

## **Sierra Foothill Charter School Wellness Policy**

The Governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for students. The Principal/Superintendent or designee shall coordinate and align school efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment. In addition, the Principal/Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.

### **School Wellness Committee**

The Principal/Superintendent or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, and members of the public to participate in the development, implementation, and periodic review and update of the student wellness policy.

To fulfill this requirement, the Principal/Superintendent or designee may appoint a school wellness committee and a wellness committee chair. The committee may include representatives of the groups listed above, as well as counselors, after-school program staff, and/or others interested in school health issues.

The Principal/Superintendent or designee may make available to the public and school community a list of the names, position titles, and contact information of the wellness committee members. The wellness committee shall advise the school on health-related issues, activities, policies, and programs. At the discretion of the Principal/Superintendent or designee, the duties of the committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

### **Goals for Nutrition, Physical Activity, and Other Wellness Activities**

The Board shall adopt specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques.

The school's nutrition education and physical education programs shall be based on research, shall be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

The nutrition education program shall include, but is not limited to, information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health. Nutrition education

shall be provided as part of the health education program and, as appropriate, shall be integrated into other academic subjects in the regular educational program, after-school program, and school garden program.

All students 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 and recess and may also be provided through school athletic programs, extracurricular programs, after-school programs, in-class physical activity breaks, and other structured and unstructured activities.

Professional development may be regularly offered to the nutrition program staff, as well as teachers, physical education teachers, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.

In order to ensure that students have access to comprehensive health services, the school may provide access to health services at or near school and/or may provide referrals to community resources.

The Board recognizes that a safe, positive school environment is also conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.

The Principal/Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.

#### **Nutrition Guidelines for All Foods Available at School**

For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with United States Code Title 42 (42 USC) [1758](#), [1766](#), [1773](#), and [1779](#) and federal regulations and which support the objectives of promoting student health and reducing childhood obesity.

In order to maximize the school's ability to provide nutritious meals and snacks, the school shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the school may sponsor a summer meal program.

The Principal/Superintendent or designee shall provide access to free, potable water in the food service area during meal times in accordance with Education Code [38086](#) and 42 USC [1758](#), and shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.

The Board believes that all foods and beverages sold to students at school, including those available outside the school's reimbursable food services program, should support the health curriculum and promote optimal health. Nutrition standards adopted by the school for foods and beverages provided

through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.

The Principal/Superintendent 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.

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

To reinforce the school's nutrition education program, the Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day.

### **Nutrition Standards**

All food available to students on the school campus during the school day (30 minutes before and up to 30 minutes after the instructional day) must meet the following minimum standards:

1. Individual food items sold or served outside the federal reimbursable meal programs shall meet school, state and federal requirements
2. School will follow the school nutrition standards for grades TK-8, including after-school programs
3. The only beverages that shall be sold or served to students during the school day include water, non-fat or low-fat milk, soymilk, 100 percent fruit or vegetable juice, and 50 percent fruit or vegetable juice with no added sweeteners
4. Food or beverages sold for fundraising on campus during the school day must meet the district nutrition standards
5. Fundraising activities that do not support healthy eating shall occur only off school premises, or 30 minutes before and 30 minutes after the school day.
6. The only food that will be sold during breakfast and lunch periods is food that is sold as a full meal through a federal reimbursable meal program
  - a. The meal program will meet or exceed the nutrition recommendations of the current United States Dietary Guidelines such as:
    - (1) No more than 30 percent of total calories from fat, averaged over a week
    - (2) No more than 10 percent of total calories from saturated fat, averaged over a week
  - b. In addition, individually sold or served portions of nuts, nut butters, seeds, eggs, cheese, fruit, vegetables and legumes may be sold. Individually sold dairy items and whole grain food items may be sold, provided they meet the following requirements:
    - (1) No more than 35 percent of the total calories shall be from fat (excluding nuts, nut butters, seeds, eggs and cheese

- (2) No more than 10 percent of the total calories shall be from saturated fat and trans fat combined (excluding nuts, nut butters, seeds, eggs and cheese)
- (3) No more than 35 percent of the total weight shall be composed of sugar, including naturally occurring sugar and added sugar (excluding fruits and vegetables)
- (4) Individual food items do not exceed 175 calories

A production system will be encouraged to reduce the use of processed foods and increase the use of basic fresh foods that emphasize fruits, vegetables, whole grains and dairy foods that are low in fat and added sugars.

