Ensuring that all foods and beverages sold or served at the charter schools during school hours meet the minimum nutritional requirements according to the USDA Smart Snacks in Schools (SSIS) guidelines.
- Ensuring that a qualified child nutrition professional supervises the cafeteria staff so that students are provided with a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Accommodating the religious, ethnic, and cultural diversity of the student body in meal planning.
- Ensuring that current documentation of food restrictions as ordered by a physician are implemented on a daily basis.
- Providing a clean, safe, and pleasant environment and adequate time schedule for students to eat.
- Providing nutrition education and physical education programs to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE POLICY GOALS:

### **Governing Councils and Committees**

PLN Charter Schools' governing councils such as; finance, facilities, risk management; along with school committees; curriculum and instruction, parent councils and community network of partners will develop, implement, monitor, review, and revise as necessary school nutrition and physical activity policies as pertinent to each council or committee's duties.

A School Wellness Team comprised of a qualified child nutrition professional, teachers,

administrators, physical education staff, school nurse, cafeteria staff and school psychologist or other special education staff members will meet throughout the year to develop, revise, monitor and implement

school nutrition and physical activity policies. Parents, community members, and other members of the public will be encouraged to participate in the School Wellness Team

### **Food Service/Child Nutrition Program**

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. Classroom celebrations should encourage healthy choices and portion control. Parents and families should receive guidance from the school on foods that are appropriate for such celebrations. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting in academic success.

PLN Charter Schools will, as resources are available, provide adequate resources (personnel, equipment, ongoing maintenance, and technology) to implement this policy.

All employees of the schools will support the implementation of this and related policies.

Parents/guardians will be encouraged to support the school's nutrition education efforts by considering nutritional quality when selecting any snack which they may donate for occasional special events.

School Wellness Team members will meet annually to review implementation of these policies and regulations. Subsequently, the Vice President of Student Success will provide an annual report to the Board.

### **Quality of Food**

The Vice President of Student Success or designee shall ensure the meals offered by the school's food service program meet all legal requirements for participation in the National School Lunch and School Breakfast programs.

The Vice President of Student Success or designee shall ensure that food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the school's food service program.

Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-11445.

All food available to students on PLN Charter Schools' premises during school hours, including food sold by the Food Service Department, through vending machines, and by student sales, will meet or exceed nutritional standards established by state/federal guidelines.

All foods available to students during school hours shall be:

1. Selected so as to contribute to student's nutritional well-being and the prevention of disease.
2. Prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits.
3. Proven to give a variety of healthy choices at all sites including ethnic and cultural favorites.

Students will be involved in the selection, tasting and marketing of healthy foods that appeal to students.

Healthy food choices (fresh fruits and vegetables, whole grains, dairy products) should be promoted in school activities involving staff, students, and community.

#### **FOODS AND BEVERAGES SOLD INDIVIDUALLY**

(i.e. foods sold outside of reimbursable school meals such as through fundraisers, fundraisers, etc.)

A qualified nutrition professional will oversee and provide guidelines for all food and beverages sales including fundraisers and rewards. PLN Charter Schools will ensure that foods and beverages used for fundraisers and rewards meet at a minimum, nutrition requirements established by Smart Snacks. All foods used for fundraising purposes that are sold from midnight to 30 minutes after school will be Smart Snacks compliant. All fundraising activities are approved and monitored by the School. 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. A summary of the standards and information are available at:

<https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

#### **Rewards and Celebrations**

PLN Charter Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals) as a punishment. PLN Charter Schools will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). PLN will disseminate a list of healthy party ideas to parents and teachers.

#### **Food and Beverage Marketing in Schools**

PLN Charter Schools are committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. PLN Charter Schools strive to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on PLN property that contains messages inconsistent with the health information that PLN Charter Schools is imparting through nutrition education and health promotion efforts. It is the intent of PLN Charter Schools to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus consistent with PLN's Wellness Policy.

#### **Student Access**

PLN Charter School campuses will strive to ensure that each student will have access to healthy choices through the development of universal free breakfast and lunch offered at the school sites.

Access to fundraising through food sales will be equitable for all classes and/or student organizations.

## **Maintenance of a Healthy Environment**

Drinking water and hand-washing facilities should be conveniently available for students at all times.

Charter School's will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced.

Adequate space in a pleasant surrounding will be developed so that students can be encouraged to eat a nutritious lunch.

The Vice President of Student Success or designee will ensure practices are in place to foster mutual respect between service providers, school personnel and students.

## **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity of at least 60 minutes per day and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class (120 minutes every 10 days during the regular school day).

To that end, classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television; opportunities for physical activity will be incorporated into other subject lessons; and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

The Governing Board recognizes the benefits of physical activity for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of goals.

Charter Schools' physical education programs shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance.

An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.

Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather or other inclement conditions.

Exemptions: The Vice President of Student Success or designee may grant temporary exemption from physical education under any of the following conditions:

1. The student is ill or injured and a modified program to meet his/her need cannot be provided.
2. The student is enrolled for one-half time or less.

### **Daily Physical Education (P.E.) TK-8**

All students in grades TK-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes for TK- 6<sup>th</sup> and 400 minutes for students 7<sup>th</sup> grade and over, every ten days during the regular school day) for the entire school year.

Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

### **Daily Recess**

All students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

### **Physical Activity Opportunities Before and After School**

After-school programs and enrichment programs will provide and encourage, verbally and through the provision of space and equipment, activities that promote physical fitness. The recommendation is that one third of the program time daily be allotted for periods of physical activity for all participants. At least 50 % of the time allocated to physical activity should be spent in moderate to vigorous physical activity.

### **Physical Activity and Punishment**

Charter Schools will not use participation or non-participation in physical education classes or recess as a way to punish or discipline students.

### **Monitoring and Policy Review**

The Wellness Team members will meet annually to review progress toward implementation of these policies and regulations and the Vice President of Student Success will provide an annual report to the board.

The Vice President of Student Success will ensure compliance with this policy. In each school the principal will ensure compliance with this policy in his/her school and will report on the school's compliance to the Vice President of Student Success.

### **Triennial Progress Assessments**

At least once every three years, The Wellness Team will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of PLN are in compliance with the Wellness Policy;
- A description of the progress made in attaining the goals of PLN's Wellness Policy.

### **Revisions and Updating the Policy**

The Wellness Team will update or modify the Wellness Policy based on the results of the annual progress reports and triennial assessments, and/or as PLN's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

### **Community Involvement, Outreach, and Communications**

PLN Charter Schools are committed to being responsive to community input, which begins with awareness of the Wellness Policy. PLN Charter Schools will actively communicate ways in which representatives and others can participate in the development, implementation, and periodic review and update of the Wellness Policy through a variety of means appropriate for PLN. PLN Charter Schools will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.

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, audiotape, 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: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), 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.