



STUDENT WELLNESS POLICY

The WISH Charter School Governing Board (“WISH”) or the “Charter School”) believes that good health fosters student achievement and student attendance. Thus, WISH is committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn. This environment will be achieved by teaching, supporting,, and modeling healthy eating habits and lifestyles; physical activity and physical education; and school safety. WISH recognizes that the learning environment can influence the way in which children develop life-long eating, physical activity, and healthy lifestyle habits. WISH further recognizes that children need access to healthful foods, opportunities to be physically active, and to be supported in a nurturing learning community in order to grow, learn, and thrive.

This Policy outlines WISH’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The overall goal of the Wellness Policy is to encourage a healthy lifestyle and to discourage behaviors that can harm students’ well-being. WISH shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

Specifically, this Policy establishes goals and procedures to ensure that:

- Students in WISH have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the Charter School campus—in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during and after the school day.
- The Charter School engages in nutrition and physical activity promotion and other activities that promote student wellness.

- Charter School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of WISH in creating continuity between Charter School and other settings for students and staff to practice lifelong healthy habits.
- The Charter School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of this Policy and its established goals and objectives.

Charter School Wellness Committee

Committee Role and Membership

WISH will convene representatives and form a Charter School Wellness Committee (“Well-Com”), or work within an existing school health committee, that meets at least four (4) times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this Policy.

The Well-Com membership will represent all grade levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., Executive Director, principal, vice principal); school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (“SNAP-Ed”). To the extent possible, the Well-Com will include representatives from each department and reflect the diversity of the community.

Leadership

The Compliance Manager or designee(s) will convene the Well-Com and facilitate development of and updates to the Policy and will ensure the Charter School’s compliance with the Policy.

Additionally, the designated official for oversight of the Well-Com is:

Compliance Manager- Kimberlie Traceski

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Using the steps outlined below, WISH will ensure the Charter School meets legal obligations regarding implementation of this Policy.

This Policy and the progress reports can be found at: [INSERT WEBSITE LINK TO POLICY.]

Recordkeeping

WISH will retain records to document compliance with the requirements of this Policy in the main office. Documentation maintained in this location will include but will not be limited to:

- The written Policy.
- Documentation demonstrating that the Policy has been made available to the public.
- Documentation to demonstrate compliance with the annual public notification requirements and community involvement requirements.
- Documentation of the triennial assessment of the Policy.
- Documentation demonstrating the most recent assessment on the implementation of the Policy has been made available to the public.

Annual Notification of Policy

WISH will actively inform families and the public each year of basic information about this Policy, including its content, any updates to the Policy, and implementation status. WISH will make this information available via the Charter School website and/or Charter School-wide communications. WISH will provide as much information as possible about the Charter School nutrition environment. This will include a summary of Charter School's events or activities related to Policy implementation.

Annually, WISH will also publicize the name and contact information of the Charter School official(s) leading and coordinating the Well-Com, as well as information on how the public can get involved with the Well-Com.

Triennial Progress Assessments

At least once every three years, WISH will evaluate compliance with the Wellness Policy to assess the implementation of the Policy and include:

- The extent to which the Charter School is in compliance with this Policy;
- The extent to which the Charter School's Policy compares to model wellness policies; and

- A description of the progress made in attaining the goals of the Charter School's Policy.

The position/person responsible for managing the triennial assessment and contact information is:

[INSERT PERSON RESPONSIBLE, THEIR TITLE, AND CONTACT INFO.]

The Well-Com/Compliance Manager will monitor the Charter School's compliance with this Policy.

WISH will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

WISH Charter will periodically review and revise the Wellness Policy to ensure that it supports healthy eating, physical activity, and student wellness and that it is based on the best available research in the area of student wellness. The Executive Director or designee will ensure compliance with established Charter School-wide nutrition and physical activity wellness policies, the results of the annual Charter School Health Index and triennial assessments and/or as Charter School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. This Policy will be assessed and updated as indicated at least every three (3) years, following the triennial assessment.

Charter School food service staff will ensure compliance with nutrition policies within the school food service program and will report on this matter to the Compliance Manager.

