



## **LOCAL WELLNESS POLICY**

### **WELLNESS**

Thomas Edison Charter Academy (TECA), in partnership with parents and the community, is committed to providing a healthy school environment. It has been researched and documented that obesity and other illnesses are directly linked to unhealthy eating habits and physical inactivity patterns that are often established in childhood. Good health fosters student performance, attendance, and education. By supporting healthy eating and physical activity, we will promote and protect children's health, well-being, and ability to learn. TECA has the opportunity to be a positive influence on its students by offering the healthiest foods, beverages, and physical activity opportunities possible and by providing other health-supporting programs and opportunities. Therefore, TECA will:

- Establish and sustain a School Wellness Committee consisting of a group of individuals who represent the school and community, including an administrator, physical education teacher, other staff members, and parents.
- Convene the School Wellness Committee at least two times during the school year at hours convenient for public participation. The Committee will discuss implementation, monitoring, and revision of the Local Wellness Policy, and provide resources and/or policy recommendations to the Executive Director and the Board.
- Charge the School Wellness Committee with annually ensuring that the Local Wellness Policy is implemented, monitored, and revised through the use of implementation

#### School Health Council

The Executive Director may decide to appoint a School Health Council consisting of representatives of the above groups. The School Health Council may also include an administrator, physical education teacher, counselor, and/or others interested in school health issues.

The School Health Council shall assist with policy development and advise TECA on health-related issues, activities, policies, and programs. At the discretion of the Executive Director, the School Health Council's charges may include planning and implementing activities to promote health within the school or community.

#### School Nutrition, Physical Education, and Physical Activity Goals

The Board shall adopt goals for nutrition, nutrition education and promotion, physical education, physical activity, and other school-based activities such as school gardens that are designed to promote student wellness in a manner that TECA determines appropriate.

TECA's nutrition education and physical education programs shall be based on research consistent with the expectations established in the state's curriculum frameworks/standards

and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

### Nutritional Information

To encourage consistent health messages between the home and school environments, the Executive Director shall provide and disseminate health information to parents/guardians and students about the nutritional content of meals through school menus, cafeteria menu boards, newsletters, handouts, parent/guardian meetings, or the TECA website.

Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

### Nutritional Guidelines for Foods Available at Schools

The Board shall adopt nutritional guidelines that are consistent with 42 USC 1773 and 1779 selected by TECA for all foods available during the school day with the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

The Board believes that all foods and beverages available to students at TECA should promote optimal health. Nutrition standards adopted by TECA for all foods and beverages sold, served, or distributed to students through TECA's food service program, student stores, vending machines, fundraisers, special events and/or celebrations, or other venues shall meet or exceed local, state, and federal nutrition standards.

### Guidelines for Reimbursable Meals

Foods and beverages provided through federally reimbursable school meal programs shall meet or exceed federal regulations and guidance issued pursuant to 42 USC 1751-1769, 1758b, and 1771-1791 and shall meet the nutritional standards as well as the nutrient and calorie levels for students of each age or grade group required by 7 CFR 210.10 and 220.8 (42 USC 1758b, 1773) They should:

- Be nutritious, appealing, and attractive to students.
- Contain a fruit and vegetable for lunch
- Serve only low-fat (1%) unflavored and fat-free (unflavored or flavored) milk or nutritionally-equivalent nondairy alternative.
- Ensure that half of the served grains are whole-grain rich

### Free and Reduced Price Meals

In order to maximize TECA's ability to provide nutritious meals and snacks, the school shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.

TECA will make every effort to eliminate any social stigma associated with, and prevent the overt identification of students eligible for, free and reduced price school meals.

### Meal Times and Scheduling

TECA shall:

- Require students to sit down and eat lunch for at least 20 minutes before being released for recess activities.
- Promote TECA's participation in the School breakfast program.

