



PROVISIONAL ACCELERATED LEARNING CHARTER ACADEMY

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“Education with an Individualized Approach!”

PAL Charter Academy Wellness Policy

Due to children’s need to access healthy foods and opportunities to be physically active in order to grow, learn, and thrive, SIA Schools and its SFA members are 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. Therefore, it is the policy of SIA SFA that:

- The schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing SIA SFA school-wide nutrition and physical activity policies.
- All students in grades K-12 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 and the CDE NSD*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet students’ he. It will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning and provide clean, safe settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in SIA SFA will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], and CACFP supper program.
- Schools will provide nutrition education and physical education to 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.

TO ACHIEVE THESE POLICY GOALS:

Creation of Wellness Committee

SIA SFA has created, strengthened, or worked within existing school advisory councils developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity policies. The councils serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

Nutrition and Physical Activity Promotion and Food Marketing

Meals served through the National School Lunch and Breakfast Programs 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;²
- Calories and sodium will be specific for grade levels
- No more than 10% of total calories from saturated fat, averaged over a week;
- Serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that grains are whole grain Serve items that contain 0 grams of trans fats

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 health and nutrition needs are information about the nutritional content of meals with parents and students. Such information can be made available on menus, a website, cafeteria menu boards, placards, or other point-of-purchase materials.

BREAKFAST

In our efforts to meet student nutritional needs and enhance their ability to learn, PAL shall:

- Operate the School Breakfast Program.
- To the extent possible, arrange van 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. Notify parents and students of the availability of the School Breakfast Program.
- Encourage parents to provide a healthy breakfast for their children.

FREE & REDUCED-PRICE MEALS

PAL 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.

SUMMER FOOD SERVICE PROGRAM

Schools in which more than 50% of students are eligible for free or reduced-price school meals can sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

MEAL TIMES & SCHEDULING

PAL Charter Academy:

- Will provide students with enough time to consume their meal after it has been served.
- Will schedule meal periods at appropriate times based on our modified school day schedule
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will encourage students to wash or hand sanitize hands before they eat meals or snacks; and
- Should take reasonable steps to encourage the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

QUALIFICATIONS OF FOOD SERVICE STAFF

Qualified nutrition professionals will administer the school meal programs. As part of SIA SFA, it is our responsibility to operate a food service program; we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

SHARING OF FOOD & BEVERAGES

Schools should monitor students sharing their foods or beverages during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

MIDDLE SCHOOL & HIGH SCHOOL

In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- **Beverages**

- **Allowed Beverages:**

- Fruit or Vegetable juice:
 - 100% juice (can be diluted with water, no dilution limit)
 - No added sweeteners
 - 12 fl. oz. serving size or less
 - Milk:
 - 1 % (unflavored), nonfat (flavored, unflavored),
 - 12 ounces or less
 - Water:
 - No added sweeteners, flavors, etc.
 - No serving size
 - Other flavored beverages (“no calorie”)

- **Allowed Foods:**

- A food item sold individually:
 - Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - Will have no more than 35% of its weight from added sugars;⁸
 - Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pasta, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
 - It is encouraged to offer a choice of two fruits and/or non-fried vegetables for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables (cooked or dried), canned fruits (light syrup), juice, canned vegetables (that meet the above fat and sodium guidelines).⁹

FUNDRAISING ACTIVITIES

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

SNACKS

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on the timing of school meals, children's nutritional needs, children's ages, and other considerations. The SIA SFA will disseminate the guidelines for compliant snacks.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

REWARDS

PAL team is encouraged not to use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. All food rewards or incentives must be pre-approved by PAL Administration before implementation.

CELEBRATIONS

PAL limits celebrations that involve food during the school day to no more than one party per class per month. It is encouraged that each party includes no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).

SCHOOL-SPONSORED EVENTS (such as, but not limited to, athletic events, dances, or performances):

Events are held a minimum of 3hrs following school hours. It is encouraged that there are food and beverage options that align with the nutrition standards for meals.

NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

Nutrition Education and Promotion

PAL Charter Academy aims to teach, encourage, and support healthy eating by students. We provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutritional practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); and
- Links with school meal programs, other school foods, and nutrition-related community services;

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. 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;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents

The SIA SFA in partnership with PAL will support parents' efforts to provide a healthy diet and daily physical activity for their children. The partnership will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus when available. PAL encourages parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The SIA SFA in partnership with PAL will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, PAL will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is limited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include sales of healthy food for fundraisers.

Staff Wellness

PAL highly values the health and well-being of every staff member and will encourage that support personal effort by staff to maintain a healthy lifestyle.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES

Physical Education (PE) 6th– 12th

All students in grades 6 - 9, including students with disabilities, special health-care needs, and in alternative educational settings, will receive weekly physical education for the entire school year. All physical education will be taught by a physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

- A minimum of 200 minutes for every 10 school days for students in grades 6-9
- PAL annually administers the physical fitness test designated by the State Board of Education to students in grades 7 and 9

All students in grades 10 – 12, including students with disabilities, special health-care needs, and in alternative educational settings, are encouraged to continue daily physical activity. One additional year of Physical Education (PE) classes are required for High School graduation. Additionally, competitive sports are available year-round for student participation. Annually, health and wellness clubs may be offered dependent on the availability of club advisor(s)

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Use of School Facilities Outside of School Hours

School spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities are also available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitoring

The Wellness Committee will ensure compliance with established school-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies at PAL and will report on the school's compliance to the SIA SFA Wellness Committee.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Principal or designee. In addition, SIA SFA will report on the most recent USDA Administrative Review findings and any resulting changes.

The Wellness Committee will develop a summary report periodically on SIA SFA school-wide compliance with SIA Schools established nutrition and physical activity wellness policies, based on input from schools within SIA SFA. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in SIA SFA schools.

MONITOR AND POLICY REVIEW

Policy Review

To help with the initial development of the wellness policies, PAL will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.¹³ The results of the assessment will be compiled by the Wellness Committee level to identify and prioritize needs.

Assessments will be repeated periodically to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, SIA SFA will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. SIA SFA, and individual schools within SIA SFA, will, as necessary, suggest revisions to the wellness policies and develop work plans to facilitate their implementation.

FOOTNOTES

- ² To the extent possible, schools will offer at least two non-fried vegetables and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.
 - ³ As recommended by the Dietary Guidelines for Americans 2010
 - ⁴ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.
 - ⁵ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.
 - ⁶ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.
 - ⁷ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).
 - ⁸ If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from these total sugars limit.
 - ⁹ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate
 - ¹⁰ Unless this practice is allowed by a student's individual education plan (IEP).
 - ¹¹ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.
 - ¹² Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.
- ⁴ Useful self-assessment and planning tools include the School Health Index from the Centers for Disease Control and Prevention (CDC), changing the Scene from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education from the National Association for Sport and Physical Education.
- (cf. 3550 - Food Service/Child Nutrition Program)
(cf. 3553 - Free and Reduced Price Meals)
(cf. 3554 - Other Food Sales)
(cf. 6142.7 - Physical Education)

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

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

49565-49565.8 California Fresh Start pilot program

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

10060- Criteria for Physical Education Program

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 National School Lunch Program, especially:
1751 Note Local wellness policy
1771-1791 Child Nutrition Act, including:
1773 School Breakfast Program

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov\(link sends e-mail\)](mailto:program.intake@usda.gov).

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