

Summit Preparatory Charter School Local School Wellness Policy

Summit Preparatory Charter School is committed to the development of lifelong wellness practices that include healthy eating and the daily exercise essential to maintaining mental and physical fitness. The purpose of this policy is to outline the Summit Prep goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness per applicable law. This policy also aims to outline nutrition guidelines for all foods available on campus, with the objective of promoting student health and reducing childhood obesity. Finally, this document provides a plan for measuring implementation and adherence to the wellness policy.

Nutrition Education

The primary goal of nutrition education is to increase students' knowledge regarding healthy eating choices to enable them to adopt healthy eating behaviors. All students shall receive nutrition education that is aligned with the California Health Education Content Standards 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 throughout the school campus.

Nutrition education will also be made available to parents/guardians and the community in a variety of formats (e.g., handouts, the parent newsletter, wall or bulletin board posters or banners, postings on the Summit Preparatory Charter School website, community presentations, etc.)

Nutrition Standards

The Board shall adopt nutrition guidelines for all foods available on campus during the school day, with the objectives of promoting student health and reducing childhood obesity. Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations.

Foods and beverages available to students at Summit Prep should support the health curriculum and promote optimal health. Nutrition standards adopted by Summit Prep for all foods and beverages sold to students during the school day including foods and beverages provided through the school's food service program, fundraisers, and other venues, shall meet or exceed State and Federal nutrition standards.

The Summit Prep Healthy Snack Policy encourages students to make nutritious food choices for lunches and snacks brought to school. Guidelines for snacks include yogurt, nuts, fruit, vegetables, and granola bars. Candy, cookies, sugared juices (including sports drinks), and junk foods will be prohibited.

Summit Prep shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom parties. Birthday celebrations with food of any kind are not allowed during school time. Food served at parent events (for example, monthly *cafecitos*) will always include a healthy alternative.

Summit Prep shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. As an example, a grade-level fundraising project would sell healthy food items or non-food items such as candles, wrapping paper, greeting cards, jewelry, etc. Foods at fundraisers or events that occur 30 minutes after school shall be determined by local committees, and may include home-baked goods amongst store-provided foods.

Physical Education and Physical Activity Opportunities

The primary goal for the promotion of physical activity is to increase students' knowledge and skills to enable them to adopt a physically active and healthful lifestyle. 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, recess, extracurricular programs, after-school programs, and other activities.

Summit Prep shall implement a quality physical education program that is aligned with the California Physical Education Content Standards and/or current legislation, keeps all students involved in purposeful activity for a majority of the class or recess period, and provides facilities to implement the curriculum for the number of students served.

Other School-Based Activities Designed to Promote Student Wellness

Summit Prep shall create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, Summit Prep shall:

- Provide a clean, safe, enjoyable meal environment for students
- Ensure that students can get water and encourage students to bring water bottles
- Discourage the use of food as a reward or punishment
- Not use physical activity as a punishment, and encourage using physical activity as a reward
- Standardize application of health and nutrition rules throughout all grade levels
- Provide opportunities for on-going professional training and development and teachers in the areas of nutrition and physical education
- Make efforts to keep school facilities open for use by students outside school hours

- Encourage parents/guardians, teachers, school administrators, students and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home
- Provide information and outreach materials about other Food and Nutrition Service programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents/guardians, encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs)
- Encourage teachers to implement physical activity across the curriculum throughout the school day (e.g. Brain Breaks, yoga, stretching)

Implementation and Measurement

The Executive Director or designee shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activity. To determine whether this policy is being effectively implemented, the following indicators shall be used:

- Descriptions of the school's nutrition education, physical education, and health education curricula
- Number of minutes of physical education offered at each grade span
- Type of exemptions granted from physical education
- Results of California Department of Education nutrition reviews
- Results of the State's physical fitness test
- Student participation rates in school meal programs
- Any sales of non-nutritious foods and beverages in fundraisers or other venues outside of the school's meal programs
- Feedback from school personnel, parents/guardians, students, and other appropriate persons

Every other year, a Coordinated School Health Committee, consisting of an administrator, a classroom teacher, and a parent representative shall review the Wellness Plan to determine to what extent it has been implemented and enforced. The Coordinated School Health Committee shall consist of the School Site Council members. The Coordinated School Health Committee, with input from the Summit Prep community at large, will critique and revise the plan annually. Any school stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules is encouraged to contact the school principal.

Appendix A Legal References

The following laws and regulations have informed the Summit Preparatory Charter School Wellness Policy:

- Federal Child Nutrition and Women, Infants and Children Act of 2004
- Child Nutrition Act of 1996
- California Education Code
- Code of Regulations, Title 5
- United States Code, Title 42
- Code of Federal Regulations, Title 7

Appendix B

Parent Recommendations for Healthy Lunches and Snacks

Parents who prepare student lunches and snacks will be encouraged to include foods from the following groups:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored yogurt, nonfat or low-fat milk, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.