

PACOIMA CHARTER SCHOOL

Executive Director – Sylvia Fajardo

11016 Norris Avenue

Pacoima, CA 91331

Wellness Policies on Physical Activity and Nutrition

The Pacoima Charter School (PCS) is committed to providing a school environment that promotes and protects children’s health, well-being, and the ability to learn by supporting healthy nutritional choices and physical activity. The PCS Board recognizes the link between student health and learning, and desires to provide a comprehensive program promoting healthy eating and physical activity for FCPS students.

To support this, PCS is committed to:

- Engaging students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing the charter school’s nutrition and physical activity policies.
- Providing opportunities, support, and encouragement to all students in grades PreK-5 to be physically active on a regular basis.
- Insuring that all foods and beverages if sold or served at the charter schools during school hours meet the minimum nutritional requirements according to the USDA Smart Snacks in Schools (SSIS) guidelines.
- Insuring that a qualified child nutrition professional supervises the cafeteria staff so that students are provided with a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Accommodating the religious, ethnic, and cultural diversity of the student body in meal planning.
- Insuring that current documentation of food restrictions as ordered by a physician are implemented on a daily basis.
- Providing a clean, safe, and pleasant environment and adequate time schedule for students to eat.
- Providing nutrition education and physical education programs to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE POLICY GOALS:

I. Governing Councils and Committees

Pacoima Charter School’s four governing councils (Budget, Facilities, and Safety; School-Community Relations; Curriculum and Assessment and Human Resource and Personnel) and committees (Instruction, Finance, Parent-Community Network and Instruction) will develop, implement, monitor, review, and revise as necessary school nutrition and physical activity policies as pertinent to each council or committee’s duties.

A School Wellness Team comprised of a qualified child nutrition professional, teachers, administrators, physical education staff, school doctor, cafeteria staff, school social worker and school psychologist or other special education staff member will meet throughout the year to develop, revise, monitor and implement school nutrition and physical activity policies. Parents,

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community members, and other members of the public will be encouraged to participate in the School Wellness Team.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Pacoima Charter School is committed to providing access to nutritious and appealing school meals so that all students will be ready, both physiologically and psychologically for the academic day.

School Meals

Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements of the School Breakfast Program, National School Lunch Program, After School Snack Program, and the CACFP Supper Program.
- Offer a variety of fruits and vegetables.
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives; and
- Ensure that all of the served grains are whole grain.

Breakfast

To ensure that all students have breakfast, either at home or at school, and in order to meet their nutritional needs and enhance their ability to learn, Pacoima Charter School:

- Operate a School Breakfast Program every morning Monday through Friday
- Offer multiple meal choices for breakfast throughout the week.
- Encourage participation in the school breakfast program through incentives and parent notification
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means
- Offer a “Second Chance Breakfast” at recess for those students who did not eat breakfast that morning either at home or at school.

Breakfast and lunch menus, which provide information regarding the nutritional content of meals and item selections, will be distributed to parents on a monthly basis.

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After School Snacks

- Snacks are served on a daily basis by the LAs Best and YPI Afterschool programs.

Meal Times and Scheduling

- Breakfast will be served daily. A “Second Chance” breakfast will be offered to those students who did not participate in the breakfast program prior to the beginning of the school day.
- Lunch will be scheduled after the recess break.
- School bathrooms are open during the school day to provide students with ready access for hand-washing prior to eating. School bathrooms are cleaned by the custodial staff throughout the day.
- All classrooms and offices are equipped with hand sanitizers. Teachers dispense hand sanitizers before the students leave the classrooms for lunch.
- Hand sanitizers are also available in the cafeteria area.
- Posters depicting proper hand washing and cough covering techniques are posted in every classroom and throughout the school.
- Filtered water is available at all water fountains throughout the campus, including the meal service area.

Qualifications of School Food Service Staff

Qualified nutrition professionals will supervise and administer the school meal programs. The cafeteria lead worker is Serve Safe certified. As part of the charter schools’ responsibility to operate a food service program, we will provide continuing professional development for all cafeteria staff as needed. Monthly staff trainings will include basic food handler requirements, safe food preparation and team building. The County Health Office will facilitate a health inspection of the kitchen and food storage areas twice a year.

Sharing of Foods and Beverages

Pacoima Charter School prohibits students from sharing their foods and/or beverages with one another during meal or snack times, given concerns about allergies and other dietary restrictions.

FOODS AND BEVERAGES SOLD INDIVIDUALLY (i.e. foods sold outside of reimbursable school meals such as through fundraisers, fundraisers, etc.)

A qualified nutrition professional will oversee and provide guidelines for all food and beverages sales including fundraisers and rewards. Pacoima Charter School will insure that foods and beverages used for fundraisers and rewards meet at a minimum, nutrition requirements

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established by SSIS. All foods used for fundraising purposes that are sold from midnight to 30 minutes after school will be SSIS compliant. Pacoima Charter School will encourage fundraising activities that promote physical activity.

Class Celebrations

Parties involving healthy foods will be encouraged, and teachers will create a plan for classroom celebrations. Non-nutritious foods such as cupcakes and soda will be strongly discouraged. All food brought into the school for classroom activities will be store bought and in the original and unopened package. A list of appropriate healthy snacks and/or alternative party ideas will be provided to parents upon request. Parents/guardians or other volunteers shall be encouraged to support FCPS nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class celebrations. Class parties or celebrations shall be held within the last 30 minutes of school no more than once a month and non-nutritious foods will not be encouraged.