#### Foods and Beverages Sold Individually (Other Food Sales)

The Board believes that foods and beverages sold to students on school campuses during the school day should promote student health and reduce childhood obesity. Food sales are prohibited during school hours unless the organization is legally organized as a nonpartisan charitable organization, the purpose of the solicitation is nonpartisan and charitable, and the solicitation has been approved in accordance with TECA's Fundraising Policy. Any food sales conducted outside TECA's food service program, including those conducted by parent groups, shall meet nutritional standards specified in law, TECA's Fundraising Policy, and TECA regulations and shall not reduce student participation in TECA's food service program.

The Board authorizes the Executive Director to approve the sales of foods and beverages outside TECA's food service program, including sales by student or adult organizations, sales through vending machines, and/or sales at school student stores for fundraising purposes.

California Nutritional Standards for Compliant Foods for Elementary/Middle Schools (SB 12, 490, and 965)

The only foods that can be sold to students at an elementary/middle school during the school day are full meals, exempt foods, and dairy or whole-grain foods that meet specific calorie, fat, saturated fat, and sugar requirements.

#### Exempt Foods (Can be Sold)

Seeds (such as sesame seeds), eggs, cheese packaged for individual sale, fruit, and non-fried vegetables and legumes.

#### Dairy and Whole-Grain Foods

Individual dairy or whole-grain food item may be sold if it meets all of the following criteria:

- Its total calorie content does not exceed 175 calories for elementary school students or 250 calories for middle school students.
- Not more than 35% of the total calories come from fat.

#### Portion Sizes

Limit portion sizes of allowable foods and beverages sold individually to:

- One and three-quarter ounces for chips, crackers, popcorn, cereal, seeds, dried fruit, or jerky.
- One ounce for cookies for elementary school students.

- Two and one-half ounces for cereal bars, granola bars, muffins, bagels, and other compliant bakery items.
- Four fluid ounces for frozen desserts including, but not limited to, low- or fat-free ice cream.
- Eight ounces for nonfrozen yogurt.
- Twelve fluid ounces for beverages other than water.
- Fruits and non-fried vegetables are exempt from portion-size limits.

### Snacks

Snacks served during the school day or after-school program should make a positive contribution to children's nutritional needs with an emphasis on serving healthy snacks that include fruits and vegetables and water as the primary beverage.

- During the school day, 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.
- TECA will disseminate a list of healthy snack items to school staff, after school program personnel, volunteers, and parents.
- TECA strongly encourages parents to send healthy snacks that comply with California Nutrition Standards as outlined above, specifically related to food portion and/or serving size appropriate for child, and refrain from sending foods and/or beverages that are of low nutritional value (such as soda).
- If eligible, schools that provide snacks through the after-school programs will pursue reimbursements through the National School Lunch Program.
- All foods and beverages provided in after school programs must meet or exceed the California Nutrition Standards and School guidelines.

### Common Snack Foods and Beverages

The following foods/drinks may or may not meet SB 12, 490, and 965 standards. The nutrition label must be reviewed for compliance of the food/drink.

- Frozen ice cream bars and/or frozen yogurt.
- Flavored milk.
- Energy/cereal/granola bars.
- Cookies, muffins.
- Cereal.
- Crackers/pretzels.
- Popcorn.

### Sharing of Food and Beverages

TECA should strongly discourage students from sharing their foods or beverages with one another during meal or snack times, due to concerns about allergies and other restrictions on some children's diets.

### Rewards

Staff and other entities (businesses, sponsors, and/or organizations) will use only nutritionally-compliant foods or nonfood incentives as a reward for a student's academic performance, accomplishments, or classroom behavior. TECA will emphasize nonfood incentives as alternatives to all school administrators and staff members.

### Celebrations During the School Day

- TECA shall limit celebrations that involve food during instructional time to no more than two times per school year.
- If possible, the celebration should take place during the last half hour of the school day.

### Birthday Celebrations

TECA discourages food items during the school day in celebration of a student's birthday. The school supports the use of nonfood celebratory activities and will provide a list of suggestions to schools and parents.

