



Long Valley Charter School

A Non-Profit Public Benefit Corporation

Student Wellness Policy

Approved by: Board of Directors

Revised April 29, 2021

Number: 6014

Adopted July 11, 2017

Long Valley Charter School (LVCS) is a nonprofit public benefit corporation that operates two individual charter schools: Long Valley School and Thompson Peak Charter School. This policy applies to both schools equally and the schools are collectively referred to as “Charter School.”

The Long Valley Charter School is committed to the optimal development of every student. As a school, we believe that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Whereas, each day, students and their parents trust that the foods offered at school are wholesome and safe, and that the governing board is responsible for ensuring the safety of foods provided at school.

This policy outlines the Long Valley Charter School’s approach to ensuring environments and opportunities for all students that promote healthy eating and regular physical activity as well as access to nutritious foods for all students’ wellness as described here.

Procedures:

I. Nutrition Education and Promotion Goals

The Long Valley Charter School will teach, model, encourage and support healthy eating for all students by:

- Providing students with the knowledge and skills necessary to promote and protect their health;
- Foods and beverages sold or served at school will meet the nutrition recommendations of the USDA
- Promoting fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and accurate portion sizes
- Increasing student access to healthy breakfast and lunch meals
- Encouraging students to choose balanced and nutritious meals
- Giving all students K-12 the opportunity to be physically active on a daily basis
- Making the school eating area contain free, safe drinking water sources and facilities for washing hands
- Offering nutrition education in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers
- Including nutrition education training for teachers and other staff

II. Health Education

The Long Valley Charter School will include in the health education curriculum the following essential topics on healthy eating:

- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Importance of water consumption
- Importance of eating breakfast
- Reducing sodium intake · The Dietary Guidelines for Americans
- Food safety
- Preparing healthy meals and snacks

III. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

School Meals:

The Long Valley Charter School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

Part of the educational mission of the Long Valley Charter School is to improve the health of the students by teaching them to establish and maintain lifelong healthy eating habits. The mission shall be accomplished through nutrition education, physical education, garden-based learning experiences, core academic content in the classroom and the food served in the school.

The governing board will ensure school meals will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The Long Valley Charter School offers reimbursable school meals that meet USDA nutrition standards.

In addition, the following standards are in place:

- Parents and staff are encouraged to provide snacks that are consistent with the goals of the policy and to ensure that such items are served after the lunch hour
- Students are served lunch at an appropriate time of day
- No unhealthy food or beverage item may be advertised on school grounds, and fast food and "branded" food items shall not be offered for sale as part of any school meal program
- All cafeteria staff will have the knowledge of the USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take
- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Meals will be served in a clean and pleasant setting and under appropriate supervision; Rules for safe behavior will be consistently enforced
- Will encourage hand washing and provide students access to hand washing facilities, preferably with warm water before they eat meals or snacks
- Discourage students from sharing of foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast and lunch programs and will be encouraged to determine eligibility for reduced or free meals. The Long Valley Charter School will use nontraditional breakfast service to increase participation, such as Second Chance Breakfast.

Competitive Foods and Beverages:

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered “competitive foods”. Competitive foods include items sold for in-school fundraisers. Competitive foods will only be available before school and 30 minutes after school is concluded for the day.

IV. Physical Education

The long Valley Charter School shall meet or exceed that mandated minutes required by the State of California and shall meet or exceed the California State Content and Performance Standards for Physical Education.

The governing board will ensure the following:

- Provide quality physical education, in a sequential and comprehensive, enjoyable, safe, and secure learning environment
- Provide adequate space to maximize practice opportunities for each student
- Provide adequate equipment for all students to be actively engaged individuals
- Provide adequate student preparation for Physical Fitness Testing, to all 5th, 7th and 9th grade students
- Provide classroom and physical education teachers’ professional development that includes: scope and sequence, appropriate practices, assessment of student performance, and appropriate protocols for administering the Physical Fitness Testing

V. Physical Activity

All students will be provided equal opportunity to participate in physical education classes. The Long Valley Charter School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

- The governing board will ensure the following:
- All Long Valley Charter School students in each grade will receive opportunities for daily physical activity
- Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions
- An appropriate alternative shall be provided for students with a physical disability that may restrict excessive physical exertion

Daily Recess

All students will have an opportunity for daily-supervised recess, preferably outdoors, during which staff would encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

The Long Valley Charter School shall discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students should be given periodic breaks during which they are encouraged to stand and be moderately active.

VI. Community Health Promotion and Family Engagement

The Long Valley Charter School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed, invited to participate in school-sponsored activities, and will receive information about health promotion efforts.

VII. Implementation and Evaluation

The Long Valley Charter School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The public (including parents, students, and others in the community) will be informed and updated about the Long Valley Charter Schools wellness policy on a triennial basis.

The principal and or the food service director will ensure compliance of the wellness policy within the school and will report on the compliance to the Director, who will provide a report to the school board and the wellness committee.

The School Wellness Committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

At least once every three years the Long Valley Charter School will evaluate the compliance of the wellness policy, the extent to which the local education agency's wellness policy compares to model the Long Valley Charter Schools Wellness Policy and the progress made in attaining the goals of the wellness policy, and make this assessment available to the public.