

Village Charter Academy



Wellness Plan

Wellness Policies on Physical Activity and Nutrition

Village Charter Academy (VCA) is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by supporting healthy nutritional choices and physical activity. The **VCA** Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for **VCA** students.

To support this, Village Charter Academy 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 school's nutrition and physical activity policies.
- Providing opportunities, support, and encouragement to all students in grades TK-5 to be physically active on a regular basis.
- Insuring 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.
- Insuring 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.
- Insuring 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:

I. Governing Councils and Committees

VCA's governing councils and committees will develop, implement, monitor, review, and revise as necessary school nutrition and physical activity policies as pertinent to each council or committee's duties. Members will meet as needed 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.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

VCA is committed to providing access to nutritious and appealing school meals so that all students will be ready, both physiologically and psychologically for the academic day.

School Meals

Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements of the School Breakfast Program, National School Lunch Program, and After School Snack Program.
- Offer a variety of fruits and vegetables.
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives; and
- Ensure that all of the served grains are whole grain.

Breakfast

To ensure that all students have breakfast, either at home or at school, and in order to meet their nutritional needs and enhance their ability to learn, VCA will:

- Operate a School Breakfast Program every morning Mondays through Fridays
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means

Breakfast and lunch menus, which provide information regarding the nutritional content of meals and item selections, will be made available to parents on a monthly basis.

After School Snacks

- Snacks are served on a daily basis to students who participate in the after school program.

Meal Times and Scheduling

- Lunch will be scheduled beginning at 11:30 and will be served at 30 minute intervals.
- School bathrooms are open during the school day to provide students with ready access for hand-washing prior to eating. School bathrooms are cleaned by the custodial staff between two to three times daily.
- Additionally, all classrooms are equipped with hand sanitizer.
- Hand sanitizers are also available in the cafeteria area.
- Posters depicting proper hand washing and cough covering techniques are posted in every classroom and throughout the school.

Qualifications of School Food Service Staff

VCA outsources the preparation, service and delivery of school meals to a qualified food vendor. The vendor representative is ServSafe certified and receives monthly trainings on basic food handler requirements, safe food preparation and team building. As part of the charter schools' responsibility to operate a food service program, the director of the charter school will assume ultimate responsibility for the program. The County Health Office will facilitate a health inspection of the kitchen and food storage areas twice a year.

Sharing of Foods and Beverages

VCA prohibits students from sharing their foods and/or beverages with one another during meal or snack times, given concerns about allergies and other dietary restrictions.

FOODS AND BEVERAGES SOLD INDIVIDUALLY (i.e. foods sold outside of reimbursable school meals such as through fundraisers, fundraisers, etc.)

The VCA will insure that foods and beverages used for fundraisers and rewards meet at a minimum, nutrition requirements established by SSIS. All foods used for fundraising purposes that are sold from midnight to 30 minutes after school will be SSIS compliant. The VCA will encourage fundraising activities that promote physical activity. All fundraising activities are approved and monitored by the Community Partnership Committee.

Class Celebrations

Parties involving healthy foods will be encouraged, and teachers will create a plan for classroom celebrations. Non-nutritious foods such as cupcakes and soda will be strongly discouraged. A list of appropriate healthy snacks and/or alternative party ideas will be provided to parents upon request. Parents/guardians or other volunteers shall be encouraged to support VCA nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class celebrations. Class parties or celebrations shall be held within the last 30 minutes of school no more than once a month and non-nutritious foods will not be encouraged.

III. Nutrition Education and Promotion

Village Charter Academy is committed to teaching, encouraging, and supporting healthy eating by students. The VCA will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is integrated across within other content areas as appropriate

- Includes enjoyable, developmentally appropriate, culturally-relevant, participatory activities.
- 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.
- Utilizes a multi-media approach
- Includes training for teachers and other staff.

Communicating with Parents

Village Charter Academy will support parents' efforts to encourage healthy eating and daily physical activities. A list of healthy snack items will be provided for parents. Information regarding community resources such as children's sports teams will be distributed to parents.

IV. Physical Activity Opportunities and Physical Education

Integrating Physical Activity into the Classroom Setting

In order for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes.

Towards this 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 activities will be incorporated into other subject lessons; and

Physical Education TK-5

All students in grade **TK-5**, including students with disabilities will receive physical education for a minimum for 100 minutes every ten days. Teacher assistants will be employed to implement the physical education program under the supervision of the classroom teacher. Pre- and post-test data aligned to the California State mandated Physical Fitness Test (PFT) will be collected and analyzed for fifth grade.

Daily Recess

All students will have a 20 minute morning recess period scheduled by grade level to insure a safe and supervised playground.

Safe Routes to School

Village Charter Academy has set up a supervised drop-off lane in the morning. These procedures are provided to parents on an annual basis. School administration is present in the morning and at dismissal to ensure students' safety.

Physical Activity Opportunities Before and After School

The after school program provides periods of physical activity with appropriate playground equipment [that](#) are interspersed with quiet reading and homework time.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment on a regular basis. Students shall not be denied access to school meals or adequate time to eat as a form of punishment.

V. MONITORING AND POLICY REVIEW

The governing councils/committees meet regularly to ensure compliance of the above wellness plan. The plan will be reviewed as needed, with changes being approved by the VCA Board of Directors.

Nutrition Guidelines for Foods Available at School

The VCA 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 VCA food service program.

Snacks Provided by School Staff:

VCA will encourage the schools to use items other than non-nutritious food for fundraising purposes. School staff is directed to avoid the use of foods as a reward for students' academic performance, accomplishments, or classroom behavior. The objectives of these guidelines shall be to promote student health, reduce childhood obesity, support the health curriculum, make the school environment safe for those with allergies and other medical conditions, and promote optimal health.

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

Nutrition Promotion and Communication

VCA aims to teach, encourage, and support healthy eating. Schools should promote nutrition at each grade level as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.

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 VCA's ability to provide nutritious meals and snacks, VCA shall

participate in available federal school nutrition programs, including the National School Lunch Program, to the extent possible.

Program Implementation and Evaluation

The VCA Board shall monitor the implementation of the policy. The specific quality indicators that will be used to measure the implementation of the policy district wide shall include, but not be limited to, state health and physical fitness assessments; nutrition and wellness education; 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 district's meal programs; and feedback from food service personnel, school administrators, school staff, parents/guardians, students, and other appropriate persons.

Posting Requirements

Each school shall post a summary of VCA's Wellness Plan in public view within the school cafeteria. (Education Code 49432)