To ensure that nutrition goals are addressed and healthy nutrition is encouraged the following data will be reviewed:

- Analysis of the nutritional content of meals served
- Student participation in the Charter School meal program
- Snack and beverage sales outside of meal program
- Food sales as fundraisers or activities outside of district meal program

To ensure physical activity goals are addressed the following data will be reviewed:

- Scheduled physical education classes
- State Assessment results for Grades 5 and 7
- Charter School and classroom discipline programs

To ensure school safety and climate goals are addressed, the following data will be reviewed:

- Safety Committee Minutes

- Report of suspension and expulsion
- Attendance and accident reports

Community Involvement, Outreach and Communications

WISH is committed to being responsive to community input, which begins with awareness of the Policy. WISH will actively communicate ways in which representatives of Well-Com/the Charter School and others can participate in the development, implementation and periodic review and update of this Policy through a variety of means. WISH will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in Charter School nutrition standards.

WISH will use electronic mechanisms, such as email or displaying notices on the Charter School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to this Policy, as well as how to get involved and support the Policy. The Charter School will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that other local schools are communicating important school information with parents.

The Charter School will actively notify the public about the content of, the implementation of, and any updates to the Policy annually, at a WISH will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition and Nutrition Education

- WISH believes that foods and beverage available to students at WISH should support the health curriculum and promote optimal health. WISH's nutrition education program shall be based on the California Framework for Health Education.
- Nutrition education shall be provided through health education programs in grades TK-8. WISH's nutrition education and physical education programs shall be based on and consistent with the California Department of Education curriculum and framework and standards for the subject.

Charter School Meals

To the maximum extent practicable, WISH will participate in available federal school meal programs and meet the nutrition requirements established by state and federal agencies. (BP 3550 Child Nutrition Program; BP 3554 Free and Reduced Price Meals).

WISH participates in USDA child nutrition programs, including the National School Lunch Program (“NSLP”), the School Breakfast Program (“SBP”), and *[include here any additional Federal child nutrition programs in which the Charter School participates, possibly including the Fresh Fruit & Vegetable Program (“FFVP”), Special Milk Program (“SMP”), Summer Food Service Program (“SFSP”), Supper programs, or others]*. The Charter School also participated in the Universal Meal program and operates additional nutrition-related programs and activities including *[if applicable, insert here a list of other programs such as Farm to Charter School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab ‘n’ Go Breakfast, or others]*. The Charter School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Ensure all students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- The Charter School nutrition program will accommodate the diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The Charter School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. There will be no identifying lines or other system to separate paying and non-paying students.
- All food and beverages that are sold for the purpose of fundraising or other activities during the school day shall meet or exceed all nutrition guidelines for food and beverage available outside the Charter School meal program. (BP 3554 Other Food Sales)
- Any food or beverages that do not meet the nutrition standards may be sold by students if the sale takes place off and away from the Charter School campus or at least thirty (30) minutes after the end of the school day.
- WISH will promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - ✓ Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - ✓ Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - ✓ Sliced or cut fruit is available daily.
 - ✓ Daily fruit options are displayed in a location in the line of sight and reach of students.
 - ✓ All available vegetable options have been given creative or descriptive names.
 - ✓ Daily vegetable options are bundled into all grab-and-go meals available to students.

- ✓ All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- ✓ White milk is placed in front of other beverages in all coolers.
- ✓ Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- ✓ A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
- ✓ Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- ✓ Student artwork is displayed in the service and/or dining areas.
- ✓ Daily announcements are used to promote and market menu options.

Staff Qualifications and Professional Development

All Charter School nutrition staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These Charter School nutrition personnel will refer to USDA's Professional Standards for Charter School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. WISH will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The Charter School is committed to ensuring that all foods and beverages available to students on the Charter School campus during the school day support healthy eating. The foods and beverages sold to students on campus during the school day (including the period from the midnight before, to 30 minutes after the end of the official school day) and served outside of the Charter School meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable School meal programs that are sold to students on the Charter School campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

All foods offered on the WISH campus will meet or exceed the USDA Smart Snacks in Charter School nutrition standards, including through:

1. Celebrations and parties. WISH will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Celebrations and parties that involve food during the school day shall be limited to no more than one event per class per month. Each event should include no more than one food or beverage that does not meet the nutrition guidelines.
2. WISH's nutrition education program shall be based on the California Framework for Health Education
3. Classroom snacks brought by parents. Charter School staff shall encourage parents/guardians or other volunteers to support WISH's nutrition education program by considering nutritional quality when selecting any snack, which may be donated. WISH will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
4. Rewards and incentives. WISH will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Charter Schools nutrition standards may be sold through fundraisers on the WISH campus during the school day. WISH will make available to parents and teachers a list of healthy fundraising ideas. WISH will encourage all school-based organizations to use nonfood items for fundraising.

