



STUDENT WELLNESS PLAN

This institution is an equal opportunity provider.

The Board of Directors recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for Highland Academy students. The Executive Director or designee shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, psychological and counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

(cf. 3513.3 - Tobacco-Free Schools) (cf. 3514 - Environmental Safety) (cf. 3555 - Nutrition Program Compliance) (cf. 5131.6 - Alcohol and Other Drugs) (cf. 5131.61 - Drug Testing) (cf. 5131.62 - Tobacco) (cf. 5131.63 - Steroids) (cf. 5141 - Health Care and Emergencies) (cf. 5141.22 - Infectious Diseases) (cf. 5141.3 - Health Examinations) (cf. 5141.31 - Immunizations) (cf. 5141.32 - Health Screening for School Entry) (cf. 5141.6 - School Health Services) (cf. 5142 - Safety) (cf. 5146 - Married/Pregnant/Parenting Students) (cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)_(cf. 6164.2 - Guidance/Counseling Services)

To encourage consistent health messages between the home and school environment, the Executive Director or designee may disseminate health information and/or the Highland Academy's student wellness policy to parents/guardians through Highland Academy or school newsletters, handouts, parent/guardian meetings, Highland Academy and school websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

(cf. 1100 - Communication with the Public) (cf. 1112 - Media Relations) (cf. 1113 - Highland Academy and School Web Sites) (cf. 1114 - Highland Academy-Sponsored Social Media) (cf. 6020 - Parent Involvement)

School Health Council/Committee

The Executive Director or designee shall encourage parents/guardians, students, food service employees, physical education teachers, school health professionals, Board members, school administrators, and members of the public to participate in the development, implementation, and periodic review and update of Highland Academy's student wellness policy.

STUDENT WELLNESS PLAN (continued)

The Executive Director or designee may appoint a school health council or other committee consisting of representatives of the above groups. The council or committee may also include Highland Academy administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

(cf. 1220 - Citizen Advisory Committees) (cf. 9140 - Board Representatives)

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

Nutrition Education and Physical Activity Goals

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

(cf. 0000 - Vision) (cf. 0200 - Goals for the Highland Academy)

The Highland Academy's nutrition education and physical education programs shall be based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.

(cf. 6011 - Academic Standards) (cf. 6143 - Courses of Study)

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. The goal of such health education is to foster and promote health literacy. Students must comprehend a set of core health concepts and develop skills to apply that knowledge in their own personal behavior and environment.

(cf. 5148.2 - Before/After School Programs) (cf. 6142.8 - Comprehensive Health Education)

The Board prohibits the marketing and advertising of non-nutritious foods and beverages through signage, vending machine fronts, logos, scoreboards, school supplies, advertisements in school publications, coupon or incentive programs, free give-aways, or other means.

(cf. 1325 - Advertising and Promotion)

STUDENT WELLNESS PLAN (continued)

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 regular physical education (in accordance with Education Code 51210, 51222, and 51223), recess, school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

(cf. 5142.2 - Safe Routes to School Program) (cf. 6142.7 - Physical Education) (cf. 6145 - Extracurricular and Co-curricular Activities) (cf. 6145.2 - Athletic Competition)

The Board may enter into a joint use agreement to make Highland Academy facilities or grounds available for recreational or sports activities outside the school day and/or to use community facilities to expand students' access to opportunity for physical activity.

(cf. 1330.1 - Joint Use Agreements)

The Executive Director or designee 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 shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors. It shall also include training on the health and physical education frameworks.

(cf. 4131- Staff Development) (cf. 4231 - Staff Development) (cf. 4331- Staff Development)

Nutrition Guidelines for Foods Available at School

For all foods available on each campus during the school day, Highland Academy shall adopt nutritional guidelines which are consistent with 42 USC 1773 and 1779 and support the objectives of promoting student health and reducing childhood obesity. (42 USC 1758b)

All foods and beverages sold through the Highland Academy shall meet or exceed state and federal nutrition standards. Student stores, vending machines, fundraisers outside the school day, or other venues shall provide nutritious choices alongside their other offerings.

STUDENT WELLNESS PLAN (continued)

(cf. 3312 - Contracts) (cf. 3550 - Food Service/Child Nutrition Program) (cf. 3554 - Other Food Sales) (cf. 5148 - Child Care and Development) (cf. 6300 - Preschool/Early Childhood Education)

The Executive Director or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes. Food items selected for fundraisers that do not meet healthy food guidelines may not be sold or distributed during school hours. The Executive Director or designee also shall require school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or behavior.

(cf. 1230 - School-Connected Organizations)

School staff shall encourage parents/guardians or other volunteers to support the Highland Academy's nutrition education program by providing foods that meet nutritional standards when selecting any snacks which they may donate for occasional class parties. Food provided for class parties shall be commercially prepared and/or wrapped. Class parties or celebrations shall be held after the lunch period, when possible.

