



College for Certain

## Local Wellness Policy

The purpose of this document is to outline the Local Wellness Policy for all schools that operate under the sponsor agreement for Aspire Public Schools (“District”) ID number: **41-34413-9015364-01**.

This document is outlined as follows:

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### **Background**

The District is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

### **Nutrition Education**

Every year, all students, K-12, shall receive nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education will have the appropriate training.

### **Implementation and Measurement**

- The District shall implement this policy and measure how well it is being managed and enforced. The governing body shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules.
- Students, staff, and community will be informed about the Local Wellness Policy annually.

### **Nutrition Standards**

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices.

The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. The District shall consider

nutrient density and portion size before permitting food and beverages to be sold or served to students.

The District shall offer school meal programs with menus meeting the Food Based meal and nutrition standards patterns established by the United States Department of Agriculture (USDA). The District shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the Districts policy of promoting a healthy school environment shall be discouraged.

Each District School site will offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- 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 milk and yogurt, 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.

The District shall ensure no foods of minimal nutritional value are served within thirty (30) minutes of the beginning of schools to thirty (30) minutes after the end of the instructional day. (Local School Wellness Policy, (United States Code, Title 42, Section 1776))

The District along with parents shall ensure no fast food or FMNV will be provided to students during meal periods throughout the day.

The District shall monitor food service distributors and snack vendors to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose in all venues. Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day.

The District superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

#### **Physical Education and Physical Activity Opportunities**

The District shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Every year, all students, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

Developmentally appropriate physical education shall be offered every year to all students. In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality physical education program that addresses the following:

#### Curriculum

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Influences personal and social skill development.

#### Instruction and Assessment

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period

#### Opportunity to Learn

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.

#### **Meal Times & Scheduling**

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Meals served through the National School Lunch, Breakfast, and Snack Programs, and the CACFP Supper Program will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;<sup>2</sup>
- serve only low-fat (1%) and fat-free milk<sup>3</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.<sup>3,4</sup>
- have Free fresh drinking water available to students during meal

#### Breakfast

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

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### Schools

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

### **Other School-Based Activities Designed to Promote Student Wellness**

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

The District shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

### Dining Environment

The school district shall provide:

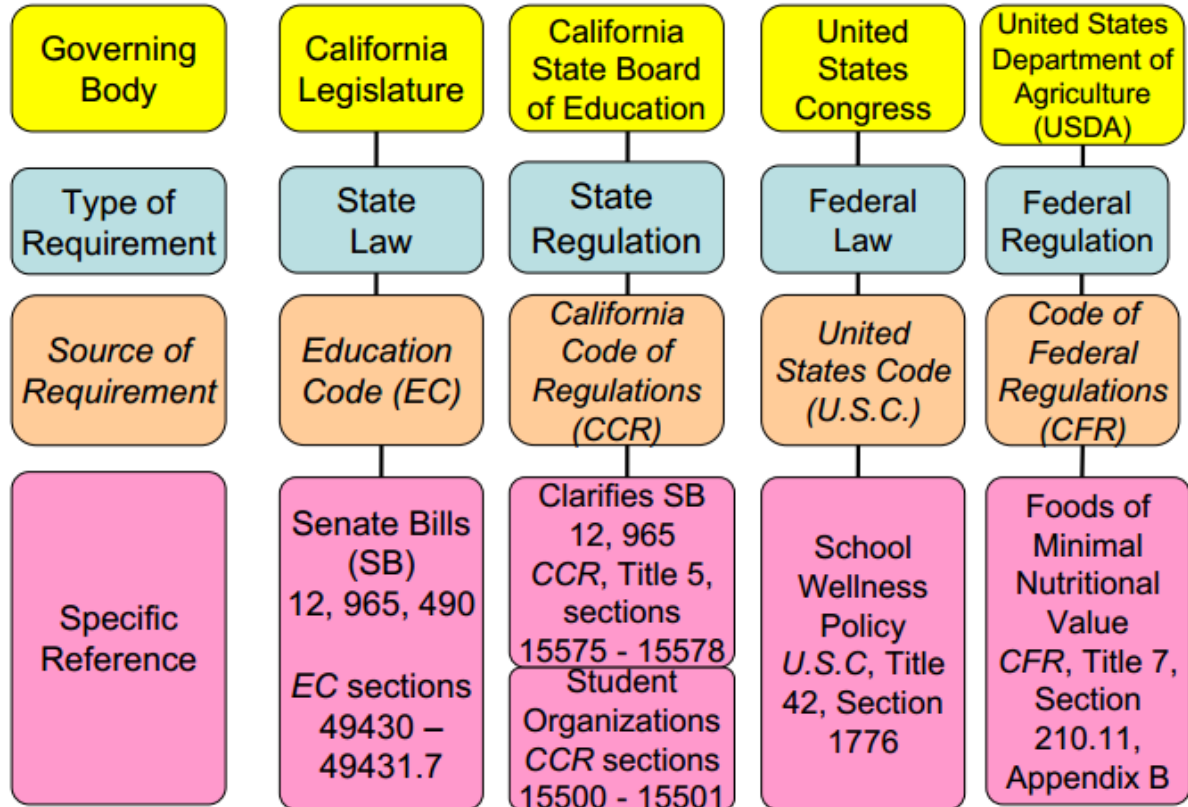
- a clean, safe, enjoyable meal environment for students,
- enough space and serving areas to ensure all students have access to school meals with minimum wait time,
- drinking fountains in all schools, so that students can get water at meals and throughout the day,
- encouragement to maximize student participation in school meal programs, and
- Identity protection of students who eat free and reduced-price meals.