Nutrition Promotion

WISH will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques described above; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in Charter School nutrition standards.

Food and Beverage Marketing in Schools

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition

standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

As the Executive Director reviews existing contracts and considers new contracts with the compliance manager, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by this Policy.

- WISH's nutrition education program shall be based on the California Framework for Health Education.
- Nutrition education shall be provided through health education programs in grades TK-8 WISH's nutrition education and physical education programs shall be based on and consistent with the California Department of Education curriculum and framework and standards for the subject.

Physical Activity and Physical Education

The Centers for Disease Control ("CDC") recommends that all children and adolescents participate in a minimum of sixty (60) minutes of physical activity every day. The CDC recommends that aerobic activity make up the bulk of such physical activity, with vigorous-intensity aerobic activity on at least three days per week. The CDC also recommends that physical activity include muscle strengthening activities, such as gymnastics or push-ups, on at least three days per week, and bone strengthening activities like jumping rope or running at least three days per week. The Charter School has the following specific goals to promote student wellness, consistent with this Policy:

1. All students in grades TK-8 and grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other activities.
2. 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.

In developing these goals, the Charter School reviewed and considered evidence-based strategies and techniques and parent input. WISH will work toward achievement of these goals by:

In developing these goals, the Charter School reviewed and considered evidence-based strategies and techniques and parent input. WISH will work toward achievement of these goals by:

1. Encouraging opportunities for physical activity to be incorporated into other subject lessons
2. Giving all students will have at least twenty (20) minutes a day of supervised recess, preferably outdoors, during which they will be encouraged to participate in moderate to vigorous physical activity.
3. Discouraging extended periods of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, Charter School staff will give students periodic breaks during which they are encouraged to stand and be moderately active.
4. Prohibiting teachers and other Charter School personnel from using physical activity for punishment.
5. Prohibiting teachers and other Charter School and community personnel from withhold opportunities for physical activity as punishment.
6. Ensuring all students participate in a planned sequential program of curricula and instruction that helps students develop the knowledge, skills, and confidence necessary for an active lifestyle. At least fifty (50) percent of physical education instructional time will be spent in moderate to vigorous physical activity.
7. Ensuring a teacher credentialed to teach physical education will consult and deliver classes in physical education.

Other Activities that Promote Student Wellness

WISH will integrate wellness activities across the entire Charter School setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. WISH will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of this Policy, including but not limited to ensuring the involvement of the Well-Com and/or parents and the community.

All Charter School-sponsored events will adhere to this Policy's wellness guidelines. All Charter School-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Positive and Safe School Environment

WISH desires a learning community that welcomes, supports, and encourages its members to lead healthy, successful lives. WISH recognizes that it is not always practicable or possible to have nurses, psychologists, and counselors on site to

address mental health issues. However, it is the Charter School's goal to identify and access resources that are responsive to its community members' needs.

1. WISH has established rules and procedures concerning safety for students and will communicate these to students on a regular basis and to parents/guardians in the *Student Parent Handbook*.
2. Appropriate Charter School personnel will be trained on emergency response procedures, basic first aid, and CPR, and on administering medications that students are required to take during school hours.
3. Charter School personnel will monitor and maintain equipment used for physical activities.
4. Charter School personnel will monitor weather and air quality and use this data to make decisions about student participation in outdoor physical activities.
5. The Charter School will maintain a Comprehensive School Safety Plan that will address multiple aspects of student safety and a safe school environment.

Staff Wellness

WISH values the health and well-being of every staff member and encourages all staff to maintain a healthy lifestyle. WISH encourages all staff members to model a healthy lifestyle for its students.

Communication with Parents

WISH Charter will support parents'/guardians' efforts to provide a healthy diet and daily physical activity for their children. WISH will support parents'/guardians' efforts by sending home nutrition information, posting nutrition tips on websites and in bulletins, and providing nutrient analyses of school menus. WISH will encourage parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

WISH will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents'/guardians' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials and special events.