III. Nutrition Education and Promotion

Pacoima Charter School is committed to teaching, encouraging, and supporting healthy eating by students. Pacoima Charter School will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is integrated across within other content areas as appropriate
- Includes enjoyable, developmentally appropriate, culturally-relevant, participatory activities.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health –enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure.
- Utilizes a multi-media approach
- Includes training for teachers and other staff.

Communicating with Parents

Pacoima Charter School will support parents' efforts to encourage healthy eating and daily physical activities. Parent workshops which focus on nutrition, physical fitness, and parenting will be offered through the Family Center. Classes will be offered specifically targeting those students with high Body Mass Indexes. These classes will involve the entire family as healthy eating choices and options are discussed and modeled. A list of healthy snack items will be provided for

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parents. Information regarding community resources such as children's sports teams will be distributed to parents. Community agencies focusing on health and nutrition will be invited to participate in Saturday workshops for parents and students.

IV. Physical Activity Opportunities and Physical Education

Integrating Physical Activity into the Classroom Setting

In order for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes. Towards this 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 activities will be incorporated into other subject lessons.

Physical Education Pre-K-6

All students in grade Pre-K-6, including students with disabilities will receive physical education for a minimum for 100 minutes every ten days. Psycho-motor teacher assistants will be employed to implement the physical education program under the supervision of the administrators. Psycho-motor teacher assistants will implement the PE program. Pre- and post-test data aligned to the California State mandated Physical Fitness Test (PFT) will be collected and analyzed for fifth grade.

Daily Recess

All students will have a 20 minute morning recess period scheduled by grade level to insure a safe and supervised playground.

Safe Routes to School

Pacoima Charter School, in conjunction with the Los Angeles Police Department have set up supervised drop-off lanes in the morning. These procedures are provided to parents on an annual basis. Campus security is stationed around the school in the morning and at dismissal to ensure students' safety.

Physical Activity Opportunities Before and After School

Before school, the playground is open between 7:00 – 8:00 a.m.

Afterschool, the playground is open from dismissal until 5:30p.m. Periods of physical activity with appropriate playground equipment are interspersed with quiet reading and homework time. Additionally, afterschool programs such as LAs BEST and YPI incorporate organized team sports and clubs.

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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 on a regular basis. Students shall not be denied access to school meals or adequate time to eat as a form of punishment.

Use of School Facilities Outside of School Hours

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

V. MONITORING AND POLICY REVIEW

Each of the four governing councils/committees meets regularly to ensure compliance of the above wellness plan. The plan will be reviewed every three years with the final document approved by the PCS Board of Directors.

Nutrition Guidelines for Foods Available at School

The PCS Board shall adopt nutrition guidelines that meet or exceed state and federal nutrition standards for all foods available on campus during the school day. These nutritional standards shall also apply to all foods and beverages sold to students, including foods and beverages provided through PCS food service program, student stores or fundraisers.

Snacks Provided by School Staff:

The Wellness Team will encourage the schools to use items other than non-nutritious food for fundraising purposes. School staff is directed to avoid the use of foods as a reward for students' academic performance, accomplishments, or classroom behavior. The objectives of these guidelines shall be to promote student health, reduce childhood obesity, support the health curriculum, make the school environment safe for those with allergies and other medical conditions, and promote optimal health.

The PCS Board discourages the marketing and advertising of non-nutritious foods and beverages on school property through signage, vending machine fronts, logos, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

Nutrition Promotion and Communication

PCS aims to teach, encourage, and support healthy eating. The school should promote nutrition at each grade level as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health. The

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Wellness Policy will be promoted and communicated to parents and community through the following channels:

- School Website
- Fall Parent Orientation
- Parent Nights held during the school year

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

Program Implementation and Evaluation

The PCS Board shall establish a plan for measuring implementation of the policy. The Director of the school will designate at least one person at each site who is charged with operational responsibility for ensuring that the sites implement and comply with PCS wellness policy. The specific quality indicators that will be used to measure the implementation of the policy shall include, but not be limited to, state health and physical fitness assessments; nutrition and wellness education; an analysis of the nutritional content of meals served; student participation rates in school meal programs; and sales of non-nutritious foods and beverages in fundraisers outside the district's meal programs; and feedback from food service personnel, school administrators, school staff, the Wellness team, parents/guardians, students, and other appropriate persons. The designee shall report to the PCS Board at least every year on the implementation of this policy and make recommendations for policy modifications, if indicated. The PCS Wellness Team is also permitted to participate in the implementation, review and update of the policy.

Posting Requirements

The school shall post a summary of PCS policies and regulations on nutrition and nutritional content of regularly offered selections and beverages in public view within all school cafeterias or in other central eating areas. (Education Code 49432)

These policies and regulations shall also be posted on the district website.

Legal Reference:

EDUCATION CODE

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

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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

51222 Physical education

51223 Physical education, elementary schools

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:

CSBA POLICY BRIEFS

The New Nutrition Standards: Implications for Student Wellness Policies, November 2005

CSBA PUBLICATIONS

Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, rev. 2005

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, 1994

CENTERS FOR DISEASE CONTROL PUBLICATIONS

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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

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