The use of fresh fruits and vegetables will be encouraged by making fruit and vegetables available where food is sold and promoting the intake of five or more servings of fruits and vegetables per day.

The school shall provide the following:

1. A clean, safe, enjoyable meal environment for students
2. Enough space and serving areas to ensure all students have access to school meals with a minimum wait time
3. Drinking fountains or water stations, so that students can get water throughout the day
4. Encouragement to maximize student participation in school meal programs
5. Protect identity of students who eat free and reduced-price meals

### **Nutrition Education**

The school aims to teach, encourage and support healthy eating by students. Nutrition education should be included in classroom instruction in all subject areas as appropriate. Nutrition education should integrate current, scientifically accurate nutrition content into classroom instruction in core subjects such as science, math, language arts, history and social science, as well as into the instruction offered in Physical Education and after-school programs.

Schools will provide nutrition education and engage in nutrition promotion that:

1. Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior in order to promote and protect their health
2. Builds students' confidence and competence in making healthy food choices
3. Includes students of all abilities
4. Promotes fruits, vegetables, whole grains, low fat dairy products, lean protein, and healthy food preparation methods
5. Emphasizes balance between food intake and energy expenditure.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, newsletters, bulletin board posters or banners, postings on the school website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

### **Physical Education and Physical Activity Opportunities**

All students at grades TK-8, including students with disabilities, special health-care needs and students in alternative educational settings will receive physical education during the entire school year. In addition, physical activity topics shall be integrated into the entire curriculum when appropriate.

Staff will not withhold physical activity as punishment. The Principal/Superintendent will monitor the use of physical activity or withholding of physical activity as a disciplinary measure.

### **Curriculum and Instruction**

The school shall implement a quality physical education program that addresses the following: Instruction in physical education should be based on the physical education content standards and should include the following:

1. Full inclusion of all students
2. At least 50 percent of instructional time spent in moderate-to-vigorous physical activity
3. Maximum participation and ample practice opportunities for class activities
4. Well-designed lessons that facilitate student learning
5. Instruction in a variety of motor skills designed to enhance the physical, mental, and social/emotional development of every child
6. Fitness education and assessment to help students understand, improve, and/or maintain their physical well-being

### **Assessment of Student Learning**

1. The school will administer a physical fitness test annually to all students in grades 5 and 7 during the months of February, March, April or May.
2. Each student's physical fitness test results will be sent to parents/guardians
3. In addition to the required physical fitness test, assessment of student learning and reporting of progress will be an ongoing process in physical education

### **Professional Development**

Teachers/aides assigned to deliver physical education instruction will receive ongoing professional development related to curriculum, instruction, and assessment in physical education.

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

1. After school programs will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs
2. After school programs will provide and encourage daily periods of moderate-to-vigorous physical activity and will utilize space and equipment on site in order to do so
3. All school-based before and after school programs will be aligned with the wellness policy

### **Other School Based Activities Designed to Promote Student Wellness**

The school shall strive to create a safe and healthy school environment that supports health literacy and successful learning and ensures that students and adults are physically and emotionally safe. In addition to physical safety, the school environment will reflect a sense of community and mutual support among staff and students. In order to create this environment, the following activities shall be implemented:

1. Teachers and other school personnel will not withhold opportunities for physical activity (recess, physical education) as punishment.
2. Consistent health education, including but not limited to, nutrition and physical activity, will be provided to parents and families through the school newsletter, informational handouts, parent meetings, the school/district website and other venues.
3. The school will encourage parents/guardians, staff, and students to serve as role models in practicing healthy eating and being physically active, both in school and at home.
4. Parent/guardian outreach efforts will emphasize the relationship between student health and academic performance and address the need for consistent health messages between the home and the school environments.
5. Provide opportunities for ongoing professional training and development for staff and teachers in the areas of nutrition and physical activity.