### Other Celebrations/Special Occasions

- All food items and/or donations of food items by outside parties are strongly encouraged to meet or exceed California Nutrition Standards and guidelines set forth by TECA. School staff shall encourage parents/guardians or other volunteers to support the TECA's nutrition education program by considering nutritional quality when selecting any food or beverages they may donate for an occasional class party.
- Food items brought on campus by parents/guardians or other volunteers or school staff for celebrations should be store bought, prepackaged, and pre-wrapped items with a label listing ingredients so students with food allergies are protected from accidental exposure.
- Home-cooked meals should not be served to students in order to minimize the risk of foodborne illnesses.

### School-Sponsored Events and Fundraising

Any school-related program, fundraiser, or other activity sponsored by community organizations shall be authorized and conducted according to Board Policy, TECA Fundraising Policy, and TECA regulations.

- Any event hosted on the TECA campus more than an hour after the school day ends such as an open house, parent meetings, carnivals, etc., are encouraged to support healthy food options as set forth by School Wellness Policy guidelines.
- School organizations and staff are strongly encouraged to use healthy food items or non-food items for fundraising purposes.

To support and encourage children's health and school nutrition education efforts, school fundraising activities should limit the frequency of nonnutritious food items sold; and for carnivals/festivals, TECA is encouraged to balance healthy food items with nonnutritious food offerings.

- TECA will make available a list of preferable fundraising activities.

## Nutrition Education and Promotion

Nutrition education shall be provided as part of the health education program in Grades K-8 and, as appropriate, shall be integrated into core academic subjects and offered through before- and after-school programs. (42 USC 1758b)

TECA aims to teach, encourage, and support healthy eating by students and others while on campus. TECA should provide nutrition education and engage in nutrition promotion that might include, but is not limited to, the following:

- Be 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.
- Be integrated into other classroom subject area instruction such as Language Arts, Math, Physical Education, Science, and Social Sciences.
- Include developmentally-appropriate, culturally-relevant, participatory activities such as taste testing, working in school gardens, field trips to farms, community gardens, and/or other community locations promoting healthy lifestyles.

Promote the consumption of water, fruits, vegetables, whole-grain products, low-fat or fat-free *unflavored* dairy products, and healthy food preparation methods emphasizing calorie balance between food intake and energy expenditure through physical activity and exercise. Link educational and promotional activities with Child Nutrition Services and nutrition-related organizations and community services.

Promote individual school site health and wellness fairs where nutrition and physical activity information and resources can be shared with parents and the community.

Create/expand community partnerships to increase the range of nutrition resources and physical activity options available to students and staff, on and off campus.

## School Gardens

School gardens can promote nutrition and support a healthy learning environment. Gardening fosters improved student health and ensures students have the opportunities to experience planting, harvesting, preparing, serving, and tasting self-grown food.

The School supports:

- The use of TECA for school gardens that promote nutrition education and physical activity that is integrated with other subject area instruction to enhance learning.
- Exploring and establishing partnerships and/or joint-use arrangements with outside organizations to support the sustainability of school gardens at TECA as appropriate.
- The sustainability of school gardens through activities including, but not limited to, grant writing, fundraising, and/or in-kind donations of materials or other resources.

The Board prohibits the marketing and advertising of nonnutritious foods and beverages through signage, vending machine fronts, logos, scoreboards/ signboards, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

### Food Marketing in Schools

- School-based marketing will be consistent with nutrition education and health promotion items identified above. As such, TECA will limit food and beverage marketing to the promotion of those consistent with California Nutrition Standards and guidelines set forth by the School.
- The promotion of healthy foods including fruit, vegetables, whole grains, and low-fat and fat-free dairy products is encouraged.
- School staff is strongly discouraged from displaying specifically in the classroom any food/beverage items (e.g., coffee, soda, and/or energy drink containers; bags of chips; candy) that do not support the TECA's health messaging and wellness policies.

### Communications with Parents and Other Community Members

Integrating health education into every segment of a child's day. Encouraging accessible, consistent, and easily understood healthy messages between the school and home environments is essential. Additionally, TECA will assist and support parents' efforts to provide a healthy diet for their children by:

Offering healthy eating workshops and presentations for parents.

