

**Literacy
First
Charter
Schools**



"The tree of knowledge begins with literacy."

Literacy First Charter School

**Wellness Policy
Effective August 24, 2009**

Please Post

Background:

The Federal Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265) includes a provision requiring all school districts participating in any federally funded child nutrition program to establish a locally developed school wellness policy by the beginning of the 2006-07 school year. This document is the Wellness Policy for LFCS.

The federal law requires that, at a minimum, the local school wellness policy include:

- Involvement of parents, students, representatives of school food service, the school board, school administrators, and the community in the development of the school wellness policy,
- Goals for nutrition education, physical activity, and other school-based activities designed to promote student wellness,
- Nutrition guidelines for all food available on each school campus during the school day,
- Assurance that guidelines for reimbursable meals will not be less restrictive than federal regulations and guidance issued by the United States Department of Agriculture (USDA),
- A plan for measuring the implementation of the local wellness policy and designation of one or more persons in the district or at each school to oversee the implementation of the adopted wellness policy,

This new federal requirement reinforces many statewide initiatives and actions, including:

- Health priorities identified by State Superintendent of Public Instruction Jack O'Connell in his 2005 State of Education address, with details and strategies provided in the California Department of Education's (CDE's) January 2005 White Paper titled Healthy Children Ready to Learn. (<http://www.cde.ca.gov/eo/in!se/yro5healthychildrenwp.asp>),
- A letter dated May 24, 2005, jointly signed by the CDE and the California School Boards Association (CSBA), informing school board presidents and district superintendents of the new federal requirement to establish a school wellness policy,
- The release of a revised policy development tool titled Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, produced by CSBA and California Project LEAN,
- A joint letter from the CDE and the California State Parent Teacher Association (PTA) disseminated to more than 4,000 PTA leaders to inform them of the federal requirement regarding the development, adoption, and implementation of a local school wellness policy,
- The California State PTA's "Healthy Lifestyles for All Children" resolution supporting physical education and healthier food in schools, including food and beverages served or sold by local parent group members,

Core Elements Recommended in a Comprehensive School Wellness Policy:

In developing a local school wellness policy, it is required that the policy promotes student health and support the reduction of childhood obesity by:

- Acknowledging the relationship between students' nutrition/health status and their school attendance and ability to learn (<http://www.neahin.org/programs/childhealth/>),
- Complying with federal, state, and local legal requirements,

- Providing school environments that promote and protect children’s health, well-being, and ability to learn,
- Regularly providing physical education and nutrition/health education to foster lifelong habits of healthy eating and physical activity,
- Establishing linkages between health education, school meal programs, physical education, school health services, counseling and psychological services, related community services, and the other components of coordinated school health,
- Strengthening the local capacity to protect and promote the health and academic performance of all students.
- Developing a partnership as well as an informational and educational network with parents of students to ensure all around wellness from home to school via parent meetings, newsletters and online supports.

Development of the LFCS Wellness Policy has been guided by the Grossmont District Wellness Policy. GUHSD provides for the LFCS lunch program. Formulation of this policy is based on the eight components of coordinated school health.

THE EIGHT COMPONENTS OF COORDINATED SCHOOL HEALTH

- **Health Education:** This is planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive curriculum includes a variety of topics such as personal health, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Highly qualified teachers provide health education.
- **Physical Education:** This is planned, sequential K-8 curriculum that provides cognitive content and learning experiences in a variety of activity areas such as basic movement skills, physical fitness, rhythms and dance, games, team and individual sports. Quality physical education is provided through a variety of planned physical activities which promote students’ physical, mental, emotional, and social development, and encourages activities and sports that all students enjoy and can pursue throughout their lives. Qualified, trained teachers teach physical education.
- **Health Services:** Services are provided to appraise, protect, and promote student health. These services are designed to ensure access or referral to primary health care services or both, foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for injury, promote and provide optimum sanitary conditions for a safe school facility and school environment, and provide educational opportunities for promoting and maintaining individual, family, and community health.
A qualified professional nurse, health educators, and other health related professionals provide services as needed.
- **Nutrition Services:** There is access to a variety of nutritious, balanced meals that accommodate the health and nutrition needs of all students. The LFCS nutrition program reflects the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity. GUHSD child nutrition professionals provide lunch services.
- **Healthy School Environment:** This item refers to the physical and aesthetic surroundings and the social

climate and culture of LFCS. Factors that influence the physical environment include the school building and the area surrounding it. The environment includes the physical, emotional, and social conditions that affect the well-being of students and staff.

• **Parent/Community Involvement:** This item refers to an integrated school, parent, and community approach for enhancing the health and well-being of students. LFCS actively solicits parent involvement and engage community resources and services to respond to the needs of students.

I. Physical Activity

A. PE

1. Minutes – 200 K-5th, 400 6th-12th each 10 days
2. Staff Training – District paid conference attendance, Department meetings, Elementary staff development
3. Curriculum – Research based and consistent with the expectations established in the state’s curriculum frameworks and standards, and designed to build the skills and knowledge to maintain a healthy lifestyle
4. Fitness Testing – Students participate in physical performance testing annually.

B. Recess

1. Provide a peaceful playground program and other structured activities daily

C. During School (classroom activities)

1. Staff incorporates physical activity within the core curriculum

D. Before/After School

1. All students are provided opportunities to be physically active on a regular basis. After school programs will be provided, i.e. sports, dance classes, aerobics, etc.

