

Howard Gardner Community School

STUDENT WELLNESS POLICY

Board Policy 2015.01

Providing an environment that supports student wellness in all aspects is important to Howard Gardner Community Charter School. Recognizing that meeting the needs of the whole child will enhance academic achievement, the Governing Board aspires to have facilities and services that broadly support student wellness. The Board shall establish and implement a wellness policy, which includes guidelines for health education, nutrition services, physical education, and health promotion for staff and students. By creating this policy, the Governing Board intends to ensure that its school environment promotes and protects student health, wellbeing, and ability to learn. While drafting this policy in part to comply with federal law, the Board also considers the creation and enactment of this policy as essential to meeting the standards it expects of Howard Gardner Community Charter School.

(cf. 6142.1 - Sexual Health and HIV/AIDS Prevention Education)

(cf. 6164.2 - Guidance/Counseling Services)

HGCS Wellness Council

The Executive Director may appoint a school wellness council consisting of representatives of the parents/guardians, students, school food service professionals, school administrators, Board Representatives and members of the public. The council may also include district administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

Nutrition Education Goals

The Board shall adopt the following goals for nutrition education to promote student wellness and improve students' eating behaviors.

Goals for nutrition education will include:

1. Providing nutrition education as part of the health education and physical education curriculum in grades K-8 and, as appropriate, shall be integrated into core academic subjects and offered through after-school programs.
2. Ensuring that nutrition education curriculum is based on research and is consistent with state's curriculum frameworks.
3. Providing ongoing professional development for teaching nutrition.
4. Promoting nutrition education in the school community outside the classroom such as cafeteria-based nutrition education, nutritional messages as part of school announcements, and parent education.

Physical Education and Physical Activity Goals

The Board shall adopt the following goals for physical activity and physical education that will give students opportunities to develop skills, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active lifestyle.

Goals for physical education and physical activity will include:

1. Ensuring the state mandated minutes for physical education instruction are met in grades 1-2.

2. Offering physical education programs that are based on research and consistent with the expectations established in the state's curriculum frameworks.
3. Ensuring that all elementary school students will have at least 20 minutes per day of supervised recess.
4. Providing opportunities for all students in grades K-8 to be physically active on a **daily** basis through physical education, recess, school athletic programs, extracurricular programs, after-school programs, and/or other structured and unstructured activities.
5. Providing opportunities for professional development for all teachers who provide physical education instruction.

Other School-Based Activities Designed to Promote Student Wellness

In order to establish a school environment that provides consistent wellness messages and is conducive to healthy behaviors, the board shall adopt goals for other school-based activities that may impact student wellness. These shall include:

1. 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 shall include instructional strategies that assess health knowledge and skills and promote healthy behaviors.
2. To encourage consistent health messages between the home and school environment, the Executive Director or designee may disseminate health information to parents/guardians through district or school newsletters, handouts, parent/guardian meetings, the district or school web site, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.
3. The Board will work to eliminate 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, or other means.
4. In order to maximize the school's ability to provide nutritious meals and snacks, all the school shall participate in available federal school nutrition programs, including the National School Lunch and School Breakfast Programs, to the extent possible.
(cf. 3553 - Free and Reduced Price Meals)
5. The Executive Director shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.
6. The Executive Director also shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.
7. School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snacks that they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.

Nutrition Guidelines for Foods Available at School

The Board shall adopt nutrition guidelines selected by the district for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.

The Board believes that foods and beverages available to students should support the health curriculum and promote optimal health. Nutrition standards adopted by the school for all foods and beverages sold to students (including foods and beverages provided through HGCS's food service program, student stores, vending machines, and fundraisers during school hours) shall meet or exceed state standards including SB

965 and SB 12 and federal nutrition standards by July 1, 2007.

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 1758(f)(1), 1766(a), and 1779(a) and (b), as they apply to schools.

Program Implementation and Evaluation

The Board shall establish a plan for measuring implementation of the policy. The Executive Director shall designate at least one person within the school who is charged with operational responsibility for ensuring that the school sites implement the wellness policy.

The Executive Director shall recommend for Board approval specific quality indicators that will be used to measure the implementation of the policy districtwide and at each district school. 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 non-nutritious foods and beverages in fundraisers or other venues outside the district's meal programs; and feedback from food service personnel, school administrators, the school district wellness council, parents/guardians, students, and other appropriate persons.

The Executive Director or designee shall report to the Board annually on the implementation of this policy and any other Board policies related to nutrition and physical activity.

Posting Requirements

The school shall post this policy and regulations on nutrition and physical activity in public view within the school cafeterias or in other central eating areas.

Adopted: 01/22/2015

Howard Gardner Community School is a non-profit organization that does not discriminate.