

Peabody Charter School

WELLNESS POLICY



Demian Barnett, Superintendent and Designee

Hallie Ingram, Food Service Director

PEABODY CHARTER SCHOOL

School Wellness Policy

Students
5030

BP

STUDENT WELLNESS

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 Superintendent/Principal or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

(cf. 3513.3 - Tobacco-Free Schools) (cf. 3514 - Environmental Safety) (cf. 3555 - Nutrition Program Compliance) (cf. 5131.6 - Alcohol and Other Drugs) (cf. 5131.61 - Drug Testing) (cf. 5131.62 - Tobacco) (cf. 5131.63 - Steroids) (cf. 5141 - Health Care and Emergencies) (cf. 5141.22 - Infectious Diseases) (cf. 5141.3 - Health Examinations) (cf. 5141.31 - Immunizations) (cf. 5141.32 - Health Screening for School Entry) (cf. 5141.6 - School Health Services) (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education) (cf. 6164.2 - Guidance/Counseling Services)

To encourage consistent health messages between the home and school environment, the Superintendent/Principal or designee may disseminate health information and/or the school's student wellness policy to parents/guardians through school newsletters, handouts, parent/guardian meetings, and school web

sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1100 - Communication with the Public) (cf. 1112 - Media Relations) (cf. 1113 - School Web Sites) (cf. 1114 - Sponsored Social Media) (cf. 6020 - Parent Involvement)

School Health Council/Committee

The Superintendent/Principal or designee shall permit parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of the school's student wellness policy. (42 USC 1758b)

To fulfill this requirement, the Superintendent/Principal or designee may appoint a school health council or other committee whose membership shall include representatives of these groups. He/she also may invite the participation of other groups or individuals, such as health educators, curriculum directors, counselors, before- and after-school program staff, health practitioners, and/or others interested in school health issues.

(cf. 1220 - Citizen Advisory Committees) (cf. 9140 - Board Representatives)

The school health council/committee shall advise the school on health-related issues, activities, policies, and programs. At the discretion of the Superintendent/Principal or designee, the duties of the council/committee may also include the planning, implementation, and evaluation of activities to promote health within the school or community.

Nutrition and Physical Activity Goals

The Board shall adopt goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. (42 USC 1758b)

(cf. 0000 - Vision) (cf. 0200 - Goals for the School)

The school's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum

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

(cf. 6011 - Academic Standards) (cf. 6143 - Courses of Study)

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. Nutrition education also may be offered through before- and after-school programs.

(cf. 5148.2 - Before/After School Programs) (cf. 6142.8 - Comprehensive Health Education)

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, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program) (cf. 6142.7 - Physical Education and Activity) (cf. 6145 - Extracurricular and Cocurricular Activities) (cf. 6145.2 - Athletic Competition)

The Board may enter into a joint-use agreement to make facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

The Superintendent/Principal or designee shall encourage staff to serve as positive role models.

Nutritional Guidelines for Foods Available at School

For all foods available on each campus during the school day, the 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 schools should support the health curriculum and promote optimal health, taking into consideration the needs of students with special dietary needs. Nutritional standards adopted by the school for all foods and beverages sold to students, including foods and beverages provided through the school's food service program shall meet or exceed state and federal nutritional standards.

(cf. 3312 - Contracts)
(cf. 3550 - Food Service/Child Nutrition Program) (cf. 3554 - Other Food Sales)
(cf. 5141.27 - Food Allergies/Special Dietary Needs) (cf. 5148 - Child Care and Development)
(cf. 5148.3 - Preschool/Early Childhood Education)

In order to maximize the school's ability to provide nutritious meals and snacks, Peabody Charter School will 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. If approved by the California Department of Education, the school may sponsor a summer meal program.

(cf. 3552 - Summer Meal Program)
(cf. 3553 - Free and Reduced Price Meals)

The Superintendent/Principal or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. Fundraising activities shall not include candy sales, with the exception of school activities outside of the regular school day, such as athletic and performing arts events. 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, and instead reference the Smart Snacks in School guidelines for alternatives.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by referencing the Smart Snacks in School guidelines 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.

Program Implementation and Evaluation

The Superintendent/Principal shall designate one or more school employees, as appropriate, to ensure that each school site complies with this policy. (42 USC 1758b)

(cf. 0500 - Accountability)

(cf. 3555 - Nutrition Program Compliance)

The Superintendent/Principal 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 shall periodically measure and make available to the public an assessment of the extent to which 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) This is accomplished through an annual report to the Board of Directors, presented by the School Wellness Committee.

Posting Requirements

Each school shall post the school's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

When possible, food services will post the nutritional value of food served in school cafeterias on the school website.

Legal Reference:

EDUCATION CODE

33350-33354 *CDE responsibilities re: physical education*

49430-49436 *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 49550-49561 *Meals for needy*

students

49565-49565.8 *California Fresh Start pilot*

program 49570 *National School Lunch Act*

51210 *Course of study, grades 1-6*

51220 Course of study, grades 7-12
51222 Physical education
51223 Physical education, elementary
schools 51795-51796.5 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
1751-1769 National School Lunch Program,
especially: 1758b Local wellness policy
1771-1791 Child Nutrition Act,
including: 1773 School Breakfast Program
1779 Rules and regulations, Child Nutrition
Act CODE OF FEDERAL REGULATIONS, TITLE 7
210.1-210.31 National School Lunch Program
220.1-220.21 National School Breakfast
Program COURT DECISIONS
Frazer v. Dixon Unified School, (1993) 18 Cal.App.4th 781

Management Resources:

CSBA PUBLICATIONS

Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement,
2009

Safe Routes to School: Program and Policy Strategies for Schools, Policy Brief, 2009 Monitoring
for Success: Student Wellness Policy Implementation Monitoring Report and Guide, 2007 Nutrition
Standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2

Physical Education and California Schools, Policy Brief, rev. October 2007

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. April 2006

School-Based Marketing of Foods and Beverages: Policy Implications for School Boards, Policy
Brief, March 2006

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve,
2009 Healthy Children Ready to Learn: A White Paper on Health, Nutrition, and Physical Education,
January 2005

Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003

CALIFORNIA PROJECT LEAN PUBLICATIONS

Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006

CENTER FOR COLLABORATIVE SOLUTIONS

Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy
Eating, Physical Activity and Food Security in Afterschool Programs, March 2010

CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide,
2005

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION PUBLICATIONS

Fit, Healthy and Ready to Learn, 2000

U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS

Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000

WEB SITES

CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Public Health: <http://www.cdph.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition):

<http://www.californiaprojectlean.org>

California School Nutrition Association: <http://www.calsna.org>

Center for Collaborative Solutions: <http://www.ccscenter.org>

Centers for Disease Control and Prevention: <http://www.cdc.gov>

Dairy Council of California: <http://www.dairycouncilofca.org>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.nasbe.org>

National School Boards Association: <http://www.nsba.org>

School Nutrition Association: <http://www.schoolnutrition.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture, Food Nutrition Service, wellness policy:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

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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.

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