To reinforce the Highland Academy's nutrition education program, the board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day. (7 CFR 210.30)

(cf. 1325 - Advertising and Promotion)

Guidelines for Reimbursable Meals

In order to maximize the Highland Academy's ability to provide nutritious meals and snacks, all Highland Academy schools shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs and after-school snack programs, to the extent possible. When approved by the California Department of Education, the Highland Academy may sponsor a summer meal program.

(cf. 3552 - Summer Meal Program) (cf. 3553 - Free and Reduced Price Meals)

Program Implementation and Evaluation

The Executive Director designates the individual(s) identified below as the individual(s) responsible for ensuring that each school site complies with the Highland Academy's wellness policy.

STUDENT WELLNESS PLAN (continued)

The Executive Director or designee shall assess the implementation and effectiveness of this policy at least once every three years. (42 USC 1758b; 7 CFR 210.30)

The assessment shall include the extent to which Highland Academy schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Executive Director or designee shall invite feedback on Highland Academy and school wellness activities from food service personnel, school administrators, the wellness council, parents/guardians, students, teachers, before- and after-school program staff, and/or other appropriate persons.

The Executive Director or designee shall inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy. He/she shall periodically measure and make available to the public an assessment of the extent to which Highland Academy schools are in compliance with this policy, the extent to which this policy compares to model wellness policies available from the U.S. Department of Agriculture, and a description of the progress made in attaining the goals of the wellness policy. (42 USC 1758b)

The Executive Director or designee shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy Highland Academy-wide and at each Highland Academy school. These measures shall include, but not be limited to:

1. An analysis of the nutritional content of meals served
2. Student participation rates in school meal programs
3. Any sales of non-nutritious foods and beverages during the school day
4. Feedback from food service personnel, school administrators, the school health council, parents/guardians, students, and other appropriate persons
5. Types and amounts of physical activity and the results of Physical Fitness Tests
6. The number of minutes per year of health education and topics addressed

STUDENT WELLNESS PLAN (continued)

Posting Requirements

Each school shall post the Highland Academy's policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

Each school shall also post a summary of nutritional and physical activity laws and regulations prepared by the California Department of Education.

STUDENT WELLNESS PLAN (continued)

Legal Reference:

EDUCATION CODE 33350-33354 CDE responsibilities re: physical education 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 49565-49565.8 California Fresh Start pilot program 49570 National School Lunch Act 51210 Course of study, grades 1-6 51220 Course of study, grades 6-12 51222 Physical education 51223 Physical education, elementary schools 51795-51796.5 School instructional gardens 518880-51921 Comprehensive health education 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 National School Lunch Program, especially: 1751 Note Local wellness policy 1771-1791 Child Nutrition Act, including: 1773 School Breakfast Program 1779 Rules and regulations, Child Nutrition Act CODE OF FEDERAL REGULATIONS, TITLE 7 210.1-210.31 National School Lunch Program 220.1-220.21 National School Breakfast Program

Management Resources: (see next page)

BP 5030(h)

STUDENT WELLNESS (continued)

Management Resources:

CSBA PUBLICATIONS Building Healthy Communities: A School Leader's Guide to Collaboration and Community Engagement, 2009 Safe Routes to School: Program and Policy Strategies for School Highland

Academys, Policy Brief, 2009 Nutritional standards for Schools: Implications for Student Wellness, Policy Brief, rev. October 2007 Physical Education and California Schools, Policy Brief, rev. October 2007 Monitoring for Success: Student Wellness Policy Monitoring Report and Guide, 2007 CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS Healthy Children Ready to Learn, January 2005 Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2003 Physical Education Framework for California Public Schools, Kindergarten Through Grade 12, 2009 CALIFORNIA PROJECT LEAN PUBLICATIONS Policy in Action: A Guide to Implementing Your Local School Wellness Policy, October 2006 CENTER FOR COLLABORATIVE SOLUTIONS Changing Lives, Saving Lives: A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs, March 2010 CENTERS FOR DISEASE CONTROL PUBLICATIONS School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS Fit, Healthy and Ready to Learn, 2000 U.S. DEPARTMENT OF AGRICULTURE PUBLICATIONS Dietary Guidelines for Americans, 2005

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, 2000 WEB SITES CSBA: <http://www.csba.org>

Action for Healthy Kids: <http://www.actionforhealthykids.org> California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu> California Department of Public Health: <http://www.cdph.ca.gov> California Healthy Kids Resource Center: <http://www.californiahealthykids.org> California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org> California School Nutrition Association: <http://www.calsna.org> Center for Collaborative Solutions: <http://www.ccscenter.org> Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov> Dairy Council of California: <http://www.dairycouncilofca.org> National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html> National Association of State Boards of Education: <http://www.nasbe.org> National School Boards Association: <http://www.nsba.org> School Nutrition Association: <http://www.schoolnutrition.org> Society for Nutrition Education: <http://www.sne.org> U.S. Department of Agriculture, Food Nutrition Service, wellness policy: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Policy Adopted: Highland Academy Charter School Beaumont, California