- Making information and resources available through TECA menu, newsletter, and website. Providing access to nutritional analysis of school menus/meals through the School Child Nutrition Services website or in written format upon request.
- Strongly encouraging parents to send healthy lunches and snacks that comply with California Nutrition Standards and guidelines set forth by the School as outlined above.
- Specifically relating to food portion and/or serving size appropriate for child and refraining from sending foods and/or beverages that are of low nutritional value.
- Providing parents with a list of foods that meet the school snack, celebrations, and fundraising standards and guidelines.
- Informing parents about children sharing their foods or beverages with others during meal or snack times due to concerns about allergies and other restrictions on some children's diets.
- Encouraging parents and staff members to assist in modeling and promoting healthy nutrition and physical activity behaviors throughout the school day and while on the school site. (42 USC 1758b)

### Staff Wellness

TECA's goal is to provide work environments that increase health awareness, promote positive lifestyles, decrease the risk of disease, and enhance the quality of life for school personnel. TECA highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

- The Executive Director shall develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
- The plan will be based on input solicited from school site staff members and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among all TECA staff.

The Executive Director shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for regular physical activity among employees. Professional development may include instructional strategies that assess health knowledge and skills and promote healthy behaviors.

### Healthy Worksite Environments

The worksite wellness initiatives shall address the primary components of a healthy lifestyle including healthy eating, physical activity, tobacco use cessation, a drug- and alcohol-free lifestyle, and stress management.

Examples of workplace policies that support wellness:

- Provide smoke-free workplace environment/policies.
- Promote healthy food policies for work events (meetings, workshops).
- Encourage participation in community/school site wellness and physical activities.
- Work with food vendors to offer healthier selections.

### Food Service and Vending Machines

TECA will make available healthy snacks/foods and beverages in cafeterias, and at meetings, workshops, and catered events.

- **Food Storage and Preparation:** Environmental accommodations for food preparation and storage (e.g., sinks, refrigerators, microwaves) at TECA are encouraged to support employees in bringing healthy lunches and snacks to work.
- **Voluntary Food and Beverages at Work-Related Events:** Principals, administrators, and meeting leaders should encourage presenters to make every effort to offer healthy options at meetings and work-related social gatherings if food and beverages are brought in by employees as part of the event.

### Physical Education and Physical Activity

*Physical education* is defined as instructional time with emphasis upon the physical activities for the pupils that may be conducive to health and vigor of body and mind per California Education Code.

*Physical activity* is defined as vigorous activity provided before school, during school through activities such as running clubs, intramurals, and recess, and in after-school programs (60-90 minutes recommended per day).

All students in Grades K-8 shall be provided opportunities 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, before- and after-school programs, and other structured and unstructured activities.

## 1. Physical Education

The Board recognizes the positive benefits of physical activities for student health and academic achievement. The Board desires to provide a physical education program that builds interest and proficiency in movement skills and encourages students' lifelong fitness through physical activities. In addition to promoting high levels of personal achievement and a positive self-image, physical education activities should teach students how to cooperate in the achievement of common goals and should be consistent with California Physical Education Content Standards that emphasize nutrition education, daily moderate-to-vigorous physical activities, and lifelong health and safety behaviors.

- Schools shall comply with the State of California required instructional minutes in physical education providing for a total period of time of not less than 200 minutes each 10 school days for elementary school students and 400 minutes for middle school students. Daily physical education is highly recommended.
- All students in Grades K-8 including students with disabilities, with special healthcare needs, and in alternative educational settings will receive physical education services (modified and/or adapted). Exemptions include students who are ill or injured and a modified program cannot be provided or the student is enrolled for one-half of the school day or less.
- Students will spend at least 50 percent of physical education instructional time participating in moderate to vigorous physical activities.
- Student involvement in other physical activities such as lunchtime intramurals, before- or after-school activities, and/or recess cannot be counted towards meeting the physical education minutes requirement.
- The Executive Director shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, hot weather, and/or inclement conditions.
- Teachers and other school and community staff will not use physical activity as punishment (e.g., running laps, doing push-ups).
- Teachers and other school and community staff are discouraged from withholding opportunities for physical activity (e.g., recess, Physical Education) as punishment.