**Competitive Food and Beverages**

California Department of Education [https://www.cde.ca.gov/ccgCnpTraining/training/trainingRegistration\\_2.aspx](https://www.cde.ca.gov/ccgCnpTraining/training/trainingRegistration_2.aspx)  
 Nutrition Services Division

May 2010

**Origin of Requirements:  
 Competitive Foods and Beverages**



## School Classification – Competitive Food and Beverage Sales in California

Competitive Food and Beverage Requirements (Specific Reference)	Senate Bills 12, 965, 490 (California Education Code, sections 49430-49431.7)	Clarifies SB 12, 965 (California Code of Regulations, Title 5, sections 15575-15578)	Student Organizations (California Code of Regulations, Title 5, sections 15500-15501)	Local School Wellness Policy (United States Code, Title 42, Section 1776)	Foods of Minimal Nutritional Value (FMNV) (Code of Federal Regulations, Title 7, Section 210.11, Appendix B)
Type of Requirement	California Law	California Regulation	California Regulation	Federal Law	Federal Regulation
Public School (not Charter) and Yes USDA meal program	Required	Required	Required	Required	Required
Public School (not Charter) and No USDA meal program	Required	Required	Required	Not required	Not required
Private school and Yes USDA meal program	Not required	Not required	Not required	Required	Required
Private school and No USDA meal program	Not required	Not required	Not required	Not required	Not required
Charter school and Yes USDA meal program	<b>Not Required</b>	<b>Not Required</b>	<b>Not Required</b>	<b>Required</b>	<b>Required</b>
Charter school and No USDA meal program	Not required	Not Required	Not Required	Not required	Not required

Module I & II, Handout 3, Overview

Overview — Competitive Food and Beverage Sales in California Schools

Competitive Food and Beverage Requirements (Specific Reference)	Senate Bill 12, 965, 490 (Education Code sections 49430-49431.7)	Clarifies Education Code (California Code of Regulations, Title 5, sections 15575-15578)	Student Organizations (California Code of Regulations, Title 5, sections 15500-15501)	Local School Wellness Policy (United States Code, Title 42, Section 1776)	Foods of Minimal Nutritional Value (FMNV) (Code of Federal Regulations, Title 7, Section 210.11, Appendix B)
Type of Requirement	California Law	California Regulation	California Regulation	Federal Law	Federal Regulation
Which Schools Must Comply?	Public Schools  (Charter and private schools exempt)	Public Schools  (Charter and private schools exempt)	Public Schools  (Charter and private schools exempt)	National School Lunch Program, School Breakfast Program, Special Milk Program	National School Lunch Program, School Breakfast Program
Which Groups Must Comply?	All entities	All entities	Student organizations	All entities	All entities
What Does It Affect?	<b>Foods and beverages sold</b> to pupils K – 12  <b>Trans-fat foods sold or provided</b> to pupils K – 12	Clarifies definitions found in California law (SB 12, 965)	Additional restrictions on sale of foods and beverages	<b>Foods and beverages sold and/or provided</b> to pupils K – 12	Specific foods and beverages identified as FMNV
When Are The Limits In Effect? Elementary Schools	<b>Foods:</b> During and up to ½ hour after the school day <sup>1</sup> <b>Beverages:</b> Regardless of time of day <sup>2</sup> <b>Trans fat foods:</b> From ½ hour before to ½ hour after the school day	Same as California law (SB 12, 965)	After last lunch period	<b>Foods and beverages from ½ hour before to ½ hour after the school day</b>	During the reimbursable meal
When Are The Limits In Effect? Middle Or High Schools	<b>Foods:</b> During and up to ½ hour after the school day <sup>3</sup> <b>Beverages:</b> ½ hr before to ½ hr after <sup>4</sup> <b>Trans fat foods:</b> ½ hr before start of school day to ½ hr after <sup>5</sup>	Same as California law (SB 12, 965)	During and after school day	<b>Foods and beverages from ½ hour before to ½ hour after the school day</b>	During meal time
Where?	Entire school campus	Same as California law (SB 12, 965)	Entire school campus	Entire school campus	Where meals are served and/or eaten
1. Non-compliant foods can be sold ONLY by pupils of the school from ½ hour after end of school day					
2. Non-compliant beverages can be sold ONLY by pupils of the school from ½ hour after end of school day.					
3. Non-compliant foods can be sold from ½ hour after end of school day or sold at a school-sponsored activity at the end of the school day.					
4. Non-compliant beverages can be sold from ½ hour after end of school day or sold during a school sponsored activity at least ½ hour after end of school day.					
5. No artificial trans-fat in competitive foods: a. sold or provided in vending machines, and b. competitive foods sold or provided at a place that regularly sells or serves foods on the school campus.					