



Vista Charter Public Schools Wellness Policy Board Policy

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 school students. The Principal or designee shall build a coordinated school health system that supports and 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.

School Health Committee

The School's Wellness Committee consists of parents/guardians, students, school food service professionals, school administrators, a health professional (school nurse), physical education teacher, and members of the public. Additionally, the committee will receive input from the Board. The School Wellness committee shall assist with development, implementation, and review and update of the wellness policy and advise Vista Charter on health-related issues, activities, policies, and programs. The committee's responsibilities also include planning, implementing and evaluating activities to promote health within the school or community.

Nutrition Promotion

Vista Charter Public Schools will communicate and promote nutrition using the following methods. A Nutrition Bulletin Board will be hung in the cafeteria area. All meals served as part of the National School Breakfast, Lunch and Snack programs shall primarily consisting of scratch-cooked entrees contain fresh produce. Staff shall be encouraged to be healthy role models and the 7th grade class shall receive health instruction from a certified teacher.

This policy shall be communicated and promoted to the Vista Charter Public Schools Community through the schools' website, at parent meetings and as part of the student and parent handbooks.

Nutrition Education and Physical Activity Goals

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

The primary goal of nutrition education is to increase student's knowledge regarding healthy eating choices to enable them to adopt healthy eating behaviors. Students shall receive nutrition education consistent with the Health Framework for California Public Schools and current legislation. Instruction shall be age-appropriate, based on accurate and current information, and provide the skills and motivation to focus on behavior change. Students shall receive consistent nutrition messages

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throughout the school campus.

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain a fit and healthy body, to participate in regular physical activity, and to understand the short and long-term benefits of a physically active and healthy lifestyle.

All students in grades 6-8 shall be provided opportunities to be physically active on a daily basis. In addition to and not substituting for the formal PE program, opportunities for moderate to vigorous physical activity shall be provided through recess, school athletic programs, extracurricular programs, before- and after-school programs, and other structured and unstructured activities.

The Principal or designee shall encourage employees to serve as positive role models. Staff shall promote and may provide opportunities to support fitness and wellness among employees.

To encourage consistent health messages between the home and school environment, the Principal or designee may disseminate health information to parents/guardians through school or school newsletters, handouts, student homework assignments, parent/guardian meetings, the school or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. To that end, related state-mandated physical fitness test and survey results shall be disseminated to the public.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines that meet or exceed state and federal nutrition standards for all foods available on each campus during the school day. These nutritional standards shall also apply to all foods and beverages sold to students, including foods and beverages provided through the school's food service program, student stores, and vending machines.

The Principal or designee shall encourage school organizations to use items other than non-nutritious food for fundraising purposes. However, foods and beverages used for fundraisers and rewards meet at a minimum, nutrition requirements established by SSIS. All foods used for fundraising purposes will be SSIS compliant and not sold or distributed from midnight to thirty minutes after the end of the school day.

School staff is directed to avoid the use of foods as a reward for students' academic performance, accomplishments, or classroom behavior. Students shall not be denied access to school meals or adequate time to eat as a form of punishment. The objectives of these guidelines shall be to promote student health, reduce childhood obesity, support the health curriculum and promote optimal health.

Parents/guardians or other volunteers shall be encouraged to support the school's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class celebrations. Donated foods or beverages that do not meet nutritional standards shall be limited to no more than one food or beverage per child. Class parties or celebrations shall be held after the lunch period whenever possible. With the exception of allowable class parties/celebrations, non-nutritious foods will not be encourage.

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The Board prohibits the marketing and advertising of non-nutritious foods and beverages on school property through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools. In order to maximize the School's ability to provide nutritious meals and snacks, all school schools shall participate in available federal school nutrition programs, including the National School Lunch Program, to the extent possible.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Principal shall designate at least one person at each school who is charged with operational responsibility for ensuring that the school site implements and complies with the school's wellness policy.

The specific quality indicators that will be used to measure the implementation of the policy schoolwide shall include, but not be limited to, state health and physical fitness assessments; an analysis of the nutritional content of meals served, student participation rates in school meal programs, and sales of non-nutritious foods and beverages in fundraisers outside the school's meal programs; and feedback from food service personnel, school administrators, school staff, the School Wellness committee, parents/guardians, students, and other appropriate persons.

The Principal or designee shall report to the Board annually on the implementation of this policy and make recommendations for policy modifications, if indicated. The School Health Committee and the general public is also permitted to participate in the implementation, review and update of the policy.

Posting Requirements

Each school shall post a summary of the school's policies and regulations on nutrition and nutritional content of regularly offered selections and beverages in public view within all school cafeterias or in other central eating areas. (Education Code 49432) These policies and regulations shall also be posted on the school website.

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.

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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, 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.

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Legal Reference: EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001 49490-49493 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 49550-49560 Meals for needy students

49565-49565.8 California Fresh Start pilot program 49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools 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: 1751 Note 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

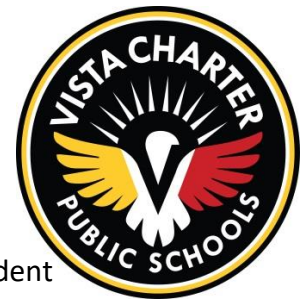
210.1-210.31 National School Lunch Program 220.1-220.21 National School Breakfast Program

Management Resources: CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005 CSBA PUBLICATIONS

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Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005 CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS
Healthy Children Ready to Learn, January 2005
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003 Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 1994 CENTERS FOR DISEASE CONTROL PUBLICATIONS
School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2004
NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS
Fit, Healthy and Ready to Learn, 2000
U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS Dietary Guidelines for Americans, 2005
Team Nutrition, Food and Nutrition Services, Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000
WEB SITES
CSBA: <http://www.csba.org>
California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu> California Department of Health Services: <http://www.dhs.ca.gov>
California Healthy Kids Resource Center: <http://www.californiahealthykids.org> California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>
Centers for Disease Control and Prevention (CDC): <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: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

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