## 2. Physical Activities Recess:

- All elementary school students should have at least 15-20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activities through predetermined, structured activities (run/walk programs, intramurals, games, etc.).
- Schools should discourage extended periods (e.g., two or more hours) of inactivity. When activities such as mandatory schoolwide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks for moderate physical activities.

Integrating Physical Activities Inside the Classroom:

For students to receive the nationally recommended amount of daily physical activity of at least 60 minutes per day and fully embrace being active as a personal health behavior, students need opportunities for physical activities throughout the day. Toward that end, the following is highly recommended:

- Integrating health education into other classroom activities will enhance the knowledge and skills needed to maintain a physically active lifestyle while discouraging sedentary behaviors and/or activities such as prolonged television viewing.
- Classroom teachers are encouraged to take short physical activity breaks between lessons or classes, as appropriate.

### 3. Physical Performance Testing

- On an annual basis, students in Grades 5 and 7 shall undergo the physical performance testing designated by the State Board of Education.
- Students with a physical disability and students who are physically unable to take all parts of the test shall undergo as much of the test as their physical condition will permit.
- Students shall be provided with their individual results after completing the physical performance testing. The test results may be provided orally as the student completes the testing.
- Each student's scores on the physical performance test shall be included in his/her cumulative record.
- Each school shall report the aggregate results of its physical performance testing administered in its annual school accountability report card.

### 4. Safe Routes to School

The School:

- Will assess routes and, if necessary, facilitate improvements to make it safer and easier for students to walk and bike to school.
- Will, when appropriate, work together with local public works, public safety, and/or police departments in those efforts.
- Will explore the availability of federal Safe Routes to School (SRTS) funds administered by the California Department of Transportation to finance such improvements.
- May identify a coordinator or establish School or school site committees to oversee, coordinate, and communicate SRTS activities.
- Members of the SRTS committee at both the School and school levels shall include students, parents, principal, other school staff, and representatives from local city or law enforcement agencies.

Executive Director shall oversee the implementation and evaluation of the Wellness Policy. Site administrators with assistance from school staff, Parent and Teacher Organizations, and School Site Council at each school are charged with the operational responsibility for ensuring that the school site implements the TECA's Wellness Policy.

At TECA these measures shall include, but not be limited to:

- An analysis of the nutritional content of meals served.
- Student participation rates in school meal programs.

- Any sales of nonnutritious foods and beverages in fundraisers or other venues outside the School's meal programs.
- Feedback from food services personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons.
- Executive Director wellness survey to monitor TECA's progress implementing the School's Wellness Policy.
- Listing of presentations/reports to various parent and/or community groups (ELAC, PTC, and community agencies and/or groups).
- Annual Grade 5 Physical Fitness Testing results reporting.
- Biennial height and weight surveillance measures.
- Summary of TECA events that support positive healthy lifestyles such as wellness or fitness fairs; wellness presentations to students, parents/guardians, and community members; and schools and/or events encouraging intergenerational programs that involve active older adults who serve as role models to support children eating healthy and being physically active.
- The Executive Director shall report to the Board at least every two years on the implementation of this policy and any other Board policies related to nutrition and physical activities.

### Student Participation

TECA will sponsor a Child Nutrition Advisory Council to elicit student input into the Child Nutrition Program. Students will be encouraged to prepare healthy menu items and to grow and cook fresh fruits and vegetables with appropriate adult supervision. Schools will further be encouraged to develop intergenerational programs that involve active older adults who serve as role models to support children to eat nutritious food and engage in challenging activities.

Each school shall post TECA's policies and regulations on nutrition and physical activities in public view within the cafeteria.

TECA shall also post a summary of nutrition and physical activity laws and regulations prepared by the California Department of Education.

### Posting Requirements

TECA shall demonstrate communication of the Wellness Policy to parents/guardians by posting policies on the TECA website and/or providing links to the school policies, providing information in a parent handbook or flyer, or through parent-related presentations like PTC and/or school site committees.

### Nondiscrimination Statement

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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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

Policy  
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Thomas Edison Charter Academy  
San Francisco, California