II. Nutrition

A. School Meal Programs

1. School lunch provided by Grossmont Food Services.
 - a. All menus will be nutrient based using the USDA-Approved “Nutrient Standard Menu Planning” option which allows for more flexible food selections.
 - b. All sites will use the same cycle menu that has been previously analyzed by Grossmont Food Services to meet or exceed the nutrition standards.
 - c. All lunch meals must be <30% total fat and <10% saturated fat and no entrée served on the National School Lunch Program (NSLP) will exceed 450 calories.
 - d. The nutritional value of the food served will significantly improve through the menu by providing more fresh fruits and vegetables; schools shall offer a variety daily.
 - e. Foods exposed to potentially harmful additives and processes such as bovine growth hormone, irradiation, high fructose corn syrup, excessive salt, artificial flavors and colors, hydrogenated oils (trans fats), preservatives and genetic modification shall be reduced and/or eliminated.
 - f. Grossmont Food Services will ensure that a minimum of 50% of all grains served are whole grains. This standard exceeds the federal requirement.
 - g. Decrease number of foods that fall below Foods of Minimal Nutritional Value (FMNV) as defined by the USDA. FMNV means 1. In case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes

(RDI) for each of eight specified nutrients per serving; and 2. in case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are protein, vitamins A, C, niacin, riboflavin, thiamin, calcium and iron.

h. Grossmont Food Services will serve only 100 percent fruit juice; no added sweeteners (natural or artificial) with any meal served for lunch.

i. Grossmont Food Services staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.

B. Competitive Foods

1. Soda removed from campuses, on compliance with local, state and federal requirements, including lunch cart and ASB sales; reduce unhealthy vending machine/snack shack and snack sale options for students and staff.
2. Items should not exceed 250 calories, not more than 10% of total calories from saturated fat, not more than 35% of total weight can be sugar except fruit and vegetables.

C. Beverages

1. Allowable beverages: Drinking water with no added sweetener, 2%, 1% or non fat milk, soy milk, and other similar nondairy milk, fruit based drinks that are no less than 50% fruit juice and have no added sweetener, electrolyte replacement beverages that contain no more than 42g added sweetener per 20oz. serving.
2. Exceptions: Grades 6th-12th may sell beverages that do not comply with part 1 at and during school sponsored events at least one half hour after the end of the school day.

D. Fundraising

1. Candy will not be available for sale for fundraising on all campuses.

E. Rewards

1. Establish healthier food and non-food individual and group student rewards. Monitored and approved by Administration.

F. Marketing

1. Monthly “healthy food” promotions through newsletter, handouts, posters, and attractive and appealing monthly menus

G. Classroom Celebrations

1. Classroom parties or celebrations shall be held after the lunch period when possible and monitored/approved by Administration.
2. Nutritional quality will be considered when selecting snacks and beverages for parties.
3. All food in classrooms must be pre-approved by teacher and/or administration.

H. School Garden

1. Encourages students to taste and experience foods organically grown.

I. Meal Service and Time

1. Provide pleasant eating area with sufficient space and time to eat, socialize and play.

J. Expectation of Foods sent from home

1. It is the expectation that any foods sent from home will be nutritionally sound.
2. Snacks sent from home must be non sugar, high protein and nutritionally sound.
3. Snacks that do not meet the expected standard may be collected and returned home.

III. Other School Based Activities

A. Health and Nursing Services

The school nurse at LFCS shares in the responsibility of helping students reach their full potential physically, mentally, and socially in the educational setting. Student health is advanced through assessment, promotion, and prevention; services include federal and state mandated tasks such as emergency care, child abuse reporting, communicable disease control, prevention, and follow up, CHDP (Child Health and Disability Program), and vision, audiometric, and scoliosis screening.

1. **Vision screening** is carried out according to California Department of Health Services regulations. All students are tested on school entry (kindergarten or first grade) and every third year thereafter through eighth grade as well as by referral at any grade level by parent or teacher. Color vision testing is done one time only in kindergarten or first grade.
2. **Audiometric (hearing) screening** is carried out each year according to California Department of Health Services regulations. All students are tested on school entry (kindergarten or first grade) and second, fifth, eighth, and tenth or eleventh grade as well as by referral at any grade level by parent or teacher.
3. **Scoliosis screening** tests are conducted on seventh grade girls and eighth grade boys in accordance with standards established by the State Department of Education.

The school nurse communicates regularly with students, families, caregivers, and health care providers. She assists families by providing information and referrals to a variety of local community services:

- Public Health clinics for immunization and health exams
- El Cajon Valley Lions Club, which supplies an eye exam and new eyeglasses for children in the East County with demonstrated need
- Operation School Bell (Assistance League of Greater San Diego), which supplies new school clothing to children grades K-6 with demonstrated need
- Union Tribune Shoe Fund, a community contribution-funded program which supplies shoes to children in the San Diego area with demonstrated need
- WIC/ Federal Food Stamp programs and local food pantries

The school provides information on a regular basis regarding current health issues via the school newsletter, bulletin boards, and LFCS health webpage.

The LFCS staff is trained regarding health issues that ensure the safety of both staff and students while at school including: Blood borne pathogens/standard precautions, CPR and first-aid, emergency/disaster response, and training and supervising school staff in assisting students with routine and emergency medications.

B. Health Education (Classroom)

1. Nutrition education shall be provided as part of health education from Kindergarten through 12th grade and as appropriate.

C. Health Education / Parent and Community Involvement.

1. Provided by newsletter, handouts, parent meetings and District website.
2. Outreach to parents shall emphasize the relationship between student health and academic performance.

D. Mental Health and Counseling Services

1. Counselors and psychologists provide support when needed

E. Physical Environment

1. Provide a staff and healthy school environment that supports healthy literacy and successful learning.