

## New Los Angeles Charter School **Wellness Policy On Physical Activity and Nutrition**

New Los Angeles Charter School is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. All students in grades 6-8 will have opportunities, support, and encouragement to be physically active on a regular basis. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans. The school will provide nutrition education and physical education that foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

### **Food Service/Child Nutrition Program**

The Governing Board recognizes that students need adequate, nourishing food in order to grow, learn and maintain good health. Classroom celebrations should encourage healthy choices and portion control. Parents and families should receive guidance from the school on foods that are appropriate for such celebrations. It further recognizes that significant research indicates a positive relationship between adequate nutrition and learning resulting in academic success.

The school will, as resources are available, provide adequate resources (personnel, equipment, ongoing maintenance, and technology) to implement the Nutrition Policy. All employees will support the implementation of the Nutrition Policy and related Health Education Policy. Parents/guardian will be encouraged to support the district's nutrition education efforts by considering nutritional quality when selecting any snack which they may donate for occasional special events.

A School Nutrition Action Council-Physical Activity Committee will be developed and members will meet annually to review implementation of these policies and regulations and provide an annual report to the Board. (cf. 3312 - Contracts) (cf. 3551 - Food Service Operations/Cafeteria Fund) (cf. 3553 - Free and Reduced Price Meals) (cf. 3554 - Other Food Sales) (cf. 5141.32 - Child Health and Disability Prevention Program) (cf. 6142.8 - Comprehensive Health Education)

### **Quality of Food**

The executive director or designee shall ensure the meals offered by the school's food service program meet all legal requirements for participation in the National School Lunch program. The executive director or designee shall ensure that food sales by school-related groups are in compliance with state and federal law and do not impair student participation in the district's food service program. Sanitation and safety procedures shall comply with the requirements of the California Uniform Retail Food Facilities Law as set forth in Health and Safety Code 113700-11445. All food available to students on school premises during school hours will meet or exceed nutritional standards established by the District. All foods available to students during school hours shall be: 1. Selected so as to contribute to student's nutritional well-being and the prevention of disease. 2. Prepared in ways that will appeal to students, retain nutritive quality and foster lifelong healthful eating habits. 3. Proved to give a variety of healthy choices at all site including ethnic and cultural favorites. Students will be involved in the selection, tasting and marketing of healthy foods that appeal to students. Healthy food choices (fresh fruits and vegetables, whole grains, dairy products) should be promoted in school activities involving staff, students, and community.

### **Student Access**

The school will strive to ensure that each student will have access to healthy choices through the development of universal free lunch offered at the school sites. Access to fundraising through food sales will be equitable for all classes and/or student organizations.

## **Maintenance of a Healthy Environment**

Drinking water and hand-washing facilities should be conveniently available for students at all times. The school will provide an environment where healthful eating behaviors are the norm and are modeled and reinforced. Adequate space in a pleasant surrounding will be developed so that students can be encouraged to eat a nutritious lunch.

## **Rewards**

The school should not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

## **Celebrations**

Schools should limit celebrations that involve food during the school day to no more than one party per class per trimester. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The school will disseminate a list of healthy party ideas to parents and teachers.

*Legal Reference: EDUCATION CODE 38080-38103 Cafeteria, establishment and use 45103.5 Contracts for management consulting services; restrictions 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 49570 National School Lunch Act HEALTH AND SAFETY CODE 113700-114455 California Uniform Retail Food Facilities Law 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 School lunch programs 1771-1791 Child nutrition, especially: 1773 School breakfast program 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 PUBLICATIONS Healthy Food Policy Resource Guide, 2003 CDC PUBLICATIONS School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000 NASBE PUBLICATIONS Fit, Healthy and Ready to Learn, 2000 USDA PUBLICATIONS 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> American School Food Service Association (ASFS): <http://www.asfsa.org> CDE, Nutrition Services Division/ SHAPE California: <http://www.cde.ca.gov/nsd> CDHS, School Health Connections: <http://www.mch.dhs.ca.gov/programs/shc/shc.htm> California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org> California Healthy Kids Resource Center: <http://www.californiahealthykids.org> National School Boards Association: <http://www.schoolhealth@nsba.org> National Association of State Boards of Education (NASBE): <http://www.boards@nasbe.org> U.S. Dept. of Agriculture, Food and Nutrition Information Center (FNIC): <http://www.nal.usda.gov/fnic> Centers for Disease Control and Prevention: <http://www.cdc.gov>*