### **Program Implementation and Evaluation**

The Principal/Superintendent is responsible for ensuring that the school site complies with the wellness policy. The Principal/Superintendent or designee shall assess the implementation and effectiveness of this policy at least once every three years. The assessment shall include the extent to which the school is 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.

The Principal/Superintendent or designee shall invite feedback on school wellness activities from food service personnel, the wellness committee, parents/guardians, students, teachers, after-school program staff, and/or other appropriate persons.

The Board and the Principal/Superintendent or designee shall establish indicators that will be used to measure the implementation and effectiveness of the school activities related to student wellness. Such indicators may include, but are not limited to:

1. Descriptions of the school's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all school programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity

8. A description of school efforts to provide additional opportunities for physical activity outside of the physical education program
9. A description of other school-based wellness activities offered, including the number of sites and/or students participating, as appropriate

As feasible, the assessment report may include a comparison of results across multiple years, a comparison of school data with county, statewide, or national data, and/or a comparison of wellness data with other student outcomes such as academic indicators or student discipline rates.

In addition, the Principal/Superintendent or designee shall prepare and maintain the proper documentation and records needed for the administrative review of the wellness policy conducted by the California Department of Education (CDE) every three years.

The assessment results of both the school and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement.

### **Notifications**

The Principal/Superintendent or designee shall inform the public about the content and implementation of the school's wellness policy and shall make the policy, and any updates to the policy, available to the public on an annual basis. He/she shall also inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment.

The Principal/Superintendent or designee shall distribute this information through the most effective methods of communication, including school newsletters, parent/guardian meetings, school website, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance. The school may post a summary of nutrition and physical activity laws and regulations prepared by the CDE.

### **Records**

The Principal/Superintendent or designee shall retain records that document compliance with Code of Federal Regulations, Title 7 (7 CFR) [210.30](#), including, but not limited to, the written student wellness policy, documentation of the triennial assessment of the wellness policy, and documentation demonstrating compliance with the community involvement requirements, including requirements to make the policy and assessment results available to the public.

### **Monitoring**

The Principal/Superintendent, who is ultimately responsible for executing this policy, will establish a wellness committee that will meet annually. This group will review current policies, recent legislation and research, and will make suggestions for improvement to the school board as necessary. This wellness policy should be revised as necessary to address changes in state and federal law as well as in areas that are identified as needing improvement.

### **Nondiscrimination Statement**

The school is an equal opportunity provider. 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, religious creed, disability, age, political beliefs, 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: [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).

### Legal Reference:

#### EDUCATION CODE

33350-33354 CDE responsibilities re: physical education

38086 Free fresh drinking water

49430-49434 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49494 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49562 Meals for needy students

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act  
51210 Course of study, grades 1-6  
51210.1-51210.2 Physical education, grades 1-6  
51210.4 Nutrition education  
51220 Course of study, grades 7-12  
51222 Physical education  
51223 Physical education, elementary schools  
51795-51798 School instructional gardens  
51880-51921 Comprehensive health education  
CODE OF REGULATIONS, TITLE 5  
15500-15501 Food sales by student organizations  
15510 Mandatory meals for needy students  
15530-15535 Nutrition education  
15550-15565 School lunch and breakfast programs  
UNITED STATES CODE, TITLE 42  
1751-1769j National School Lunch Program, especially:  
1758b Local wellness policy  
1771-1793 Child Nutrition Act, especially:  
1773 School Breakfast Program  
1779 Rules and regulations, Child Nutrition Act  
CODE OF FEDERAL REGULATIONS, TITLE 7  
210.1-210.33 National School Lunch Program, especially:  
210.30 Wellness policy  
220.1-220.22 National School Breakfast Program  
COURT DECISIONS  
Frazer v. Dixon Unified School District, (1993) 18 Cal.App.4th 781

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