

The staff and board recognize 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 and activity, health promotion for staff, a safe and healthy school environment with parent 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 school's student wellness policy to parents/guardians through school newsletters, handouts, parent/guardian meetings, web sites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance. Outreach will include dissemination of the school's Immunization Policy.

### **School Wellness Council**

The board is comprised of staff, parents, and community members. The board will function as the school wellness council and gather input from others. Parents, students, all school employees, board members, school administrators, and members of the public may participate in the development, implementation, and periodic review and update of the school's student wellness policy through surveys and public meetings.

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

The Wellness council shall adopt the following goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing goals, the council will consider evidence-based strategies and techniques.

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.

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, before- and after school programs, summer learning programs, and school garden programs.

The school should provide nutrition education and engage in nutrition promotion that:

- Includes enjoyable, developmentally-appropriate, culturally- relevant, participatory activities, food promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat- free dairy products, healthy food preparation methods, and health- enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition- related community services;

- Includes professional development training to the staff, to enhance their knowledge and skills related to student health and wellness.

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 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. Grades 1-5 provide 200minutes of PE every 10 days.

For all foods available on campus during the school day, the school shall adopt nutritional guidelines, which are consistent with federal, state and local requirements and support the objectives of promoting student health.

Potable water will be available at all times during the hours of operation.

**Foods and Beverages Marketing Policy** -items marketed or advertised on campus must meet Smart Snack standards. It is the goal for foods and beverages available to students during school hours to 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.

The food service program will attempt to offer fresh, seasonal locally grown produce. All foods and beverages made available on campus during the school day will be consistent with the current Dietary Guidelines for Americans.

Staff shall ensure meals are served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for students and staff.

Foods made available by the school meal program comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food-borne illness in schools.

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.

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.

### **Program Implementation and Evaluation**

The director shall designate one or more school employees to ensure that the school complies with this policy. The director shall assess the implementation and effectiveness of this policy at least once every three years. The assessment shall include the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from other schools, and a description of the progress made in attaining the goals of the wellness policy. The Director will use the CDE "Does your local school wellness policy measure up?" tool.

The director shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy on an annual basis in the parent handbook. Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.

He/she shall periodically measure and make available to the public an assessment of the extent to which the school is in compliance with this policy, the extent to which this policy compares to model wellness policies available, and a description of the progress made in attaining the goals of the wellness policy.

### **Posting Requirements**

The school's policies and regulations on nutrition and physical activity shall be posted in public view within all school cafeterias or in other central eating areas.

### **Non-Discrimination Statement:**

The **Union Street Charter School** does not discriminate on the basis of race, color, national origin, sex, disability, age, or any other legally protected category in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person(s) has been designated to handle inquiries regarding the non-discrimination policies:

Name and/or Title: Principal  
Address: 470 Union Street, Arcata, CA 95521  
Telephone No.: 707 822 4845

Submitted to Board for First Reading: February 4, 2015

Second Reading: March 4, 2015

Date of Board Approval: March 4, 2015

Date of review: 11/7/18, 5/15/24

Review by Director Rea Erickson, using the CDE "Does your local school wellness policy measure up?" tool revealed that the policy had most elements. It needed an explanation of how to promote nutrition, an evaluation plan, comparison to a model policy, wellness policy promotion method and the non-discrimination statement. The AESD CSBA policy was used as a model and updates were added in the needed areas.

Date of revised policy board review: 6/17/24