## **Integrating Physical Activity into the Classroom Setting**

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity. Toward that 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. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activity. Besides promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of goals. (cf. 5121 - Grades/Evaluation of Student Achievement) (cf. 6142.8 - Comprehensive Health Education) (cf. 6145.2 - Athletic Competition) (cf. 6146.1 - High School Graduation Requirements) (cf. 6190 - Evaluation of the Instructional Program)

The school's programs shall include a variety of kinesthetic activities, including team and individual sports, as well as aesthetic movement forms, such as dance and yoga. (cf. 6143 - Courses of Study) An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion. (cf. 6164.6 - Identification and Education Under Section 504) Physical education staff shall

appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather or other inclement conditions. (cf. 3516 - *Emergencies and Disaster Preparedness Plan*) Exemptions: The principal or designee may grant temporary exemption from physical education under any of the following conditions: 1. The student is ill or injured and a modified program to meet his/her need cannot be provided. (*Education Code 51241*)

### **Daily Physical Education (P.E.)**

All students in grades 6-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 200 minutes every two weeks) for the entire school year. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

### **Physical Activity Opportunities After School**

The school will endeavor to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The school will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. After-school programs and enrichment programs will provide and encourage, verbally and through the provision of space and equipment, activities that promote physical fitness.

### **Physical Activity and Punishment**

Schools should not use participation or non-participation in physical education classes or recess as a way to punish or discipline students.

### **Monitoring and Policy Review**

The School Nutrition Action Council-Physical Activity Committee members will meet annually to review progress toward implementation of these policies and regulations and will provide an annual report to the board. The executive director will ensure compliance with established nutrition and physical activity wellness policies. The principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the executive director. The executive director will develop a summary report every three years on compliance with the school's established nutrition and physical activity wellness policies. That report will be provided to the school board.

*Legal Reference: EDUCATION CODE 33350 CDE responsibilities re: physical education 49066 Grades; physical education class 51210 Course of study, grades 1-6 51220 Course of study, grades 7-12 51222 Physical education 51223 Physical education, elementary schools 51241 Temporary or permanent exemption from physical education 51242 Exemption from physical education for athletic program participants 52316 Excuse from attending physical education classes 60800 Physical performance test CODE OF REGULATIONS, TITLE 5 1041-1046 Physical performance test 3051.5 Adapted physical education for individuals with exceptional needs 10060 Criteria for high school physical education programs UNITED STATES CODE, TITLE 29 794 Rehabilitation Act of 1973, Section 504 ATTORNEY GENERAL OPINIONS 53 Ops.Cal.Atty.Gen. 230 (1970) Management Resources: CSBA PUBLICATIONS Healthy Food Policy Resource Guide, 2003 CDE PUBLICATIONS Physical Education Framework for California Public Schools: Kindergarten Through Grade 12, 1996 CDE PROGRAM ADVISORIES 0418.89 Physical Education, April 18, 1989 CDHS PUBLICATIONS Jump Start Teens, 1997 Playing the Policy Game, 1999 School Idea and Resource Mini Kit, 2000*

*CDC PUBLICATIONS School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High Schools, 2000 NASBE PUBLICATIONS Fit, Healthy and Ready to Learn, 2000 WEB SITES CSBA: <http://www.csba.org> CDE, Nutrition Services Division/SHAPE California: <http://www.cde.ca.gov/nsd> CDHS, School Health Connections: <http://www.mch.dhs.ca.gov/programs/shc/shc.htm> California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org> California Healthy Kids Resource Center: <http://www.californiahealthykids.org> National School Boards Association: <http://www.schoolhealth@nsba.org> National Association of State Boards of Education (NASBE): <http://www.boards@nasbe.org> Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>*